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## **Socio-Cultural Aspects in Exclusive Breastfeeding in Sota District (Border States of Papua New Guinea and Merauke, Papua Province)**

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### **Abstract**

Breastfeeding cultural behavior which is inseparable from cultural views that have been passed down through the generations in the culture concerned (Swaswono & Meutia, 1998). Many studies have been done stating culture as inhibiting factors in exclusive breastfeeding. On the other hand, culture also plays a role to support health. For that we need a study that takes into account the cultural aspects of exclusive breastfeeding from nursing mothers who have succeeded in giving exclusive breastfeeding. The purpose of this research is to know the description of cultural aspects in exclusive breastfeeding. This study uses the theory of "Sunrise Model's" from Leininger to see the cultural aspects of breastfeeding. The study was conducted in the District of Merauke Regency Sota. This research is a qualitative research method of indepth interviews and observation. Informants in this study as many as 31 people with the details of 10 people as key supported informanst 21 people as supporters. Informant is nursing mothers who have succeeded in giving exclusive breastfeeding. The results showed that in a culture that supports exclusive breastfeeding is the social and family attachments as providers of support for exclusive breastfeeding. Meanwhile, a culture that does not support is the existence of taboos and myths on exclusive breastfeeding.

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Behavior mothers succeeded in exclusive breastfeeding can differentiate cultures due to health or exacerbate health support as reflected by the decision to give exclusive breastfeeding to their babies despite the many myths and taboos in nursing mothers.

**Keyword:** Exclusive Breastfeeding; Culture; Leininger.

## **1. Introduction**

The role of cultural factors in the shaping of public health, regulate and influence the actions or activities of individuals of a social group to meet a variety of health needs. Also baby who has exclusive breastfeeding is recommended until the age of 6 months [1]. Maternal and child health is a serious problem and become an indicator in the achievement of the Millennium Development Goals (MDGs), AKB target 23 / 1,000 live births in 2015. Currently, the exclusive breastfeeding in Indonesia is still low, Riskesdas data in 2013 showed that breast-fed infants exclusively in Indonesia, only 54.3%. Total coverage of exclusive breastfeeding in Papua is still low at 46.13%, data for December 2015: achievement of the scope of exclusive breastfeeding in infants aged 0- 6 months of Merauke in general has not been recorded properly and achievement is still low at 49% , and it is far from minimum service standards (SPM) which targeted the central government amounted to 80%. Mother's behavior that is not exclusive giving to her baby ASI motivated by very complex factors including socio-cultural factors.

Given the extent and complexity of the socio-cultural factors, Many determinant studies conducted using survey data or cohorts. With limited capacity and time makapenulis 3 will focus on socio-cultural aspects, namely: knowledge, values / norms and beliefs.

## **2. Materials and Methods**

This study is a qualitative study using the phenomenological approach. Phenomenological approach portray something as true can be obtained by viewing the phenomenon or visible symptoms of the object studied. Berger and Luckman in Basrowi and Kelvin 2008) phenomenology approach is expected to help in: (1) observation, (2) Imagination (abstract thinking), and (3) live the phenomenon of the field. Arry Pongtiku [2] also said that phenomenological investigation focuses on the whole phenomena in many different aspects and perspectives presented by the experience of informants.

Research conducted at the border Distri Sota State of Papua New Guinea and Merauke District, Propinsi Papua in September to October 2016. Selection of informants this study determined directly (purposive) with the principle of conformity (appropriateness) and sufficiency (adequacy). The inclusion criteria nursing mothers with babies aged 6-12 months who have successfully breastfed exclusively, can communicate well, stay at home with her husband and other family (parents / in-laws / aunt). In this study involving staff health centers, 10 nursing mothers, 10 husband, 10 other family members (mother / law / aunt) and 1 cadre. To maintain the validity of the data, then the triangulation (triangulation, triangulation method, and triangulation of data), the data gathered are then analyzed using qualitative analysis approach, namely: data reduction, data display, content analysis, and decision making.

### **3. Results and Discussion**

#### **3.1 Characteristics of Informants**

##### **a. Tribe**

The results showed six out of ten informants come from indigenous people of Papua (Kanum and Yei) which is the largest tribe in the area Sota District, four informants again from the tribe nonpapua. The Marind This is a tribe that is open to the newcomers. This applies in an indigenous tribe in which the case of marriage between arrivals outside the tribe with one of the tribesmen, the entrants (those who are married) could get customary title. According to the custom prevailing in that tribe, if a person already has a degree certain customary acquired through marriage, then he is entitled to the right of inheritance to descendants and may also opt to receive positions in institutions of indigenous peoples which in such institutional owners of office can participate in providing input and opinions in traditional institutions in the tribal hereditary [3].

According to Leininger [4] humans have a tendency to maintain the culture at any time no matter where he is. Culture contributes to the health behavior of individuals and community groups. Culture can sustain health behavior and health can worsen. Likewise with exclusive breastfeeding behavior that is inseparable from cultural views that have been passed down through the generations in the local culture [5]. Knowingly or not, the factors of trust and cultural knowledge as conceptions about the various restrictions, a causal relationship between food and health-illness conditions, habits and ignorance, have brought both positive and negative impacts on the health of mothers and children, especially in the case exclusive breastfeeding.

##### **b. Family income**

Family income affects the way of life, the family's income can support exclusive breastfeeding or vice versa. In exclusive breastfeeding can be seen how families take advantage of material resources in the behavior of exclusive breastfeeding. Utilization of family income can be seen as in the selection of nutrients for nursing mothers, the use of vitamins, herbs or drug use, and the purchase of media to increase the knowledge of the mother.

##### **c. stay close**

The group that is closest to humans is extended family. Extended family or nuclear family consisting of father, mother, and children who are not married or have not yet established their own nuclear family. Extended family in Indonesia is closely related to a larger unit again, which is generally called the kinship group. According Soekanto in Choirul Anam [6] family, which is the addition of a nuclear family can be called with a large family (extended family) where there are additional members such as cousins, aunts, in-laws, uncles, grandmother, grandfather, and others. In the function of kinship Koentjaraningrat in Indonesia is still very strong, especially in communities earthy-traditional. The kinship group life centered on cultural traditions have been preserved for generations Breastfeeding is inherited from generation to generation. The function of kinship in this case is learning about the milk obtained from the child's mother, aunt, or grandmother-in-law. Decision-making in

exclusive breastfeeding is influenced by the teaching of other family members in providing information on breastfeeding. In this study, key informants studied nursing mothers who are living with other families or can be called a large family (extended family). The purpose is to see the support of the family other than her husband. The results of this study indicate that family attachment parenting contributes to the newborn and of course also influence in the decision to give exclusive breastfeeding.

Research conducted Yulfira [7] also express mention parenting newborns carried by aunt / aunt, grandma / parents.

### **3.2 Faktor Sosial dan Keterikatan keluarga dalam pemberian ASI eksklusif**

#### **a. sources of support**

Social support from other relevant people be decisive comprehensive a behavior. Social support is meant is the support given by the social environment such as support for health workers, the support of friends or neighbors and family support course.

##### **1) Husband**

This study shows that the support from the husband to the wife to breast feed exclusively. From the research that has been conducted in Indonesia showed that the factors that affect not reaching coverage of exclusive breastfeeding among economic factors, knowledge, motivation, social, cultural, media, lack of facilities and infrastructure health, family support and counseling from health personnel [8]. The Academy of Breastfeeding Medicine America suggested that breastfeeding is the process three of the infant, the mother and father. This process will run smoothly for the cooperation of all three. The decision making in exclusive breastfeeding by the mother one of which is influenced by the role of husband [9]. A positive relationship between the length of breastfeeding with the support of her husband. Research Yulfira [10] there was a significant relationship between husband support the practice of exclusive breastfeeding. However, this study different from the results of research conducted by Dyan Wahyuningsih, in the Village Susukan Eastern District of Ungaran Semarang District with a total sampling method, the number of samples of 61 people. Data analysis using Chi-Square test, the results showed that there was no relationship between the characteristics (age, education, occupation) mother and support (informational, assessment, instrumental and emotional) husband with exclusive breastfeeding. Suggestions husband as head of the family was expected to perform its role as the father of breastfeeding, and as a support system for mothers to breastfeed exclusively.

##### **2) Biological mother / law / aunt**

Selection of informants in this study is nursing mothers who live with a large family (extended family). Results showed their attachment to the family to help each other. Entanglement family also encourage the mother to breastfeed exclusively. Research isyti "aroh and his colleagues (2010) reported the family as the greatest source of information so the mother decided to give exclusive breastfeeding. Statement above also strengthened by research which gives results that support the family a positive influence on breastfeeding behavior. Mother

support the family will have the opportunity twice to exclusively breastfeed their infants than mothers with no family support. Purwaningsih study [10] showed a weak positive correlation in the instructions differ between family support and management of lactation ( $r = 0.295$ ), with a P value = 0.086 ( $> 0.05$ ). The results of this study indicate parenting is usually done by the grandmother. Here it appears that the birth mother / in-laws play a role in the upbringing of children, especially in the provision of food and beverages to the baby.

### 3. Friend or neighbor

In addition to family support, social support coming from non-kin can also provide a boost in exclusive breastfeeding. The neighborhood is one of the factors that influence the formation and development of individual behavior. Man can not escape the absolute influence of the environment because the environment is constantly available nearby. The results show friends / neighbors helped provide support by giving information to nursing mothers. According to Cobb and Jones (1984), quoted by Niven [12] social support also support comes from friends or interactions with other neighbors. The neighborhood also has an influence on the pattern of family life.

Satino research results [13] environmental factors that support exclusive breastfeeding as much as 64% and an environment that does not support exclusive breastfeeding by 36%. This suggests that environmental factors positive effect on exclusive breastfeeding. Environment is a condition that is around humans and its effects, which may affect the development and behavior of individuals or groups.

#### a. Forms of Support

##### 1). Physical Support

The results showed the form of support for breastfeeding mothers can be physical help. Physical support is given by the family in helping the process of breastfeeding mothers. The shape of the physical support such as helping to hold the baby, help care for the baby, and bathing the baby. A mother with her first baby may experience problems when breastfeeding is actually just because they do not know the ways of truth and when the mother heard breastfeeding experience is not good that happened to someone else it allows mothers hesitate to breastfeed their babies [14]. For it is usually the biological mother / law practice how to take care of a baby to a child.

##### 2). Emotional Support

The results showed the forms of support that can be provided either through emotional support with respect to nursing mothers. Support may include an award in nursing mothers by giving praise. Family support is a supporting factor which in principle is an activity that is emotionally and psychologically given to nursing mothers in breastfeeding [15]. Support for the mother to be one of the factors that also affect mothers exclusively breastfed. A mother who has positive thoughts will of course be happy to see the baby, and then think about with compassion, especially when it kissed and cuddled the baby [16]. All this happens when the

mother is in a state of quiet tenang. Keadaan is obtained by the mother if the support-support of the neighborhood mothers to breastfeed the bayinya. Karena, mothers need strong support in order to give exclusive breastfeeding. Attention Emosional, everyone needs help affection from others. This support is in the form of sympathetic support and empathy, love, trust, and respect. Thus, a person who feels himself face problems not bear the burden alone, but there are others who pay attention, want to hear his complaints, compassion, and empathy for the problems it faces, even rnau help solve his problems[17]. In this research shows that the emotional support of family, the husband or the biological mother / in-law greatly affects the exclusive breastfeeding.

### 3). Informational Support

Factors influencing exclusive breastfeeding one of which is information about exclusive breastfeeding. This information is obtained by providing support to breastfeeding mothers. In this study showed any support informational stated is the support given by the husband to provide knowledge through the mass media television or information from parents. Not only the husband, other family members also like the mother, in-laws, aunts participate in providing information about the importance of breastfeeding, how to hold the baby and others. A mother who never seek advice or counseling on breastfeeding of her family could influence her attitude when she had to breastfeed her baby. Harmonious relationship in the family will greatly affect the smooth process of lactation [18]

4. Informational support in question in this research is a form of support that supplement the information for breastfeeding mothers. Information may be reading from the book atupun magazines, television, radio and also can be in the form of advice. Informational support was obtained from the family, the husband and the biological mother / in-law and non-family support that friends or neighbors. Informative, namely the aid of information provided to be used by someone in tackling the problems faced, including the provision of advice, guidance, ideas or other information that is required and this information can be passed on to others who might be facing the same problems or nearly same [19].

Overview of social factors and attachment in exclusive breastfeeding in the District Sota is there are attachments and the close kinship with her husband and other family members, as well as with friends or neighbors. This gives the effect of breastfeeding mothers to make decisions exclusively breastfed. In Sunrise Model's attachment to family and social factors can influence health behavior. in this case the social and family attachments showed that support healthy behaviors. Culture that supports health may continue to be made (cultural preservation care and maintenance) to support mothers to exclusively breastfeed their children.

#### **4.2 Overview Cultural Values and Way of Life of Sota Community**

In addition to social factors and the support of family attachment, cultural factors and lifestyle is also a factor for exclusive breastfeeding. in-depth interviews with several informants indicate that the public considers Sota breastfeed or breastfeed the newborn baby is an act or a natural way and it is natural and has been going on for generations. Cultural values of society Sota consider feeding the baby is related to the nature of the task and role

as mother. In this case, it appears that the cultural values of breastfeeding still attached and it is believed by the majority of local people. In other words, cultural values are considered to give effect to the mother to breastfeed. It also shows that the culture of positive effects on health.

Furthermore, in the communities in the study area there is also a belief in the diet of breastfeeding mothers. According to their beliefs there are some types of food consumed by breastfeeding mothers to abstain and the new baby. These foods are foods such as fish, meat, and eggs, according to the informant these restrictions is considered to be obeyed if not followed will impact negatif with maternal and infant health. But there are some people memantang these foods because they want to obey customs although that run it do not understand or believe the logic memantang. They simply obey their parents and assume already running a local tradition. Sota community there is also a tradition in newborns is to give porridge, sago water or sugar water so strong baby and a big fast. There are also providing water from a squeeze herbs to take to increase milk production. Habits are carried down through the generations and is still believed by the public. Results of research [20] also revealed the same thing. From the results of this study revealed the food / drinks were given to newborns as well as supplementary feeding grounds to newborns. Likewise, the US and Padang research results revealed that the majority of mothers giving complementary foods to their babies at a young age 0-3 months is zero, on the grounds that the baby is not fussy.

Things are not much different also expressed by [21] of the research revealed that there is a kind of food that prohibition, including an assortment of fish because they cause the uterus so slippery and relapse into illness. Fruits such as papaya, mango, banana will menyebabkan stomach became swollen and quickly became pregnant again.

Abstinence is the food or food ingredient that should not be eaten by people in the community because of the reason is cultural. The challenge customary taught hereditary and tends to be adhered to even though people who run do not really know or sure of the reason for challenging food is concerned [21]. In some developing countries generally found prohibitions or restrictions specific to pregnant women in Indonesia pregnant women and postpartum forbidden to eat eggs, meat, shrimp, sea trout and catfish, snail, leaf lavender, bitter melon fruit, pineapple, brown sugar, and fried foods with oil [22]. From the picture it appears that the various reasons given by mothers not to consume certain kind of food for women who are breastfeeding is based on the cultural view. Obviously, this contributes to the failure of exclusive breastfeeding pemerialan.

In addition there are abstinence, there is advice for breastfeeding mothers. Breastfeeding mothers are encouraged to consume vegetables such as spinach, katuk, moringa, and nuts. All types of food that are considered advisable can memberbanyak and facilitate breastfeeding, so breastfed babies to be healthy. Things are not much different also disclosed Kusmiyati [23] that the food was considered good for nursing mothers, among others katuk leaves, leaf spinach, beans and papaya. Foliage is considered to add to the milk.

Informants in this study were mothers who have successfully breastfed is eksklusif and found that the attitudes and behavior of informants were not unduly influenced by culture. In addressing cultural superbly informants can distinguish positive and negative effects on the health of mothers and babies. the informant was able to think

rationality for having obtained knowledge of the family, healthcare, mass media. The above items also proves how important pengetahuan breastfeeding mothers in order to have the attitude and behavior to provide exclusive breastfeeding. Or cognitive knowledge is very important in shaping a person's actions, one of which is the lack of adequate knowledge about the importance of exclusive breastfeeding mother who makes the cause or a problem in increasing exclusive breastfeeding [24]. According Notoatmodjo [25-27] also mentioned that, the behavior is based on the knowledge and awareness of more sustainable (long lasting) of the behaviors that are not based on knowledge and awareness.

Knowledge is symptoms encountered and acquired by man through sensory observation. Knowledge arises when one uses the senses or the intellect cultivation to recognize certain objects or events that have never seen or felt before [28]. Education is a men guide to do and fill the lives that can be used to obtain information that can be improve the quality of life [29]. Or cognitive knowledge is very important in shaping a person's actions, one of which is the lack of adequate knowledge about the importance of exclusive breastfeeding mother who makes the cause or a problem in increasing exclusive breastfeeding. Behavior mothers who exclusively breastfed their babies in this case it appears that the experience and education since childhood also influence the attitudes and patterns of breastfeeding mothers to their babies. A woman who if in a family or social environment on a regular basis in the habit of feeding or often see women who breastfeed their babies on a regular basis, would have a positive view of exclusive breastfeeding.

Overview of cultural values and ways of living Sota eksklusif about breastfeeding as a natural, nature, and the task of a mother can give a good contribution to support mothers in breastfeeding exclusively. However, the myth that abstinence or run it can give bad influence for exclusive breastfeeding. Taboos and myths for health workers should be able to approach the culture. The strategy used in nursing care is to preserve / maintain the culture, accommodating / negotiation of culture and change / replace the client's culture [30]. Intervention of the taboos and myths on this can be done by negotiation culture. Negotiations culture done to help clients adapt to a culture more favorable to health. Medicals help clients to choose and determine other cultures that favor the improvement of health, such as eating abstinence that smells fishy, aka the fish can be replaced by other sources of animal protein. Informants in this study were mothers who have succeeded in exclusive breastfeeding, in this case does not mean that the informant did not follow the culture, but the informant was able to evaluate a culture which supports health and that does not support health. This is caused because there has been an evaluation of the knowledge of the informant to the culture that exists.

### **4.3 Observations**

To get the data relevant to the research that is not found in the in-depth interviews, the researchers conducted interviews and observations to the informant. Here's attitudes and behavior and environmental conditions informant during the interview:

a. Mrs. Ir (Ny. Ir)

Interviews were conducted on 17- 18 September 2016, observations were made during the interview. Ny. Ir



looks relaxed and welcome researchers at home. During the interview the mother seemed enthusiastic in answering questions from investigators. Ny.Ir recounts exclusive breastfeeding and caring for the baby. subjects lived with her mother-in-law, on the first day of the interview seemed crowded atmosphere of the house by chance the whole family were together event for kaka-law grilled meat Ny. Ir was birthday. Ny-law. Ir was busy serving customers in a kiosk, in-laws occasionally come accompanied Ny. Ir answer questions from investigators. Ny child. Ir seems cool to play with her cousin sister-in-law accompanied Ny.Ir.

b. Mrs. (Ny. T)

The interview was conducted on 24 to 25 September 2016. The observations were made during the interview. Ny. T looks cooperative and welcome researchers at home. During the interview subjects enthusiastic in answering questions from investigators. Subjects recounts exclusively breastfed. subjects lived with her mother-in-law and younger sister who also works as a teacher. At the first meeting house was deserted because all family members were busy outside the home, only two children who seemed to be napping. The second day of the interview seemed crowded house no husband, mother-in-law and sister Ny. T. sister Ny. T is busy with homework and mother Ny.T seen playing with children Ny.T. There Ny.T home television, radio and DVD player.

c. Mrs Su (Ny. Su)

Interviews were conducted on 26 to 27 September 2016. The interviews were conducted in one neighborhood health center and one done at home Ny. Su stay. Ny home. Su lived with his mother and three children. During the interview subjects talk with Javanese accent. Subjects tells about his experience during exclusive breastfeeding. the subjects were also introduced several neighbors who happened to visit the house Ny.Su. Activities at home look crowded, looked Ny.Su three children who were playing with the neighbor kids. While breastfeeding Ny.Su interspersed answer questions from investigators. Nothing seemed difficulties in taking care of the baby. Ny.Su husband looked was cleaning the cage, quail, even when researchers return brought quail males to be cut and some quail eggs.

d. Mrs. I (Ny. I)

The interview was conducted on 13 to 14 September 2016 for the subject home. Observations made during the interview. Ny. I look cooperative and welcome researchers. Each time the arrival of investigators Ny. I greeted him with shaking hands. During the interview often seen children Ny. I do activities such as playing around Ny.I. This is a bottleneck in the interview for focusing on the subject shared with his son. First conducted interviews Ny.I seemed deserted. Just the children Ny.I. The second interview was busy home. Looks parents and in-laws Ny.I was playing with children Ny. I. One-time interview laws Ny.I accompany and sometimes add Ny statement. I. mother-in-law does not seem to dominate. Sometimes the mother-in-law Ny. I seen nodding his head when Mrs. I explained. Ny.I husband was busy preparing for the sale of yellow rice supplies.

e. Mrs. O (Ny.O)

The interview was conducted on 8 to 9 October 2016 the subject of work and home. Observations carried out in the second interview, Ny. O and the family looks cooperative and welcome researchers with friendly because it already knows the mind of the arrival of investigators to the residence Ny.O. During the interview the husband and the younger brother looked accompanying Ny.O while alternately keeping their children so as not to interfere with the interviews. Ny.O house looked clean, inside the house there is a motorcycle, television, DVD and radio.

f. Mrs Y. (Ny.Y)

Interviews were conducted on 15 - 16 Oktober 2016, observations made during the interview. Ny.Y appear cooperative while welcoming the arrival of investigators, during the interview the biological mother Ny.Y always mendampingi and occasionally helped answer questions researchers ask yan. During the interview all family members were around Ny.Y, the interviews were conducted outside of the house precisely at the rear of the house is open, it happened when the weather is hot and the interview has become a tradition in the society sota back home this is where they always get together and chat with members other families. Ny.Y biological mother was busy multiplying cassava will be given to researchers.

g. Mrs . Si. (Ny. Si)

The interview was conducted on 22 to 23 October 2016 observations performed during the interview and after the interview is completed. Ny Si initially seemed reluctant to accept the arrival of investigators, but after the introduction and an explanation Ny.Si more cooperative. Interviews were conducted in the rack behind the house, all family members looked gathered, both the husband and the biological mother Ny.Si looked mengaguk nod when Ny.Si answered questions from investigators and occasionally helped answer. Ny.Si husband looked busy menggendok and persuaded her during the interview. Circumstances in tanpak house tidy although a bit dark because the windows do not open.

h. Mrs Sa. (Ny. Sa)

The interview was conducted on 29 to 30 October 2016. The observations were made during the interview. Ny. Sa looks cooperative and welcome researchers at home. During the interview subjects enthusiastic in answering questions from investigators. Subjects tells how her breastfeeding and child care along with her husband and extended family. Ny biological mother. Sa tread busy swinging granddaughter was asleep while watching the event on television. Keadan house clean enough though kids toys were scattered around the living room. On the second day of the interview the house looked deserted coincidence at home only Ny husband. Sa itself, being anggota another family was visiting relatives house.

i. Mrs M. (Ny. M)

The interview was conducted on 29 to 30 October 2016. The first day of the interview with Ny.M do in hall Posyadu, observations made during the second interview took place, Ny. M and the family seemed to have gathered at the back of the house, Mrs. biological mother. M seemed spirit of shared how he helped nurture and

teach caring and make a potion of his ancestors in order to mother and child health, and do not forget to show some kind of leaves a drug that has been prepared since morning to be shown off to the researcher. While Ny husband. More smiles, occasional mengakgukan head and seemed to whisper in the ear of his wife. The state of the house and the yard looked clean and neatly arranged.

j. Mrs.K (Ny. K)

Interviews were conducted on 5 to 6 November 2016 sunbyek home. Observations made during the interview. Ny. K looks cooperative and welcome researchers. Each time the arrival of investigators Ny. K greet by shaking hands. During the interview often seen children Ny. K activity such as playing around Ny.K. This is a bottleneck in the interview for focusing on the subject shared with his son. First conducted interviews Ny.K seemed deserted. Just the children Ny.K. The second interview was busy home by children Ny.K who happened to be out of school.

#### **4. Conclusions**

Social factors and attachment to family support in providing exclusive breastfeeding. The type of support provided in the form of physical support, emotional support, and support informasional. Terdapat cultural values and way of life in exclusive breastfeeding supportive and not supportive of health. A culture that supports exclusive breastfeeding is the presence of social support and family attachment to nursing mothers to exclusively breastfeed their children. While that does not support their health such as restrictions on eating certain foods and their tradition of fasting. The behavior of mothers successfully breastfeed exclusively breastfed maintain exclusive breastfeeding without following the taboos and myths that exist after obtain an evaluation of the culture that does not support health.

#### **5. Recommendations**

Maintaining support for breastfeeding mothers in order to give exclusive breastfeeding as physical support, emotional support, and informational support. Provide approaches not only in the mother breastfeeding but also need to be done in the family such as parents, husband, in-laws, and aunt.

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