

# **Culture Analysis Of Cultural Feeding With Early Breast Milk Complementary Food In The Clinic Arrahmah District Bangil Pasuruan District**

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## **ABSTRACT**

There are still many mothers who provide additional breastfeeding (MP-ASI) to babies less than four months old. Giving complementary foods too early has a very high risk of contamination risk, namely the incidence of gastroenteritis which is very dangerous for the baby and can reduce milk production because the baby rarely breastfeeds. The purpose of this study was to analyze the cultural relationship factor by offering early complementary foods. The method used in this research is correlational analytic with cross sectional approach. The population was all mothers breastfeeding infants aged 0–6 months at the Arrahman clinic in Pasuruan. The sampling technique used purposive sampling. The independent variable of the cultural factor and the dependent variable is the offering of early solids. The research instrument used a questionnaire. Analysis of research results using the chi square test. The results showed that most of 25 people (78.1%) had no cultural factors, 24 people (75%) did not provide complementary feeding. The results of the cross tabulation showed that 22 people (68.75%) had no cultural factors and did not provide early complementary foods to their children, the Chi Square test results showed 0.001, which means that there is a relationship between cultural factors and early complementary feeding. This shows that mothers who follow cultural factors have a tendency to provide complementary feeding to infants aged 0-6 months and mothers who do not follow cultural factors do not provide complementary foods to babies aged 0-6 months. The solution that is needed is to provide information through counseling by health workers about the provision of early complementary foods which will have a negative impact on the baby, namely the baby's digestive system is not disturbed so that nutritional disorders and will reduce the baby's immune system because the baby is not exclusively breastfed until the age of 6 months.

**Keywords:** Cultural factors, Early complementary feeding.

## **BACKGROUND**

Mother's Milk (ASI) is a substance that is perfect for baby's growth and can accelerate the development of baby's weight. In addition, breast milk contains substances that repel/prevent disease and can provide satisfaction and bring the hearts of mothers and babies closer as a means of establishing a loving relationship. Therefore the World Health Organization (WHO) /United Nations Children's Fund (UNICEF) has recommended a gold standard for infant feeding, namely exclusive breastfeeding from birth to 6 months of age, preceded by Early Breastfeeding Initiation (IMD) immediately after birth, starting 6 months

old, give complementary food to ASI (MP-ASI) and continue breastfeeding until the child is 2 years old (Ministry of Health, 2015). There are still many mothers who provide complementary food to replace breast milk (MP-ASI) for babies who are less than four months old. Giving MP-ASI too early has a very high risk of contamination, namely the occurrence of gastroenteritis which is very dangerous for babies and can reduce milk production because babies rarely breastfeed (Prasetyono, 2014).

Based on UNICEF data (2016) only 32.6% of 136.7 million births were exclusively breastfed. According to RISKESDAS (2018) exclusive breastfeeding in infants aged 0-5 months is only 37.3%. In East Java, the rate of exclusive breastfeeding is around 40% and in Pasuruan Regency it is around 40%. Based on the preliminary study that the researchers conducted by interviewing 18 mothers who had babies aged > 6 months at the Arrahmah Bangil Pasuruan Clinic regarding exclusive breastfeeding to babies 0-6 months, it was found that there were 6 mothers who gave exclusive breastfeeding and mothers who gave MP-ASI early as many as 12 people. Based on these data, there are still many mothers who provide MP-ASI early to their babies, including by giving formula milk as a substitute for exclusive breastfeeding. From the results of the researchers' interviews with informants about their reasons for giving MP-ASI early because they thought that giving formula milk could accelerate the growth of the baby and not interfere with the mother's activities because the baby could be looked after by caregivers.

Based on the preliminary study that the researchers conducted by interviewing 18 mothers who had babies aged > 6 months at the Arrahmah Bangil Pasuruan Clinic regarding exclusive breastfeeding to babies 0-6 months, it was found that there were 6 mothers who gave exclusive breastfeeding and mothers who gave MP-ASI early as many as 12 people. Not optimal exclusive breastfeeding is caused by early complementary feeding. Educational factors, family and income support, social culture or traditions have an influence on early complementary breastfeeding.

To overcome this problem, the solution that can be taken by health workers is to provide counseling to mothers and families about the importance of exclusive breastfeeding to meet the baby's nutritional intake and increase the baby's immune system.

The general objective of this study is to analyze the relationship between cultural factors and the provision of early complementary foods at the Arrahmah clinic, Bangil subdistrict, Pasuruan district in 2020. The specific objectives are to identify cultural factors at the Arrahmah Clinic, Bangil District, Pasuruan Regency in 2020, identify early complementary feeding at the Arrahmah Clinic, Bangil District, Pasuruan Regency. 2020, and analyzing the relationship between cultural factors and the provision of early MPASI at the Arrahmah Clinic, Bangil District, Pasuruan Regency in 2020.

## **METHOD**

Mother's Milk (ASI) is a substance that is perfect for baby's growth and can accelerate the development of baby's weight. In addition, breast milk contains substances that repel/prevent disease and can provide satisfaction and bring the hearts of mothers and babies closer as a means of establishing a loving relationship. Therefore the World Health Organization (WHO) / United Nations Children's Fund (UNICEF) has recommended a gold standard for infant feeding, namely exclusive breastfeeding from birth to 6 months of age, preceded by Early Breastfeeding Initiation (IMD) immediately after birth, starting 6 months old, give complementary food to ASI (MP-ASI) and continue breastfeeding until the child is 2 years old (Ministry of Health, 2015). There are still many mothers who provide complementary food to replace breast milk (MP-ASI) for babies who are less than four months old. Giving MP-ASI too early has a very high risk of contamination, namely the occurrence of

gastroenteritis which is very dangerous for babies and can reduce milk production because babies rarely breastfeed (Prasetyono, 2014).

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## RESULT

### A. Characteristics of Respondents

**Table 1** Characteristics of Respondents

Variabel	Kategori	n	%
Age	< 20 years	4	12.5
	20-35 years	22	68.8
	>35 years	6	18.8
education	Base	5	15.6
	Intermediate	22	68.8
	College	5	15.6
profession	Work	9	28.1
	Doesn't work	23	71.9
Parity	Primipara	13	40.6
	Multipara	19	59.4

Based on the table above it was found that most (68.8%) of the respondents were aged 20-35 years, most (68.8%) had secondary education, most (71.9%) did not work, and, more than half (59.9%) 4%) of respondents with multiparas.

### B. Research Variables

**Table 2** Research variable

No	Cultural Factors	Frequency (f)	Percentage (%)
1	Yes	7	21,9
2	No	25	78,1
	Total	32	100
No	Giving early MPASI	Frequency (f)	Percentage (%)
1	Given MPASI < 6 months	8	25
2	Not given MPASI < 6 months	24	75
	Total	32	100

Data primer penelitan 2020

Based on the table above shows that of the 32 respondents, the majority of respondents (78.1%) did not have a cultural factor, namely as many as 25 respondents. And more than half of the respondents (75%) did not provide complementary foods, namely as many as 24 respondents.

### C. Cross Tabulation

**Table 3** Cross Tabulation of Cultural Factors and Respondent Characteristics

Cultural Factors	Age						
	< 20 th		20-35 th		> 35 th		
	Σ	%	Σ	%	Σ	%	
Yes	0		5		2		7
No	4		17		4		25
Total	4		22		6		32

Cultural Factors	Education						
	Base		Medium		High		
	Σ	%	Σ	%	Σ	%	
Yes	2		5		0		7
No	3		17		5		25
Total	5		22		5		32

Faktor Budaya	Job				Total
	working		not working		
	Σ	%	Σ	%	
Yes	4		3		7
No	5		20		25
Total	9		23		32

  

Faktor Budaya	Paritas				Total
	Primipara		Multipara		
	Σ	%	Σ	%	
Yes	3		4		7
No	10		15		25
Total	13		19		32

**Table 4** Cross Tabulation of MPASI Distribution and Respondent Characteristics

provision of MPASI	Age						
	< 20 th		20-35 th		> 35 th		
	Σ	%	Σ	%	Σ	%	
Given	0	0	5	15,7	3	9,4	8
No Given	4	12,5	16	50	3	9,4	24
Total	4	12,5	22	65,7	6	18,8	32

provision of MPASI	Education						
	Base		Medium		High		
	Σ	%	Σ	%	Σ	%	
Given	1	3,1	6	18,8	2	6,3	8
Not Given	4	12,5	16	50	3	9,4	24
Total	5	15,1	22	68,8	5	15,7	32

Provision of MPASI	Job				Total
	working		not working		
	Σ	%	Σ	%	
Given	4	12,5	5	15,7	8
Not Given	5	15,1	18	56,3	24
<b>Total</b>	<b>9</b>	<b>28,1</b>	<b>23</b>	<b>72</b>	<b>32</b>

Provision of MPASI	Paritas				Total
	Primipara		Multipara		
	Σ	%	Σ	%	
Given	3	9,4	6	18,8	8
Not Given	10	31,3	13	40,6	24
<b>Total</b>	<b>13</b>	<b>40,7</b>	<b>19</b>	<b>59,4</b>	<b>32</b>

**Tabel 5** Tabulasi Silang Variabel Penelitian

Faktor Budaya	Pemberian MPASI dini				Total
	Diberi MPASI		Tidak diberi MPASI		
	$\Sigma$	%	$\Sigma$	%	
Ya	5	15,6	2	6,25	7
Tidak	3	9,4	22	68,75	25
<b>Total</b>	<b>8</b>	<b>25</b>	<b>24</b>	<b>75</b>	<b>32</b>
$\alpha=0,05$			p-value =0.005		

From Table 4 it can be seen that most of the 22 respondents (68.75%) did not have cultural factors and did not give early MPASI to their children. The Chi Square test result is 0.001, but there are 25% of cells whose expected frequency value is <5, so the conclusion is based on Fisher's Exact test value. The Fisher's Exact value above is 0.005 <0.05 which means there is a relationship between cultural factors and early complementary feeding.

## DISCUSSION

### Cultural Factors

Based on table 2 above, it shows that of the 32 respondents, more than half of the respondents (78.1%) did not have a cultural factor, namely as many as 25 respondents.

Culture is a pattern of meaning embedded in historically transmitted symbols, a system of inherited conceptions expressed in symbolic forms by which people communicate, survive and develop their knowledge of life and attitudes towards it. Culture in society is indicated by behavior, attitudes, appearance, opinions and so on that are in accordance with what is adhered to or often raised by the surrounding community (Luddin ABM, 2010). Based on research conducted by Rahmadhanny, there are several cultures that exist in the community regarding the provision of complementary food for breastfeeding, including, the baby has been given rice mixed with bananas before the baby is 6 months old, giving MP ASI before the baby is 6 months old so that the baby gains weight quickly, and healthy, giving food to babies before they are 6 months old because they feel that breast milk is not nutritional enough, the habit of throwing away colostrum from jolong milk because they think it is dirty and replace it with honey or young coconut water. The results of this study are in accordance with the results of Kumalasari's research (2014) which concluded that there is a significant relationship between

myths and early complementary feeding. This is consistent with research in the field that although many believe in myths, along with knowledge, people will increasingly think about doing something that they feel is not good to do. In several traditional societies in Indonesia we can see cultural conceptions embodied in behavior related to feeding patterns in infants that are different from health conceptions.

The culture of giving complementary feeding that is found in the area around the Arrahmah clinic, Bangil District, Pasuruan Regency is giving herbal-feeding when the baby is 40 days old. Apart from that, bananas, smooth porridge, and honey were also given before the baby was 6 months old. Culture like this will cause problems for babies aged 0-6 months, where the ability to digest the baby's digestive organs is still not optimal. cause infection.

### **Giving Early MPASI**

Based on table 2 above, it shows that out of 32 respondents, more than half of the respondents (75%) did not provide complementary foods, namely 24 respondents.

According to Azwar in 2013, early complementary feeding is giving food or drink other than breast milk that is too early, namely before the baby is 6 months old. According to Amaliyah 2016, the impact of early complementary feeding includes breastfeeding disorders, increased kidney burden, babies more often suffer from diarrhea, babies are prone to allergies, malnutrition occurs, decreased milk production, lowered baby's immune system, digestive disorders occur.

Early complementary feeding is not recommended by several research results because of the large effect and impact on infants aged 0-6 months. It is important for mothers and families to seek information in advance about giving complementary foods to health workers so that unwanted things do not happen to their babies.

### **The Relationship between Cultural Factors and Early Complementary Feeding**

From Table 5 it can be seen that most of the 22 respondents (68.75%) did not have cultural factors and did not provide early MPASI for their children. The Chi Square test result is 0.001, but there are 25% of cells whose expected frequency value is  $<5$ , so the conclusion is based on Fisher's Exact test value. The Fisher's Exact value above is  $0.005 < 0.05$  which means there is a relationship between cultural factors and early complementary feeding. This shows that mothers who follow cultural factors have a tendency to give complementary foods to babies aged 0-6 months and mothers who do not follow cultural factors do not give complementary foods to babies aged 0-6 months.

In accordance with the results of this study, Utami (2014) stated that cultural factors have a bearing on mother's behavior in early complementary feeding. The opinion of some people states that the reasons for giving MP-ASI to children at an early age are caused by fussy children, working mothers and following the ancestral culture. The types of MP-ASI that are usually given to children are instant foods such as brown rice porridge produced by factories, steamed rice, formula milk, bananas and honey. The mothers reasoned that they gave MP-ASI because the child was fussy/crying which they thought was due to hunger and the influence of old cultural habits of parents to provide complementary foods at the age of less than 6 months with the aim of fulfilling all the child's nutrition. Local cultural factors regarding the provision of early MP-ASI food or drinks such as zamzam water, starch water, banana porridge, have not supported the implementation of exclusive breastfeeding. This habit or tradition may be a factor that influences the mother's habit of giving early complementary foods (Yeni and Minsarnawati, 2009). The next impact is that it can inhibit the lactation process (Sutayani, 2012).

Cultural factors in giving MP-ASI to babies aged 0-6 months are usually passed down from parents to their children such as giving the baby bananas, team porridge, honey, tea and others. The mindset of people who still believe this can hinder the growth of babies. mother will follow the culture as proof of obedience to parents. Whereas for people who have an

advanced mindset, it is easy to respond to all the information they receive so that they can make positive decisions and want to leave all the culture that has been carried out by their families in providing MP-ASI early.

## **CONCLUSION**

The results showed that most of the 22 respondents (68.75%) had no cultural factors and did not give early complementary foods to their children, the results of the Chi Square test showed 0.001, but there were 25% of cells whose expected frequency value was  $<5$ , so the conclusion was based on the value Fisher's Exact test. The Fisher's Exact value above is 0.005  $<0.05$  which means there is a relationship between cultural factors and early complementary feeding. This shows that mothers who follow cultural factors have a tendency to give complementary foods to babies aged 0-6 months and mothers who do not follow cultural factors do not give complementary foods to babies aged 0-6 months.

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