

Correlation Between Room-in and Attitude of Postpartum Mothers in Giving the First Breast Feed to the Babies at RSUD Dr. H. Moch. Ansari Saleh Banjarmasin

Sarkiah¹, Anita Herawati², Istiqamah³
{fadhilsarkiah@gmail.com¹}

Sari Mulia Banjarmasin^{1,2,3}

Abstract: Breast milk is very beneficial for immunity, growth, and development of babies. The result of the interview to 10 postpartum mothers found that there were 6 of them did not breastfeed their babies and 4 others did not in room-in with the babies for many reasons. In order to know the correlation between room-in and the attitude of postpartum mothers in giving the first breast feed to the babies. The study used an analytical survey method with a cross-sectional approach. The population was all normal postpartum mothers at RSUD dr. H. Moch. Ansari Saleh Banjarmasin in 2018. The sample was 30 normal postpartum mothers with the accidental sampling method. There were 22 postpartum mothers who were in room-in (73.3%) and 17 mothers had positive attitudes (56.7%). There is a Correlation Between Room-in and the Attitude of Postpartum Mothers in Giving the first Breast Feed to the babies At RSUD Dr. H. Moch. Ansari Saleh Banjarmasin.

Kata Kunci: Attitude, Postpartum, Room-in.

1 Introduction

Breastfeeding (ASI) proved to be useful for optimizing immunity, growth and development of infants, creating a bond of affection between mother and child, accelerating the recovery of postpartum maternal health, delaying pregnancy and preventing the risk of breast cancer in women. World Health Organizations (WHO) recommends that all women in the world to breastfeed their children by giving exclusive breastfeeding starting from the beginning of the baby labor or initiating early breastfeeding (IMD), within 30 minutes after the baby is born. The correct breastfeeding technique is by giving it often and up to the baby want to without giving complementary foods or other formula milk for 6 full months. This method can be done by joining a room in care from the time of delivery until the baby is born [3].

Based on data documentation on February 20, 2018 in the Medical Record Room at RSUD dr. H. Moch. Ansari Saleh Banjarmasin is known that in 2014 there were 727 normal deliveries with 714 newborns (98.2%). In 2015 there were 2,180 normal deliveries with 2,104 newborns (96.5%). In 2016 there were 4,447 normal deliveries with 4,392 newborns (98.7%), in

2017 there were 2,000 normal deliveries with 1989 newborns (99.4%). Postpartum mothers visit data in 2014 the number of postpartum mothers was 3,392 people. In 2015 there were 2,690 postpartum mothers. In 2016 there were 3,845 postpartum mothers and in 2014 there were 2,245 postpartum mothers [6].

Data recapitulation of IMD (Early Breastfeeding Initiation) of 4,447 normal deliveries, 2,897 performed and successful, as many as 1,550 were not performed due to other complications in the mother or baby and for other reasons such as the mother's nipples drowning, asphyxia babies after birth and so forth. Breastfeeding is mostly given shortly after birth or after the baby is measured and checks for vital signs, while health workers either midwives or nurses will encourage mothers to breastfeed their children [6].

Most breastfeeding fails on the first day since the baby is born due to a variety of reasons including breastfeeding not coming out, sinking nipples or the mental condition of the mother who is not ready to accept the presence of her baby (post partum blues). Most of the failures are due to the impatience of the mother or family who assume that breast milk given by the mother is lacking in infant babies so the baby shows symptoms such as fussing, weight loss and hyperbilirubin (babies appear yellow) due to lack of breast milk which results in the baby being given formula milk as an additional nutrient.

The results of a preliminary study that was carried out on February 20, 2018 in the Postpartum Hospital, Dr. H. Moch Ansari Saleh Banjarmasin, it is known that in one day, an average of 25 normal deliveries occur where as many as 10 normal-giving mothers mostly give first breast milk (collustrum) to their babies while 15 people do not give on the grounds of complications in infants (asphyxia, abnormalities, etc.), as well as due to breast milk that has not yet come out or the nipple of the mother sinking. The results of a brief question and answer to 10 mothers are known that as many as 7 mothers did not give milk to their babies due to milk that did not come out even though it was already entered the second day of hospitalization (an indication of severe preeclampsia), sinking nipples had entered the post partum on the third day (indication severe preeclampsia), maintaining the shape of the breast has entered the post partum day one and 3 other people were not cared at room in care because they were born prematurely, LBW and asphyxia.

The objective that can be expected from this study is to analyze the correlation between the room in care and post partum mothers' attitudes in giving the first exclusive breastfeeding (collustrum) at RSUD dr. H. Moch. Ansari Saleh Banjarmasin.

2 Materials and Methods

The research method used in this study was an analytic survey using analytic cross sectional techniques. The population is all normal post partum mothers at RSUD dr. H. Moch. Ansari Saleh Banjarmasin from April to June 2018 there were 412 people. The Sampling in this study used a minimum sample of 30 normal and healthy post partum mothers and having healthy babies using the accidental sampling method. The data collection technique used was a questionnaire regarding the correlation between the admission and the motivation of post partum

mothers in giving first exclusive breastfeeding (collustrum) at the RSUD dr. H. Moch. Ansari Saleh Banjarmasin.

3 Result

a. Analisa Univariat

1) Room in care

Room in care obtained based on the research results presented in table 1.

Table 1. Distribution of Frequency of Room in Care

Room in care	Frequency	Percentage (%)
No	8	26,7
Yes	22	73,3
Total	30	100,0

2) Attitude

The attitudes obtained based on the results of the study are presented in table 2

Table 2. Attitude Frequency Distribution

Attitude	Frequency	Percentage (%)
Low	9	30,0
Moderate	4	13,3
High	17	56,7
Total	30	100,0

b. Uji Analisa Data Bivariat

The results were analyzed using the chi square analysis test on the correlation between Room-in Care and the Attitudes of Post Partum Mothers on giving the first exclusive breastfeeding (collustrum) at RSUD dr. H. Moch. Ansari Saleh Banjarmasin, presented in the following table 3:

Table 3. Correlation Between The Room-in Care and the Attitude of Giving The First Exclusive Breastfeed (Colustrum) at RSUD dr. H. Moch. Ansari Saleh Banjarmasin

Room-in Care	Attitude						f	%
	Low		Moderate		High			
	f	%	f	%	f	%		
No	8	100,0	0	0,0	0	0,0	8	100,0
Yes	1	4,5	4	18,2	17	77,3	22	100,0

Total	9	30,0	4	13,3	17	56,7	30	100,0
(p=0,000; $\alpha=0,05$)								

The results of the analysis with the chi square test results showed that $p = 0,000 < \alpha = 0,05$ or it can be said that there was The correlation between room-in care and post partum maternal attitudes in giving first exclusive breastfeed (collustrum) at RSUD dr. H. Moch. Ansari Saleh Banjarmasin.

4 Discussion

a. Univariate Results

1) Description of Room-in Care of Post Partum Mothers and Babies at RSUD dr. H. Moch. Ansari Saleh Banjarmasin

The results showed that there were 22 (73.3%) mothers did room-in care and 8 (26.7%) who did not. Those who did because it was one of the hospital procedures if the baby is born healthy, then the newborn is monitored in the nursery for 2 hours. If the baby has a problem, the baby will continue treatment in the nursery until the baby's condition is declared stable and healthy.

The 8 mothers who did not do room-in care, due to their needed further care after labor. [4] states that there are various problems that can cause no merger between mothers and babies such as babies having abnormalities or problems after birth, maternal psychological problems such as post partum blues or baby blues or the inability of mothers to care for babies due to the period postpartum recovery.

The results of the study were in line to [1], which states that out of 30 normal maternal mothers at Polindes Harapan Bunda Desa Kaligading Kecamatan Boja Kabupaten Kendal, there were 79% of mothers have room-in care with their babies, so that they could give the first breastfeed to their babies.

2) Description of Post Partum Mother's Attitudes in Giving First Breastfeeding (collustrum) at RSUD dr. H. Moch. Ansari Saleh Banjarmasin.

The results showed that the mothers who had high attitudes were 17 people (56.7%) and mothers who had moderate attitudes were 4 people (13.3%). The high ones had been given a lot of moral support from the doctors and midwives during childbirth for IMD immediately after the baby was born.

Attitude is an activity that results in, channeling and maintaining human behavior due to individuals with the situation. Generally people who are motivated will do more effort than those who don't [5].

In line to research [2], it is known that most of the mothers in AN-NISSA SURABAYA HOSPITAL have high motivation in giving breastfeed (77.3%).

b. Correlation between Room-in Care and the attitude of the Post partum Mother in giving the first exclusive breastfeed (Collustrum) at RSUD dr. H. Moch. Ansari Saleh Banjarmasin

The results showed that 17 people (77.3%) high attitude mothers who took Room-in care and 8 people (100%) low attitude ones, did not take room-in care.

Factors that influence the mother to give her first breast milk (collustrum) to her baby such as the environment, neat care room, clean and far from noise, husband and family support. Some husbands and mothers share their enthusiasm, accompany their wives during breastfeeding, find information on how to facilitate breastfeeding and touch their wives so that mothers feel more loved and motivated in breastfeeding.

The results also showed that there was 1 mother who did the room-in care but had a low attitude. It was due to the condition of the mother's own condition such as abnormalities in the nipples of the mother's breasts such as nipples that sink and split making it difficult for babies to suckle.

The results of the analysis with the analysis of the chi square test showed that $p = 0,000 < \alpha = 0.05$ or it could be said that there was the correlation between the room-in care and the post partum maternal attitude in giving first exclusive breastfeeding (collustrum) at RSUD dr. H. Moch. Ansari Saleh Banjarmasin.

It is in accordance to the statement [2], by room-in care, the mother and baby will soon be involved in the process of sticking due to body touch between the mother and her baby, the more often the mother makes direct physical contact with the baby will help influence the production of breast milk, especially collustrum, to The mother must be in the same room with her baby continuously and encourage the mother to immediately breastfeed her baby whenever the baby wants it so that it will facilitate the production of breast milk.

The results of this study was in line to [1], which states that based on the Fisher Exact statistical test, the p value is 0.035 ($0.035 < 0.05$) so that there is a relationship between room-in care and postpartum mothers' motivation in giving First Breastfeeding at Polindes Harapan Bunda Desa Kaligading Kecamatan Boja Kabupaten Kendal.

Taking rooo-in care mother and baby as soon as the baby is labored may make the process of attachment (early infant mother bonding) due to body touch between mother and baby. This has a great influence on the subsequent development of infant psychology, because the warmth of the mother's body is a mental stimulation that is absolutely needed by the baby. Inpatient treatment will help facilitate breastfeeding. Because in the body of a nursing mother there is the hormone oxytocin.

This hormone is very influential on the emotional state of the mother. If the mother is calm and happy because she can hold her baby, then this hormone will increase and breast milk will come out quickly, so the baby is more satisfied to get the first breast milk.

The results showed that at-age mothers who are not at risk (20-35 years old) who have a high attitude in providing First Breastfeeding (collustrum) in RSUD dr. H. Moch. Ansari Saleh Banjarmasin as many as 11 people (52.4%). Mother's age greatly determines maternal health because it is related to the conditions of pregnancy, childbirth, and childbirth, as well as how to care for also breastfeeding her baby. Mothers who are less than 20 years old are still immature and are not physically and socially ready in the face of pregnancy, childbirth, and in fostering babies in birth, while mothers aged 20-35 years are referred to as "adulthood" and also called reproductive periods, where at this time it is hoped that people have been able to solve problems faced emotionally calmly, especially in dealing with pregnancy, labor, post partum, and caring for their babies later.

The results showed that highly educated mothers, 11 people (52.4%) (SMS / PT) who had a high attitude in giving First Breastfeeding (collustrum) in RSUD dr. H. Moch. Ansari Saleh Banjarmasin. Education has a significant influence on the attitude of mothers in giving first breast milk (collustrum). Education can improve the way the use of family resources, so that it will have a positive impact on family survival, one of which is in providing First Breastfeeding (Kolustrum) for her children. Mothers with tertiary education are not much influenced by traditional practices that adversely affect pregnant women and the quality and quantity of food to be consumed every day.

The results showed that working mothers who have a low attitude in giving First Breastfeeding (collustrum) at the RSUD dr. H. Moch. Ansari Saleh Banjarmasin as many as 7 people (41.2%). Job opportunities and demands for work help the family economy so some mothers choose to work outside the home. With working mothers can not fully relate to their babies, as a result mothers tend to give formula milk and given through bottles, causing the frequency of breastfeeding will decrease and milk production will decrease. This situation causes the mother to stop breastfeeding. So, a working mother the chances of exclusively breastfeeding her baby dropped dramatically.

The results showed that parity mothers are at risk (1 /> 3) who have a high attitude in giving First Breastfeeding (collustrum) in RSUD dr. H. Moch. Ansari Saleh Banjarmasin as many as 11 people (55%). One of the factors that can be mentioned is the advice and experience during pregnancy, childbirth, especially first breastfeeding experience. Parity is thought to have something to do with the direction of seeking information about the knowledge of postpartum mothers (breastfeeding) in giving First Breastfeeding. This is related to the influence of personal and other experiences on knowledge that can influence current or future behavior.

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