

**PROCEEDING INTERNATIONAL CONFERENCE
OF NURSING, HEALTH AND EDUCATION (ICNHE)**

**PREPARE FOR UPGRADING SKILL
FOR GLOBAL NEEDS**

PHENOMENOLOGY STUDY: FAMILY EXPERIENCE IN MANAGING
MENTAL DISORDERS IN PANTI DISTRICT

ANXIETY OF ACUTE CORONARY SYNDROME PATIENTS IN REGIONAL
PUBLIC HOSPITAL OF DR.T.C.HILLERSMAUMERE

MANAGER'S STRATEGY IN IMPROVING THE QUALITY OF NURSING
DOCUMENTATION

EARLY DETECTION OF PRESSURE SORES AND HEALTH EDUCATION IN
PREVENTING THE OCCURRENCE OF PRESSURE SORES

FAMILY SOSIAL SUPPORT AND ANXIETY LEVEL OF HOSPITALIZATION
TO PRESCHOOL CHILDREN

THE CONDITION OF THE BABY IN EXCLUSIVE BREASTFEEDING FOR
WORKING MOTHERS AT STIKES RS. BAPTIS KEDIRI

MOTIVATION RELATED TO COMPLIANCE MANAGEMENT OF NON
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HYPERTENSION PATIENTS IN HELVETIA COMMUNITY HEALTH CENTER,
MEDAN

INCIDENCE OF INSOMNIA IN THE ELDERLY AT WREDHA NURSING
HOME

PROCEEDING OF

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FOREWORD

Thanks to God Almighty for his abundance of grace so that the Proceedings Of Update Comprehensive Nursing Care For Diabetes Mellitus Patients With A Multidisciplinary Approach can be solved well. This Proceeding is a collection of research results that are expected to contribute in improving health status in the community. Research results can be a point of reference for developing other research for the welfare of Indonesian society. This Proceeding contains research papers and is created with the aim of providing knowledge to the general public regarding the latest research and scientific developments so that it is expected to increase knowledge, communication and further motivation for the filing of Intellectual Property Rights.

We would like to thank **Mrs. Selvia David Richard, S.Kep., Ns., M.Kep as Chief of STIKES RS. Baptis Kediri, Libest Asia Consultans, Social Welfare Corporation Prefectual Welfare Society, Asia Kyoei Jigyou Kyodokumiai, Kumiai/AO Japan, Seiyukai Foundation, Rakurakuen Foundation and Southeast Asia Ministers of Education Organization Regional Open Learning Center (SEAMEO SEAMOLEC)** in publishing the proceedings that we have held. We realize that this Proceeding certainly does not escape the deficiencies, for that all suggestions and criticism we expect for the improvement of proceedings in the next issue. Finally we would like to thank all those who have assisted in this activity, and we hope that this proceeding can be useful for researchers, academics and the development of science.

Kediri, 29th November 2019
Committe

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THE CONDITION OF THE BABY IN EXCLUSIVE BREASTFEEDING FOR WORKING MOTHERS AT STIKES RS. BAPTIS KEDIRI

Rimawati
Lecture STIKES RS Batis Kediri

Abstract

Breastfeeding is a natural process and one of the tasks in child health care, but not all mothers can do the job well, unable to breastfeed or stop breastfeeding early. This study aims to analyze the condition of the baby in exclusive breastfeeding for working mothers at STIKES RS. Batis Kediri. Research method using qualitative research. Data collection using primary and secondary data then conducted in depth (in depth interview). Respondents were 5 persons according to inclusion and exclusion criteria. The results of the study showed the condition of the working environment when the mother gave the breast milk not yet available the lactation corner, breastfeeding mimic and seek information from coworkers, discomfort when there is breast dam in breasts, and the baby is healthy and has endurance the good. The conclusion of the research the need for lactation corner, informants looking for information in breastfeeding by seeking information to friends who have breastfed during previous work and apply it, informants if poor psychological conditions can affect the quality of breastfeeding in mothers breastfeeding.

Keywords: Exclusive breast milk, Mom work, condition of the baby

Introduction

Mother's milk, hereinafter referred to as ASI, is an ideal food which is very important for the growth and development of the baby because the composition in it is according to the baby's age such as fat, carbohydrates, protein, salt and minerals, and vitamins. The amount of composition is very suitable to the needs of infants where not higher and not lower for example higher levels of breast milk cholesterol than cow's milk, where cholesterol serves to stimulate the formation of protective enzymes that make cholesterol metabolism effective in adulthood besides breast milk also contains acids essential fats, Omega 6 and Omega 3 which are important functions in brain growth, while the salt and mineral content is very low which is needed by newborns because the kidneys have not been able to concentrate urine properly (Astutik, 2014).

The benefits of breast milk in the process of growth and development of children are very many because breast milk has a composition that suits the needs of the

baby, breast milk also contains antibodies that are very useful to protect babies against a disease, according to WHO (2000) cited by Astutik (2014) that babies given milk other than breast milk 17 times higher risk for diarrhea and 3-4 more likely to get ARI compared to babies given breast milk. Breastfeeding can reduce the risk of infant death, in a study conducted by Nurbiati and Besral (2008) on the effect of the duration of breastfeeding on infant survival in Indonesia, it was found that babies who were breastfed for 6 months or more had a survival rate 33 times better than babies who are breastfed for less than 4 months, this was also revealed by Stoppard (2006) Babies who are breastfed are more resistant to disease than infants who are given bottle milk because breast milk is also antibacterial because the content of the substances in it can kill germs.

Seeing the many benefits of good breastfeeding to meet the needs of infants, breastfeeding is one way that can be done by mothers to provide ideal food for baby's growth and development, but not all mothers are able to breastfeed properly due to several

factors including work, culture and insufficient milk production (Astutik, 2014).

The rate of breastfeeding in the United States has increased steadily over the past decade, the rate for breastfeeding initiation in 2006 reached 77% (Lowdermilk, Perry and Cashion, 2013). According to the Indonesian Ministry of Health (MOH), it has a program on improving community nutrition by making a target of coverage in exclusive breastfeeding for infants aged 0-6 months by 80% (Fikawati and Syafiq, 2009). The Indonesian Central Statistics Agency (BPS), hereinafter abbreviated as BPS in 2013, recorded productive women totaling 114 million people, from these data recorded 43.3 million people were female workers. From BPS data, the coverage of exclusive breastfeeding for 0-6 months infants is 54.3% (Ministry of Health of the Republic of Indonesia, 2015). Kota Kediri data on mothers giving exclusive breastfeeding for 6 months was 56% (DHO City of Kediri, 2016). From preliminary study data conducted on STIKES Kediri Baptist Hospital employees who are married and have experience in breastfeeding from 16 there are 10 nursing health education workers between 2 to 3 months, there are 6 there are 3 educator mothers and 3 TU employee mothers who are have experience giving exclusive breastfeeding. In providing this exclusive breastfeeding Working mothers get into trouble namely in providing time to pump and there is no specific place for breastfeeding.

Breastfeeding is a natural process and is one of the tasks in child health care, but in reality not all mothers can carry out this task properly, fail to breastfeed or stop breastfeeding early (Rejeki, 2008). Breastfeeding is also an unbeatable way of providing ideal food for baby's growth and development. Breastfeeding is not always able to run easily, for example, working mothers are often used as an excuse for not being able to breastfeed exclusively, so they must be replaced with formula milk (Astutik, 2014).

The Ministry of Health of the Republic of Indonesia (2015) states that one of the factors that influence the low level of exclusive breastfeeding in Indonesia is that not all workplaces provide breastfeeding space. Working mothers do not have enough time to breastfeed their children, this situation

makes the mother's lack of opportunity to express breast milk at work, as well as the lack of working mother's knowledge about lactation management. The reasons for not exclusive breastfeeding vary greatly, including inadequate breastfeeding, mothers working on 3-month leave, fear of being left by their husband, fear of being fat and many more reasons. According to Astutik (2014) factors that influence the success of exclusive breastfeeding are socio-cultural factors, imitating friends, psychological factors, maternal physical factors, infant factors, health personnel factors and increasing canned milk promotion. The success in exclusive breastfeeding is also influenced by the support of the husband as said by Ramadani and Hadi (2010) but also influenced by the willingness of the mother to provide time for milking (Susanti, 2011).

Exclusive breastfeeding according to WHO is breastfeeding only without the addition of other liquids both formula milk, water, orange juice, or other supplementary food before reaching the age of six months, it must be realized by every mother that breast milk is the right of children, this is in accordance with the Law Republic of Indonesia No 36 of 2009 article 128 paragraph 1 states that bayu is entitled to breastfeed for 6 months unless there is a medical indication. In accordance with the law, it can be concluded that while working or not working, a mother is required to give ASI to her baby for 6 months without any reason except medical reasons.

Seeing the many benefits of exclusive breastfeeding that is good for meeting the needs of infants, breastfeeding is one way that can be done by mothers to provide ideal food for the growth and development of infants, but not all mothers are able to breastfeed well (Astutik, 2014). In accordance with the background that has been described, researchers are interested in conducting research to find what factors can influence the success of mothers working in exclusive breastfeeding.

RESEARCH METHODS

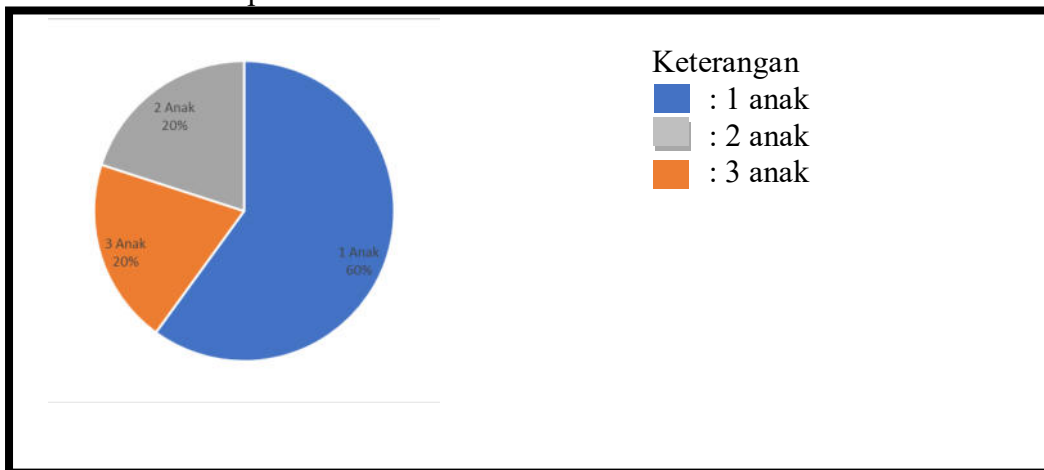
Research method using qualitative research. Data collection using primary and

secondary data then conducted in depth (in depth interview). Respondents were 5 persons according to inclusion and exclusion criteria.

RESULT

The results of the study obtained the characteristics of respondents' data displayed in the form of Pie diagrams, namely:

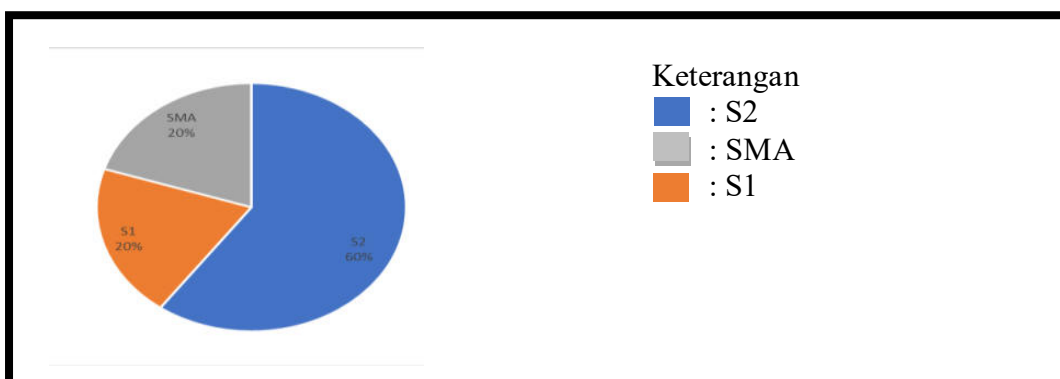
1. Data Characteristics of Informants based on the Number of Children in July 2017 at STIKES RS. Baptis Kediri



Picture 1: Characteristic Pie Diagram based on Number of Children

Based on Picture 1, it is found that > 50% of informants have 1 child, namely 3 respondents (60%).

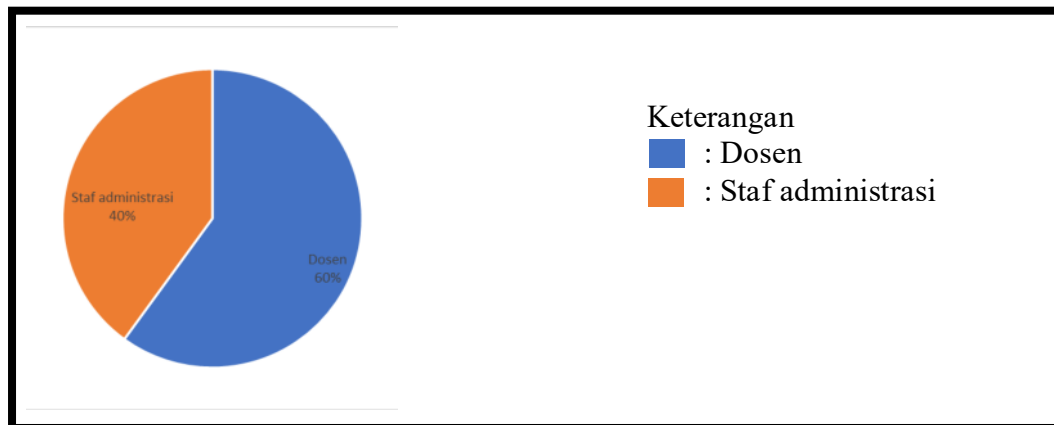
2. Data Characteristics of Informants based on Education in July 2017 at di STIKES RS. Baptis Kediri



Picture 2. Pie Diagram of Characteristics of Informants by Education

Based on Picture 2, it is found that > 50 informants have S2 education as many as 3 respondents (60%).

3. Data Characteristics of Informants based on Employment in July 2017 at STIKES RS. Baptis Kediri



Picture 3. Pie Diagram of Characteristics of Informants by Occupation

Based on Picture 3 it is found that >50% of informants have jobs as lecturers as many as 3 respondents (60%) and work as administrative staff as much as 2 respondents (40%).

The following will be outlined the thematic analysis that will be carried out through several stages, namely by reading the observations and listening to the results of the interview while listening to the recorded interviews. The results of the interviews recorded made transcripts, search for keywords .. Analyze keywords to find categories, and analyze categories to determine sub themes and themes.

The results found that the workplace environment does not have a place specifically for milking milk, but can use other places where privacy is maintained. Many informants sought information from friends about previous breastfeeding experiences so that they could be applied at work. Adaptive psychological condition of informants, they realize that their stress conditions can affect the quality of ASI or the quality of ASI can be reduced. Mother's physical condition is maintained and must be in good health because she also has to work and give ASI. The condition of infants during breastfeeding is the baby's health optimally maintained. This study produced five major themes from thematic analysis. the five themes produced were 1) Working Environment Conditions 2) Information on

breastfeeding from friends, 3) Psychological Conditions 4) Physical Conditions of Mothers 5) Condition of Babies.

Discussion

The results showed that babies with exclusive breastfeeding infants never got sick, as the informant said as follows *"Thankful my child Exclusive breastfeeding without formula milk my child has never been sick, the use of breast milk is very good for endurance, and that too is good, and even the child I almost never get sick, even now my child is more resistant to illness than children who are given formula"* (informant 1) Babies with formula milk can have a variety of responses in infants and may also be able to affect the development of the baby. The baby's health condition can also affect exclusive breastfeeding. Diarrhea infants every time you get breast milk, for example if he suffers from a congenital disease can not receive lactose, sugar that is found in large quantities in breast milk Effect of milk substitutes for milk (Formula Milk). According to Rodiah (2008) that there is a significant relationship between exclusive breastfeeding and child growth, because children who are exclusively breastfed will grow in accordance with their growth and development. Each drop of breast milk also contains minerals and enzymes for disease prevention and antibodies that are more effective than the content contained in

formula milk. Formula milk can increase the risk of asthma and allergies. Meanwhile, according to the ASI Task Force of the Indonesian Pediatrician Center Association (IDAI), breastfeeding can reduce the percentage of deaths by 13% (Dwiharso, 2010); (Assunah, 2007)

The results showed that the informant knew the effort to maintain the health needs of the baby by giving the milk needed, according to the informant as follows *"in my opinion it is not a problem because for the sake of the child so that the child can get proper nutrition because of the age it must indeed be from breast milk because if The formula of the nutritional formula is not as complete as breast milk, so in my opinion during this work, milking is very important even though the mother works not to be constrained by work so that she cannot provide exclusive breast milk* (Informant 4). The best effort for the baby will improve the quality of the baby's growth and development. Exclusive breast milk contains colostrum which is very good for babies. It is a thick viscous liquid with a yellowish color and is more yellow than mature milk. Colostrum is secreted by the breast gland from the first to the third or fourth. On the first day in normal conditions the production of colostrum is around 10-100 cc and continues to increase every day from 150 to 300 ml / 24 hours. The function of colostrum is to provide nutrition and protection consisting of immunoglobulins to coat the intestinal wall which serves to prevent the absorption of proteins that might cause allergies.

Lactoferrin is a protein that has a high affinity for iron, lysosomes function as antibacterial and inhibits the growth of various viruses, antitrypsin factors inhibit the work of trypsin so that it will cause protective immunoglobulin not broken down by trypsin, Lactobasillus is in the baby's intestine and produce various acids that prevent the growth of growth. pathogenic bacteria. Mothers with exclusive breastfeeding are very important for every baby's growth and health. A healthy baby condition is every baby's dream and one of the goals of exclusive breastfeeding. Exclusive breast milk is very good for nutrition and baby's immune system.

Conclusion

1. The results of the study found that the condition of the working environment when the mother gave ASI ie the lactation corner was not yet available, the informant usually uses a change of clothes to express milk. The hypothesis obtained is the difference in the comfort level of working and breastfeeding mothers at workplaces that have a lactation corner and no lactation corner.
2. The results of the study found that the informants sought information in breastfeeding by seeking information from friends who had breastfed during their previous work and applying it. The hypothesis obtained is the influence of media information with experience on the success of exclusive breastfeeding.
3. The results of the study found that the informant knows that a psychological condition that is not good can affect the quality of breast milk in nursing mothers. The hypothesis obtained is the psychological impact of nursing mothers with infant health. The results showed that there was discomfort when there was a breast milk dam in her breasts, and the informant gave a warm compress. The hypothesis obtained is the effectiveness of warm compresses to reduce the pain of ASI dams.
4. The results of the study found that infants with exclusive breastfeeding infants never got sick. The hypothesis obtained is the difference in infant health with exclusive breastfeeding and formula milk.

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