ABSTRACT

Background: The coverage of exclusive breastfeeding in Indonesia still below of the target. Its coverage in Surabaya in 2014 which was 64.33% also below the national target. Gundih Public Health Center’s area was one of area in Surabaya that showed decreased coverage for 3 years in a row. The preliminary study showed that breastfeeding practices in those area was mostly influenced by individual level factors. The objective of this study was to describe about breastfeeding practices and its individual level factors.

Methods: a qualitative research with descriptive exploratory. The data was conducted by in-depth interview involved 28 mothers. They were selected by purposive sampling and snowball sampling methods.

Results: Thirteen of 28 informants known still gave their baby an exclusive breastfeeding while the others already gave a solid foods/formulas. All informants had intention to breastfeed their baby but they had different intensity and perseverance. Most informants had knowledge about exclusive breastfeeding and its frequency. Informants who had prior health problem before or their baby choose to continue breastfeed. Also they who had skills and parenting experience mostly had same breastfeeding pattern on their next child. The birth experience which involved intervention like induction or sectio cesarea was related with delayed mother-infant early interaction as well as milk onset delay.

Conclusion: Mothers' knowledge and intention was not sufficient to influence exclusive breastfeeding practices. Both factors should be supported by capability including skill-parenting experience and well-health status of mothers, as well as actively take an advantage of every opportunity to breastfeed through birth experience, mother-infant early interaction, along with baby’s well-health status.

Keywords: breastfeeding, individual level factors