

ABSTRACT

**THE CORRELATION BETWEEN SOCIAL SUPPORT AND EXCLUSIVE
BREASTFEEDING IN WORK AREA OF HEALTH CENTER OF SRESEH
SAMPANG MADURA**

Cross Sectional Research

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Background: Breast milk contains many nutrients that are good for growth and optimal infant development. WHO, UNICEF, and the government has recommended exclusive breastfeeding up to 6 months. Exclusive breastfeeding can be influenced by social support from religious leaders. The aim of this research was to analyze the correlation between social support and exclusive breastfeeding in the work area of health center of Sreseh Sampang Madura.

Methods: This research was used cross sectional. The population of this research was mothers with infants of 6-12 months. The 90 respondents were chosen by purposive sampling technique. There are two variables in this study: social support as independent variable and exclusive breastfeeding as dependent variable. Data were collected by using social provision scale questionnaire and exclusive breastfeeding questionnaire. Then analyzed by using Spearman rank correlation with level of significant $\alpha < 0,05$.

Results: Respondents had high social support from religious leaders because Madura community has a strong religion, but support from husbands was low because husbands work and not paying attention. But husbands had high emotional support for breastfeeding mothers as husbands give attention, empathy, and attachment, mothers had enough support about exclusive breastfeeding, and enough support about not exclusive breastfeeding.

Conclusion: Mothers know about breastfeeding but not know about exclusive breastfeeding, need more knowledge about its importance and benefits to encourage them to practice it. More information and counseling for religious leaders and family members could improve adherence to exclusive breastfeeding, so that public health nurses and the others can train and provide counseling to religious leaders about exclusive breastfeeding. Family members often provide food to children and support to breastfeeding mothers. Support for mothers to be able to continue breastfeeding.

Keywords : social support, exclusive breastfeeding.