ABSTRACT

THE CORRELATION BETWEEN SOCIAL SUPPORT AND EXCLUSIVE BRESFEEDING 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 regions leader. The aim of this research was to analyze the correlation 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 an independent variable and exclusive breastfeeding as a dependent variable. Data were collected by using the Social Provision Scale Questionnaire and Exclusive Breastfeeding Questionnaire. Then analyzed by using Spearman rank correlation with a level of significance $\alpha < 0.05$.

Results: Respondents had high social support from regions leaders because of the strong religious community in Madura. However, support from husbands was low because of work and lack of attention. Husbands provided high emotional support for breastfeeding mothers through attention, empathy, and attachment. Mothers had enough support about exclusive breastfeeding and enough support about not exclusive breastfeeding.

Conclusion: Mothers know about breastfeeding but do 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 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.