

ABSTRACT

THE INFLUENCE OF HEALTH EDUCATION ON EXCLUSIVE BREASTFEEDING TOWARDS THE CHANGE OF THE LEVEL OF KNOWLEDGE AND ATTITUDE OF BREASTFEEDING MOTHERS

A Pre-Experimental Study in the Working Area of Community Health Center Tanah Kalikedinding, Surabaya

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Exclusive breastfeeding is the providing of breastmilk without other additions, either fluid or solid food, to infants until the age of 6 months. The objective of this study was to identify the influence of health education on exclusive breastfeeding towards the change of the level of knowledge and attitude of breastfeeding mothers.

This study used one group pretest and posttest pre-experimental design. Samples were taken using non-probability sampling from primiparous women who breastfed their babies of 0 – 6 months old and lived in the working area of Community Health Center Tanah Kalikedinding, Surabaya. Sample size was 23 respondents. The independent variable was health education on exclusive breastfeeding, and the dependent variable was knowledge and attitude of breastfeeding mothers. Data were collected and analyzed using Wilcoxon Sign Rank test with significance level of $p < 0,05$.

Results showed that all respondents had reliable level of knowledge (100%) and acceptable attitude (65%) on exclusive breastfeeding. From the results of Wilcoxon Sign Rank test, it was found that there was the influence of health education on exclusive breastfeeding mothers with significance level of $p = 0,000$.

In conclusion, health education on exclusive breastfeeding has influence on the change of the level of knowledge and attitude of breastfeeding mothers. Further studies should involve more respondents and control to other confounding variables to obtain more reliable results.

Keywords: *health education, level of knowledge, attitude, exclusive breastfeeding*