

ABSTRACT**The role of ‘Mother Pregnant Plus’ Class Session Towards Pregnant Mothers’ Intention in Performing Exclusive Breast Feeding at Muara Teweh Health Center, North Barito Regency**

Breast milk is a perfect source of food for infants, yet it has no significant meaning if the mothers do not give supports towards exclusive breastfeeding. The case decreasing breast feeding coverage in Indonesia is one of proof hence the same case in North Barito Regency. The main problem in breast feeding practice were attitude and predicting factor of attitude and intention. The purpose of this study was to analyze differences in group dynamics, attitude, subjective norms, perception of self-control and mother’s intention to perform exclusive breast feeding, before and after attending ‘mother pregnant plus’ class session at Muara Teweh Health Center, North Barito Regency. This study used a quasi-experimental study design using pretest and posttest control groups designed towards ‘mother pregnant plus’ class session (treatment) and ‘mother pregnant’ class session (control). Samples used were as many as 20 pregnant mothers and the differences in average were analyzed using *wilcoxon Signed Rank Test* and *Mann-Whitney test*. Results shown significant differences between the attitudes ($p = 0.015$), subjective norms ($p = 0.008$), perception of self-control ($p = 0.046$) and intentions ($p = 0.003$) of pregnant mothers before and after attending ‘mother pregnant plus’ class session (treatment). In the control group no significant difference was shown between the attitude ($p = 0.157$), perception of self-control ($p = 0.317$) and intentions ($p = 1.000$) among pregnant mothers just before and after attending ‘mother pregnant’ class session (controls) and there was significant differences found in the subjective norm ($p = 0.046$) among pregnant mothers before and after attending ‘mother pregnant’ class session (controls). Thus it can be concluded that there were differences in group dynamics, attitudes, subjective norms, perception of self-control and intentions among pregnant mothers in giving exclusive breast feeding, before and after attending ‘mother pregnant plus’ class session (treatment).

Keywords: exclusive breastfeeding, mother pregnant plus class session, the intentions of pregnant mothers.