

ABSTRACT

Breast milk is the best nutrition for infant aged 0-6 months, however many mothers were giving breast milk substitute to their infant on the first 6 months of life. The aim of this research is to analyze the factors associated with exclusive breastfeeding in infant aged 0-2 months.

This cohort study was carried out on 66 mothers who delivered their baby in Puskesmas Jagir and Dupak Surabaya during March 15 until April 16, 2016. Mothers were interviewed with questionnaire on the last day of postpartum care, and then followed for 2 months. Data of maternal age, education level, occupation, parity, knowledge about exclusive breastfeeding, paternal and family's support, professional health's support, early initiation of breastfeeding, exclusive breastfeeding counseling, and promotion of infant formula were recorded and analyzed using bivariate and multivariate. Analysis using SPSS version 23 with Chi-square test and regression binary logistic (CI =95%, $\alpha = 0,05$) between mother who gave exclusive and non-exclusive breastfeeding.

All respondents (66 mothers) breastfed their child, but only 43,9% who practiced exclusive breastfeeding. From bivariate analysis, the significant factors were knowledge about exclusive breastfeeding ($p=0.046$), paternal and family's support ($p=0.045$) and promotion of infant formula ($p=0.001$). Multivariate analysis furthermore found that mothers who delivered her baby for the first time ($p=0,049$, OR=0,101) and promotion of infant formula that influenced mothers a lot ($p=0.001$, OR=0,147) as the significant factor.

The exclusive breastfeeding practices can be raised especially with maternal self-confidence to breastfed even it was her first time, and no promotion of infant formula.

Keywords : Factors, Breastfeeding Exclusice, Mothers