

ABSTRACT

Exclusive breastfeeding is the breast milk given to infants since birth for six months, without adding and / or replacing with other foods or beverages (except medicines, vitamins, and minerals). Infant immunity will be more perfect if breastfeeding is given for 6 months. The purpose of this study was to analyze the correlation between exclusive breastfeeding and frequency of visiting health workers in infants (age 6-12 months).

This was a cross sectional analytic observational study. The sampling technique was multistage cluster. The independent variable of this research was exclusive breastfeeding, while dependent variable was frequency of visit to health workers. The data were taken by interviews using questionnaire.

The results obtained 100 infants and 46% (46 infants) of them were breastfed exclusively. The results of Kolmogorov-Smirnov normality test was not normal, so Mann Whitney U test was used. There was a significant relationship between exclusive breastfeeding and the frequency of visit to health workers in infants aged 6-12 months.

We concluded that there was a relationship between exclusive breastfeeding and frequency visit to health workers in infants age 6-12 months.

Keywords : exclusive breastfeeding, frequency of visit, health workers, infant 6-12 months