



Early Breastfeeding Initiation (IMD) and Determinant Factors: A Survey of Mothers of Posyandu Visitors in the Working Area of the Mogang Health Center, Samosir Regency, Indonesia

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ABSTRACT

Breast milk is the best food that can help the process of growth and development of the baby. Early breastfeeding initiation is the beginning of the success of exclusive breastfeeding. This study aimed to analyze the factors associated with early initiation of breastfeeding (IMD) in mothers who visit Posyandu in the working area of the Mogang Samosir Health Center, Indonesia. This study used a qualitative approach and was conducted in the work area of the Mogang Health Center, Samosir Regency, from November 2022-July 2023. The informants in this study were 10 informants consisting of 5 mothers who had just given birth and were breastfeeding and 5 health workers (midwives, nurses). Research instrument with interview guidelines. The results of the IMD study are the first way that is done to babies half an hour after birth by placing the baby on the mother's chest to make direct contact with the mother's skin and looking for the mother's nipple to get the first milk that comes out of the mother's nipple. The benefits of IMD are that the baby can interact directly with the mother, builds closeness between the baby and the mother, and gets the first milk from the mother, which becomes the baby's immunity. How to do IMD is a baby who has been born placed on the mother's chest and taught to look for the mother's nipple. The mother's attitude in carrying out IMD has a positive impact, and the mother is happy and happy when the baby succeeds in getting to the mother's nipple and can breastfeed directly. The response regarding IMD is an action that is useful and positively received by the mother because it has good benefits for the baby and the mother. Family support for mothers in carrying out IMD means that the family supports the mother in the success of the baby to initiate early breastfeeding and helps the mother in fulfilling the need to increase milk production.

1. Introduction

Breast milk is the best food that can help the process of growth and development of the baby. World Health Organization (WHO) and United Nations Children's Fund (UNICEF) recommend that breastfeeding should be started within the first hour of birth and should be continued without giving additional food and fluids. Based on a survey in America shows that breastfeeding decreases with age, where three-month-old babies get breast milk by 40.7%, and six-month-old babies get breast milk by

18.8%. Children who are exclusively breastfed are 14 times more likely to survive the first six months of life than children who are not breastfed. Breastfeeding on the first day after birth can reduce the risk of newborn death by up to 45%. One important indicator in determining the degree of public health is the infant mortality rate. In developing countries, the period of labor and the first week after delivery is a dangerous time for both mother and baby. About two-thirds of infant deaths usually occur in the neonatal period. About two-thirds of neonatal deaths usually occur in

the first week, and two-thirds of infant deaths in the first week usually occur on the first day.¹⁻⁵

Early initiation of breastfeeding and exclusive breastfeeding can reduce child mortality. Early initiation of breastfeeding is continued with exclusive breastfeeding until the baby is 6 months old. The success of exclusive breastfeeding begins with the implementation of the IMD process optimally. According to the recently updated Evidence-Based Protocol by the World Health Organization and United Nations organization providing long-term humanitarian assistance and welfare development to children and mothers in developing countries, it is stated that the risk of infant mortality between 9-12 months increases by 40% if not breastfed in 6 developing countries. The mortality rate will increase to 48% for babies under 2 months. With early breastfeeding initiation (IMD), the infant mortality rate of 28 days can be reduced by 22% and the infant mortality rate by 8.8%. Breastfeeding (ASI) is one of the efforts made to accelerate the reduction of the infant mortality rate (IMR). One of the factors that affect the continuity of breastfeeding is early breastfeeding initiation.⁶⁻¹⁰

Based on an initial survey conducted by researchers at the research location, there was a family health program consisting of visits for pregnant women (K1) to visits for pregnant women (K4) and services for postpartum mothers. The initial survey conducted obtained data in July 2022 that as many as 250 newborns, only 134 people (53.6%) received early breastfeeding initiation (IMD). Researchers conducted interviews with 6 mothers who gave birth with normal delivery, and their babies were not in a high-risk condition (LBW, asphyxia, seizures). The results of the interviews conducted by the researchers obtained data that 4 out of 6 mothers had inappropriate knowledge and attitudes about early initiation of breastfeeding. Mother's milk to her baby without knowing that early initiation of breastfeeding must be done as early as possible, and the baby is left to look for nipples. Maternal mothers also said that the family supports early initiation of breastfeeding, but the family does

not know how to do it properly, so initiation of breastfeeding can be successful. Health workers who were interviewed stated that the initiation program for breastfeeding has been carried out, but there are still many mothers and families who ignore it because breastfeeding is not considered a priority for babies.¹¹⁻¹⁶ This study aimed to find out more about how many mothers who visit Posyandu in the Mogang Health Center working area carry out early breastfeeding initiation (IMD) and what are the determinants.

2. Methods

This study was a qualitative observational study using a survey method and used primary data obtained from interviews with research subjects. A total of 10 informants were included as research subjects, of which 5 were mothers who had just given birth and were breastfeeding, and 5 were health workers (midwives and nurses) in the working area of the Mogang Health Center, Samosir Regency, Indonesia. This study uses the method of purposive sampling in determining research informants. The research instruments were interview guides, notebooks, data collection matrices, cameras, and recordings. Data validity is done by triangulation

3. Results and Discussion

Understanding early breastfeeding initiation (IMD)

Based on in-depth interviews conducted by researchers with research informants regarding the understanding of early breastfeeding initiation (IMD), researchers got different answers but also had some similarities. In the following, the researcher describes the results of interviews with 5 mothers who had just given birth and were breastfeeding regarding Early Breastfeeding Initiation (IMD).

Informant 1: *Initiation of early breastfeeding is the first part of giving breast milk to the baby by placing the baby on the mother's chest after birth.*

Informant 2: *Get the first breast milk from the mother directly.*

Informant 3: *The mother gives milk after half an hour, and the baby is born.*

Informant 4: *Breastfeeding the baby half an hour after labor and the baby is born.*

Informant 5: *Early initiation of breastfeeding the way it was done to the mother and the baby, namely, the baby is placed on the mother's chest with the mother not wearing clothes so that the baby's skin is in direct contact with the mother's skin which aims to get the baby warm and trains the baby to look for the mother's nipple to get breast milk directly from the mother's nipple.*

From the results of the interview above, the researcher concluded that the informant knew and could explain well about early breastfeeding initiation (IMD) with the explanation that early breastfeeding initiation (IMD) was the first way to do it half an hour after birth by placing the baby on the mother's chest. To come into direct contact with the mother's skin and look for the mother's nipple to get the first milk that comes out of the mother's nipple.

Benefits of early breastfeeding initiation (IMD)

Based on in-depth interviews conducted by researchers with research informants regarding the benefits of Early Breastfeeding Initiation (IMD), researchers got different answers but also had some similarities. In the following, the researcher describes the results of interviews with 5 mothers who had just given birth and were breastfeeding regarding Early Breastfeeding Initiation (IMD).

Informant 1: *Babies can interact directly with their mother and look for a mother's nipple.*

Informant 2: *Get breast milk first. The mother of the baby just born, in a way, puts the baby on the mother's chest in order to baby can find the nipple mother.*

Informant 3: *Early initiation of breastfeeding is useful to add immunity in babies.*

Informant 4: *Build intimacy with babies, and babies get the first milk and become immune to now.*

Informant 5: *Early initiation of breastfeeding is useful for babies to get their mother's first breast milk for the baby's immunity and train the baby to get exclusive breastfeeding.*

From the results of the interview above, the researcher concluded that the informants knew and could explain well the benefits of early breastfeeding initiation (IMD) with an explanation that the benefits of early breastfeeding initiation (IMD) were that babies could interact directly with their mothers, build closeness between the baby and the mother and get the first breast milk from the mother is the immune system for the baby.

How to initiate early breastfeeding (IMD)

Based on in-depth interviews conducted by researchers with research informants regarding how to carry out early breastfeeding initiation (IMD), researchers got different answers but also had some similarities. In the following, the researcher describes the results of interviews with 5 mothers who had just given birth and were breastfeeding regarding Early Breastfeeding Initiation (IMD).

Informant 1: *Put the baby's newborn on the mother's chest and let the baby find the nipple mother's milk.*

Informant 2: *The baby is placed on the chest mother and left to find a nipple mother until the baby can suckle Breast milk from the mother's nipples and get the first milk straight from the nipple of their mother.*

Informant 3: *Less-born babies for more than 1 hour immediately given.*

Informant 4: *Done half an hour after birth, mother and baby born.*

Informant 5: *The baby is placed on the chest mother, then the baby is taught to look for the mother's nipples and train the baby to suck the mother's nipple, get the first milk, and the baby can breastfeed.*

From the results of the interview above, the researcher concluded that the informant knew and could explain well how to initiate early breastfeeding (IMD) with the explanation that early initiation of breastfeeding (IMD) is a baby who has been born placed on the mother's chest and is taught to look for the mother's nipple.

Mother's attitude in carrying out early breastfeeding initiation (IMD)

Based on in-depth interviews conducted by researchers with research informants regarding mothers' attitudes in carrying out early breastfeeding initiation (IMD), researchers obtained different answers but also had some similarities. In the following, the researcher describes the results of interviews with 5 mothers who had just given birth and were breastfeeding regarding early breastfeeding initiation (IMD).

Informant 1: *The mother is very happy and happy to be able to do early initiation of breastfeeding the baby.*

Informant 2: *I was ready to be done early initiation of breastfeeding at the time my child was born, which was assisted by a midwife.*

Informant 3: *Positive because breast milk contains colostrum.*

Informant 4: *I agree because of the positive impact on me and my baby*

Informant 5: *Very happy if breastfeeding initiation was successfully done by babies.*

From the results of the interview above, the researcher concludes that the informant knows and can explain well about the mother's attitude in carrying out early breastfeeding initiation (IMD) with the explanation that early breastfeeding initiation (IMD) has a positive impact and the mother is happy and happy when the baby succeeds in getting the mother's nipple and can breastfeed directly.

Feedback regarding early breastfeeding initiation (IMD)

Based on in-depth interviews conducted by researchers with research informants regarding early breastfeeding initiation (IMD) responses, researchers obtained different answers but also had some similarities. In the following, the researcher describes the results of interviews with 5 mothers who had just given birth and were breastfeeding regarding early breastfeeding initiation (IMD).

Informant 1: *Very helpful for being able to interact with mother and baby immediately searched mother's nipple*

up get first milk.

Informant 2: *Early initiation of breastfeeding really needs to be done at the moment of giving birth so that the baby can interact directly with their mother and look for a nipple their mother.*

Informant 3: *Receiving positively and implement and success done on babies.*

Informant 4: *I strongly agree regarding early initiation of breastfeeding, and I also have felt the benefits of my child previously successful with early initiation of breastfeeding and exclusive breastfeeding.*

Informant 5: *A procedure that is beneficial for babies to get breast milk directly and health for the mother and the baby.*

From the results of the interviews above, the researcher concludes that the informant knows and can explain well the responses regarding early breastfeeding initiation (IMD) with an explanation that early breastfeeding initiation (IMD) is a useful action and is positively accepted by mothers because it has good benefits for the baby and his mother.

Family support to mothers in carrying out early breastfeeding initiation (IMD)

Based on in-depth interviews conducted by researchers with research informants regarding family support to mothers in carrying out early breastfeeding initiation (IMD), researchers obtained different answers but also had some similarities. In the following, the researcher describes the results of interviews with 5 mothers who had just given birth and were breastfeeding regarding early breastfeeding initiation (IMD).

Informant 1: *The family supports the mother who gave birth to get initiate early breastfeeding of the baby so that the baby gets breast milk from their mother.*

Informant 2: *Very familysupport the implementation of the initiative of early breastfeeding because very useful for babies and help launch breast milk spontaneously.*

Informant 3: *Family supports is kind and helpful in meeting the demand for agar large amount of milk.*

Informant 4: *Family supports and encourages initiation. I managed to do breastfeeding with my baby.*

Informant 5: *Family supports and helps the mom in the process of initiation of early breastfeeding in infants and meets the needs of the mother for smooth breastfeeding.*

From the results of the interviews above, the researcher concludes that the informants know and can explain well about family support to mothers in carrying out early breastfeeding initiation (IMD) with the explanation that early breastfeeding initiation (IMD) that families support mothers in the success of babies to carry out early breastfeeding initiation as well as assisting mothers in fulfilling the need to increase milk production.

Support from midwives to mothers in carrying out early breastfeeding initiation (IMD)

Based on in-depth interviews conducted by researchers with research informants regarding support from midwives to mothers in carrying out early breastfeeding initiation (IMD), researchers got different answers but also had some similarities. In the following, the researcher describes the results of interviews with 5 mothers who had just given birth and were breastfeeding regarding early breastfeeding initiation (IMD).

Informant 1: *Midwives are very supportive, and before the mother gives birth as well information is given about early breastfeeding to the baby by the way the baby is placed on the mother's chest to be able to independently search for nipples the mother.*

Informant 2: *Midwives are very supportive of me to be able to do initiation of early breastfeeding in infants after the baby is born.*

Informant 3: *Always done counseling for the development of knowledge of mothers who will have children.*

Informant 4: *Midwives and officers' health supports within the implementation of early breastfeeding initiation in babies born by their mothers.*

Informant 5: *Midwives support and always provide information and practice right away regarding early initiation of breastfeeding.*

From the results of the interview above, the researcher concludes that the informant knows and can explain well the support from midwives to mothers in carrying out early breastfeeding initiation (IMD) with the explanation that early breastfeeding initiation (IMD) that midwives support mothers in carrying out early breastfeeding initiation, midwives provide education and practice how to initiate early breastfeeding and accompany mothers when initiating early breastfeeding for newborns.

The attitude of midwives to mothers in carrying out early breastfeeding initiation (IMD)

Based on in-depth interviews conducted by researchers with research informants regarding the attitude of midwives to mothers in carrying out early breastfeeding initiation (IMD), researchers obtained different answers but also had some similarities. In the following, the researcher describes the results of interviews with 5 midwives regarding early breastfeeding initiation (IMD).

Informant 1: *By the time the baby is born, the midwife immediately puts the baby on the mother's chest and let look for the mother's nipple.*

Informant 2: *Since the baby is born, the midwife straight position baby on the mother's chest and train it to independently baby look for the mother's nipples for can directly breastfeed from his mother.*

Informant 3: *I always do early initiation of breastfeeding for mothers for newborn babies.*

Informant 4: *Give support to the mother who gave birth to can make the baby independent and get exclusive breastfeeding starting with initiation of breastfeeding early the baby.*

Informant 5: *Initiate early breastfeeding in mothers 1 hour after stage II.*

From the results of the interview above, the researcher concludes that the informant knows and can explain well the attitude of midwives toward mothers in carrying out early breastfeeding initiation (IMD) with the explanation that early breastfeeding initiation (IMD) that midwives support mothers in

successful early initiation of breastfeeding accompany mothers when practicing early breastfeeding initiation and facilitating with education and practice.

Midwives' responses in carrying out early breastfeeding initiation (IMD)

Based on in-depth interviews conducted by researchers with research informants regarding midwives' responses in carrying out Early Breastfeeding Initiation (IMD), researchers obtained different answers but also had some similarities. In the following, the researcher describes the results of interviews with 5 midwives regarding Early Breastfeeding Initiation (IMD).

Informant 1: *Early initiation of breastfeeding is important to the process of childbirth to get exclusive breastfeeding.*

Informant 2: *Early initiation of breastfeeding is very good for the baby and the mother.*

Informant 3: *I strongly agree that early initiation of breastfeeding build the baby's independence for the baby to get the first colostrum to contain antibodies via breast milk direct.*

Informant 4: *Very kind and supportive so that every mother who giving birth can do direct initiation early breastfeeding for babies get exclusive breastfeeding without formula assistance.*

Informant 5: *Very kind and supportive new mothers give birth to get implement early initiation of breastfeeding for their babies.*

From the results of the interview above, the researcher concluded that the informants knew and could explain well the midwives' responses in carrying out early breastfeeding initiation (IMD) with the explanation that early breastfeeding initiation (IMD) that midwives provide counseling to pregnant women in preparing themselves to carry out breastfeeding initiation early when pregnant women are about to give birth, midwives support and accompany mothers who have just given birth to apply early breastfeeding initiation actions to newborns.

Midwives' support for mothers giving birth in initiating early breastfeeding (IMD)

Based on in-depth interviews conducted by researchers with research informants regarding midwives' support for mothers in carrying out early breastfeeding initiation (IMD), researchers obtained different answers but also had some similarities. In the following, the researcher describes the results of interviews with 5 midwives regarding early breastfeeding initiation (IMD).

Informant 1: *Midwives always provide encouragement to the mother so that the mother, after giving birth, can give breast milk to the baby minimum of 6 months without giving extra food or formula milk.*

Informant 2: *When the baby is born, the midwife immediately did the early initiation of breastfeeding among mothers with the baby for babies trained to get exclusive breastfeeding.*

Informant 3: *Promote initiation of early breastfeeding in the class of pregnant women and toddler mothers classes, giving educating mothers about good early initiation of breastfeeding with counseling and individual education to carry out breastfeeding initiation early when the mother gives birth.*

Informant 4: *Support in a way that explains and practices to mothers-to-be giving birth to babies and to mothers who have given birth to a baby for can a directly self-sufficient baby get Milk from the mother's nipples.*

Informant 5: *Explain the benefits of breastfeeding initiation is good for the mother and the baby.*

From the results of the interviews above, the researcher concluded that the informants knew and could explain well about midwives' support for mothers giving birth and early breastfeeding initiation (IMD) with the explanation that midwives support mothers in carrying out early breastfeeding initiation, midwives accompany mothers and help carry out early breastfeeding initiation and motivating mothers for successful early initiation of breastfeeding.

From the results of interviews regarding early initiation of breastfeeding (IMD) is, the first way that is done to the baby half an hour after birth by placing

the baby on the mother's chest to make direct contact with the mother's skin and looking for the mother's nipple to get the first milk that comes out of the mother's nipple. Early Breastfeeding Initiation (IMD) is a program that the government is intensively recommending. IMD is a program for mothers to breastfeed newborns. However, the baby must actively find its mother's nipples on its own. This program is carried out by directly placing the newborn on the mother's chest and letting the baby crawl to find the nipple. Early Breastfeeding Initiation (IMD) is the initiation of breastfeeding activities within the first hour after the baby is born. Early initiation can also be interpreted as a way for babies to breastfeed the first hour after birth with their own efforts. In other words, breastfeeding, not breastfeeding. The way babies initiate early breastfeeding is called The Breast Crawl or crawling looking for breasts. From the results of interviews regarding the benefits of early initiation of breastfeeding (IMD), babies can interact directly with their mothers, build closeness between the baby and the mother and get the first milk from the mother, which becomes immune to the baby. There are many benefits of IMD, namely preventing hypothermia, being able to have the ability to suckle effectively and more quickly, reducing the risk of infant mortality, transferring bacteria from the skin to himself, strengthening the bond between mother and baby, better uterine contractions.¹⁷⁻²⁰

There are several benefits that can be obtained by doing IMD, namely reducing the risk of cold(hypothermia), making the baby's breathing and heart rate more stable, the baby will have the ability to fight bacteria, baby gets colostrum with the highest concentration of protein and immunoglobulin, supporting the success of exclusive breastfeeding. Early breastfeeding helps expulsion of the placenta and prevents bleeding touch, kissing, and licking the baby on the mother's nipples will stimulate the secretion of the hormone oxytocin, which is important for causing the uterus to contract which helps expulsion of the placenta and reduces bleeding thereby preventing anemia, stimulates other

hormones that make the mother calm. Relax and love the baby and stimulate the flow of milk from the breast, helping the baby to have the skill to eat the next time. Mother and father will be very happy to meet their baby for the first time on their mother's chest.²¹⁻²³

From the results of interviews regarding how to initiate early breastfeeding (IMD), a baby who has been born is placed on the mother's chest and taught to look for the mother's nipple. The study explains that the stages that babies usually do during IMD are resting briefly in a state of alert to adjust to their environment, putting their hands in their mouths, sucking their hands and making sounds, moving towards the breast with the areola as the target, touching the nipple with their hands, finding the nipple. Milk, attached to the nipple, sucks for the first time. From the results of interviews regarding the attitude of the mother in carrying out early initiation of breastfeeding (IMD), it has a positive impact, and the mother is happy and happy when the baby succeeds in getting the mother's nipple and can breastfeed directly.²⁴

Health workers are important people in getting mothers to breastfeed their babies. Midwives have more frequent contact with mothers than other health workers. The midwife's role is to provide information and counseling during pregnancy regarding maternal and child health and preparation for breastfeeding. Another study shows that the actions of midwives are related to the implementation of IMD by birthing mothers. Midwives provide 2.6 greater influence on the implementation of IMD compared to midwives who do not carry out IMD. For health facilities, aspects of the physical appearance of the building standards are physically good. The location is easily accessible to the community, and the need for tools and supporting facilities in the IMD program must be met, such as baby hats and blankets available at the Health Center, Auxiliary Health Center, and midwife clinics. And information media such as leaflets with pictures are needed to provide information as early as possible to mothers who are about to give birth. The role of officers occupies the most important position in providing

influence, education, and support for breastfeeding practices, and they need media support for IMD, such as leaflets and posters, as well as routine counseling by health workers who are said to be able to improve IMD implementation and breastfeeding success.^{25,26}

4. Conclusion

The mother's attitude in carrying out IMD has a positive impact, and the mother is happy and happy when the baby succeeds in getting to the mother's nipple and can breastfeed directly. The response regarding IMD is an action that is useful and positively received by the mother because it has good benefits for the baby and the mother. Family support for mothers in carrying out IMD means that the family supports the mother in the success of the baby to initiate early breastfeeding and helps the mother in fulfilling the need to increase milk production.

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