



## BREASTMILK HANDBOOK TO INCREASE KNOWLEDGE ABOUT BREASTFEEDING FOR WOMEN PREGNANCY

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ABSTRACT	Keywords
Breastfeeding is a natural activity of women who already have children and the <i>Qur'an</i> regards it as a command from Allah SWT because it is a form of an honor for women. The low coverage about giving breastfeeding in Islamic way is one of the factors of the mothers and families' low knowledge about breastfeeding. One of the media that can be used to increase public knowledge about breastfeeding is the pregnancy handbook for pregnant mother. The purpose of this research was to analysis effect breastmilk handbook to increase knowlede for pregnant mothers about breastfeeding. The research design of this study is used quasi-experimental with a one group pre-posttest design. The sample in this study was 39 pregnant women TM 2 and 3 who live in the Banyuputih Health Center area, Banyuputih District, Situbondo Regency. The sampling used was purposive sampling consisted of inclusion and exclusion criteria. Statistic test using paired t-tes. The results of this research were: the average pre-conference and post-conference scores increased by 54%, the results of material expert test were 3.3, the media expert assessment were 3.6. Significant test was concluded that there were differences between before and after being given the mother's pregnancy handbook about breastmilk. All women pregnancy guidance will be provided by using the pregnant mother's handbook on breastfeeding with Islamic character values by cadres at the health care.	breastmilk, breastfeeding, handbook, Islamic

## INTRODUCTION

The most important and main food for babies is breast milk. WHO recommends that breastfeeding should be exclusively given until the age of 6 months. Exclusive breastfeeding is only giving it without any food or liquid other than breast milk until the baby is 6 months old. The benefits of breastfeeding for the health of mothers and children have been substantially proven, including protecting infants from infection,

increasing infant immunity, reducing maternal and infant mortality rates. However, this does not seem to be considered important by most people, exclusive breastfeeding for 6 months in Indonesia is still low in achievement. (Ningsih, 2018). This condition is very concerning and harmful for the baby and family. For this reason, efforts are needed to improve it (Kemenkes, 2018)

Data from the World Health Organization (WHO) in 2016 still shows that the average rate of exclusive breastfeeding in the world is only around 38 percent. In Indonesia although a large number of women (96%) breastfeed their children in their lifetime, only 42% of infants under 6 months of age are exclusively breastfed. By the time the children approached their second birthday, only 55% were still breastfed.

When compared to the WHO target of 50%, this figure is still far from the target. Based on data collected by the 2014 International Baby Food Action Network (IBFAN), Indonesia was ranked in the bottom three of 51 countries in the world that participated in the assessment of the status of infant and child feeding policies and programs (Infant-Young Child Feeding). Based on data from the Regency/City, it is known that the coverage of infants receiving exclusive breastfeeding in East Java in 2019 was 78.3%. Exclusive breastfeeding coverage in 2019 increased by 73.5 compared to 2018 that was 76.8% (Dinkes, 2019). In Situbondo Regency, the proportion of breastfeeding scheme for infants aged 0-5 months was 40.5% exclusively and partially 12.01% (Kemenkes, 2018). The newborn babies who received *IMD* < 6 months in Banyuputih Subdistrict of 588 there were 86.1% and from 491 babies there were 73.5% who received exclusive breastfeeding (Situbondo, 2020). Although in Situbondo most of them have given exclusive breastfeeding, it's just that the Islamic character is often neglected during the breastfeeding process.

One of the factors that can cause the low coverage of Islamic breastfeeding is the low knowledge of mothers and families about breastfeeding. To increase knowledge about breastfeeding, an effort that can be done is to provide information and education

about breastfeeding to mothers and families. One of the media that can be used to increase public knowledge about breastfeeding is a pregnant mother's handbook. At the time of breastfeeding, it is very important to do it Islamically because majority of the population in Banyuputih District is Muslim. The development of Islamic character values will be outlined in the pregnant mother's handbook which contains reading Basmalah before breastfeeding, prayers before breastfeeding, the advantages of breastfeeding, hadiths related to breastfeeding, breastfeeding positions, hygiene during and after breastfeeding so that the book can functioned as a tool to develop Islamic character values in breastfeeding. The benefits of having a pregnant mother's handbook are as a guidance for mothers while breastfeeding, increase the knowledge of breastfeeding mothers when needed in Supporting Group-mothers can provide support as a peer to complain and help solving problems related to breastfeeding, increase positive attitudes through intentions and expectations on the success of giving breast milk exclusively, starting from introducing the mother's own health, building self-confidence by reading the guidelines and providing support to mothers while breastfeeding. The formation of a person with personality and extensive knowledge and being able to become a role model, spreader of love and benefit in society, the country and the world, the basic foundation lies in the family. From a family sown the seeds of quality human choices. The biggest role in the seeding process is owned by a mother. There is no greater honor given by Allah SWT to a woman than in providing as the creator of the future. There is nothing wrong with Islam placing human dignity under the power of a mother. Not even compared to the fatigue of pregnant women, readiness to accept the risk of death during childbirth, breastfeeding,

caring for and educating their children (Hasanah, 2020).

Based on this description, the researcher is interested in conducting research on the use of Breastmilk Handbook to increase knowledge of exclusive breastfeeding for woman pregnancy.

## METHOD

This research is a quasi-experimental study with one group pre and post-test design. Which was carried out in March - August 2020. The sample in this study was 39 pregnant women TM 2 and 3 who live in the Banyuputih Health Center area, Banyuputih District, Situbondo Regency. The sampling used was purposive sampling. The sample criteria in this research consisted of inclusion criteria, namely: pregnant women in TM II and III, mothers who were Muslim, respondents who wanted to be used as research samples, as evidenced by an informed consent form. Exclusion criteria were having complications in pregnancy that could interfere with daily activities. The steps taken in developing the handbook for pregnant women on breastfeeding are by conducting focus group discussions to collect information or data from interviewees who were midwives coordinators, village midwives, cadre representatives, midwifery lecturers and pregnant women. There is a research and information gathering stage where a needs analysis is carried out which consists of a literature study and a field study which aims to collect information on the need for a pregnant mother handbook.

In this study using the development model according to (Sugiyono, 2008), the steps in R&D research according to Sugiyono include: 1). Potential and problems. In this first step, the researcher conducted a problem survey to the regional midwife 2). Gathering

information. In this step the researcher collects the collected data, which can then be used as material for planning. Information obtained from puskesmas and village midwives in the area 3). Product design. In this case, the researcher began to make media for breastfeeding manuals. Before making the preparations, the preparations were carried out, namely preparing material from reference sources for related journals 4). Design validation. After the media was created, the researchers conducted an assessment as a way to validate whether the media was appropriate or not, judging from the material and design aspects, which were carried out by colleagues and pregnant women outside the prospective respondents. 5). Design improvements. After being assessed by peers and pregnant women outside of the prospective respondents, the media is corrected or revised. 6). Product trial. In this case, the researcher tested the product on the research subject, namely pregnant women with TM 3. In this step, a questionnaire was used as a data collection developed. This trial was conducted to find out the weaknesses and shortcomings of the media. 7). Product revision. This is done after product testing and analysis of the collected data are carried out. Then the media is repaired. 8). Trial usage. In the test carried out by pregnant women outside the respondent 9). Product revision. In this revision, if there are deficiencies in the media, the media is revised again to make it even better. 10). Mass manufacture. The final results of the learning media developed were based on validation, revision, and product testing which were then published

## RESULTS

**Table 1. Characteristics of Pregnant Women in Sumberejo Village, Banyuputih, Situbondo in 2020.**

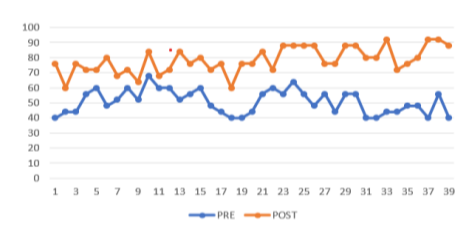
	Frequency	Percentage
Age Category		
17-25 years old	14	36%
26-35 years old	22	56%
> 35 years old	3	8%
TOTAL	39	100%
Education	Frequency	Percentage
Elementary School (SD)	4	10%
Junior High School (SMP)	7	18%
Senior High School (SMA)	13	33%
College / University (PT)	15	38%
TOTAL	39	100%
Profession	Frequency	Percentage
TEACHER	8	21%
ENTREPRENEUR	10	26%
HOUSEWIFE (IRT)	21	54%
TOTAL	39	100%
UK (trimester)	Frequency	Percentage
II	7	18%
III	32	82%
TOTAL	39	100%

Based on table 1, characteristics of pregnant women by age, the highest percentage was in the age category between 26-35 years old as many as 56% (22 people) and the lowest percentage in the age category between >35 years old as many as 8% (3 people). The distribution based on the mother's last education shows that the highest percentage of respondents who have

university level as their last education were 38% (15 people) and the lowest percentage was elementary school with 10% (4 people). Meanwhile, the distribution based on occupation, the highest percentage was 54% of household members (21 people) and the lowest percentage of teachers was 21% (8 people).

Graph 1. Knowledge Changes before and after the application of the handbook for pregnant women with Islamic characteristics

**GRAPH OF PRE AND POST VALUES**



Based on graph 1, it shows that the average value of pre-conference and post-conference has increased by 54%.

Breast milk is the best food for babies. Therefore, Islam as a perfect religion recommends that a mother wants to breastfeed. This is also in accordance with the results of cultural research that supports the public's view on birth mothers who are obliged to breastfeed their children and the habit of consuming herbal medicine to increase breast milk production (Harlinisari & Amalia, 2020).

**Table 2. The results of the expert component test for Pregnant Women's Handbooks with Islamic characters**

No	Components	Expert I	Expert II	Value Average
	<b>Content Feasibility Aspects</b>	<b>3.1</b>	<b>3.25</b>	<b>3.2</b>
1	Material Suitability	3.0	3.2	3.1
2	Material Accuracy	3.2	3.2	3.2

3	Material Updates	3.0	3.4	3.2
4	Encourage Curiosity	3.2	3.2	3.2
<b>Presentation Feasibility Aspects</b>		<b>3.4</b>	<b>3.2</b>	<b>3.3</b>
1	Presentation Technique	3.4	3.2	3.3
2	Presentation Supports	3.6	3.2	3.4
3	Learning Presentation	3.2	3.2	3.2
4	Coherence and Sequence of Thought	3.4	3.2	3.3
<b>Language Eligibility Aspects</b>		<b>3.3</b>	<b>3.2</b>	<b>3.3</b>
1	Straightforward	3.2	3.2	3.2
2	Communicative	3.4	3.0	3.2
3	Diagnostic and interactive	3.2	3.2	3.2
4	The Development Compatibility	3.4	3.8	3.6
5	Compatibility with language rules	3.4	3.2	3.3
<b>Contextual Feasibility Aspects</b>		<b>3.4</b>	<b>3.4</b>	<b>3.4</b>
1	The Contextual Nature	3.4	3.2	3.3
2	Contextual Component	3.4	3.6	3.5
<b>Average</b>		<b>3.3</b>	<b>3.3</b>	<b>3.3 (Good)</b>

In connection with the presentation of the expert test results of the material above, it is stated that the quality and feasibility of the pregnant mother's handbook on breastfeeding with a developed Islamic character is included in a good category. It can be seen from the average percentage of the four components of the pregnant women's handbook which is 3.3.

**Table 3 Test Results of Media Experts Components of Pregnant Women's Handbook About Breastfeeding with Islamic Character**

No	Components	Expert I	Expert II	Rating Average
<b>Pocket Book Size</b>		<b>3.5</b>	<b>3.5</b>	<b>3.5</b>
1	Pocket book size conformity with ISO standard	3.4	3.2	3.3
2	Size suitability with the contents of the pocketbook	3.6	3.8	3.7
<b>Cover Design</b>		<b>3.6</b>	<b>3.5</b>	<b>3.5</b>
1	Appearance of layout elements	3.6	3.4	3.5
2	Layout element color	3.6	3.4	3.5
3	The letters used are attractive and easy to read	3.8	3.6	3.7
4	Pocket book cover illustration	3.4	3.4	3.4
<b>Pocket Book Content Design</b>		<b>3.4</b>	<b>3.4</b>	<b>3.4</b>
1	Appearance layout consistency	3.4	3.6	3.5
2	Print field layout elements and spaces	3.4	3.6	3.5
3	Title and illustration layout elements	3.6	3.4	3.5
4	Layout	3.4	3.4	3.4
5	Simple pocketbook	3.4	3.6	3.5

	content typograp hy			
6	Easy pocketbo ok content typograp hy	3.4	3.4	3.4
7	Content illustratio n	3.6	3.4	3.5
<b>Average</b>		<b>3.5</b>	<b>3.4</b>	<b>3.6 (Very Good)</b>

According to the assessment of media experts, the quality and feasibility of the Handbook for Pregnant Women on Islamic Characteristics of Breastfeeding which was developed as a whole can be categorized as very good category, this can be seen in the average percentage of the three components of the book, which is 3.6.

## DISCUSSION

Based on the research data, it was found that 56% (22 people) were in the age range of 26-35 years old. This is because many pregnant women are of healthy reproductive age, which is a safe age for pregnancy. At the age before 20 years, the pregnancy is very risky for complications. These complications are pre-eclampsia and eclampsia. The maturity of the reproductive organs is one of the factors in this age range. This is one of the important factors that need to be considered by mothers if they want to determine when to get pregnant. The physiology of the human body has a stage of development that will constantly change to reach maturity, including the reproductive system. Physiologically, it can be seen that certain age criteria become a marker of sexual organ maturity and also in certain age classifications determine the maximum limit for risky pregnancies.

Researchers assume that in this age range, there are still many factors that need to be explored to find out the causes of exclusive breastfeeding. But what is very unfortunate is the early detection of maternal care for her pregnancy which is considered very low. ANC is a form of service that should be able to help mothers detect early any problems that may occur during pregnancy and during the birth process, including complications of childbirth. The age after 35 years old also has a large enough risk of maternal death. In this age stage, the reproductive organs experience a decline in function, especially muscle function and contractions which have an important role in the labour process. This is one of the complications of pregnancy.

The level of the mothers' education has an important impact on the utilization of health services. Education can increase women's autonomy so that mothers have great self-confidence and have the willingness to make decisions about their own health (Karlsen, et al., 2011). It also allows mothers with higher education to seek better services by seeking antenatal care during pregnant and having ANC examinations more than 4 times during the last pregnancy. Educated mothers are more aware of health problems, know more about the availability of health services and use information more effectively to maintain or improve their health status so that it is easier to get and receive information provided related to Health Education. In addition, it can improve one's thinking ability in a directed and rational manner. Higher education allows a person to have extensive knowledge. Knowledge is a very important domain in the formation of behaviour (Notoatmojo, 2007). Humans will be smarter, having knowledge and skills when following education. The higher a person's education, then he will have higher abilities



followed by increased knowledge and various skills that are not necessarily owned by others (Mohammad, n.d.). The higher education level of someone, the wider the mindset and behaviour of individuals they have. Thus, different levels of education will have different tendencies in understanding and reacting to their health (Notoatmojo, 2007).

Generally, if you look at Indonesia, especially Situbondo district, they tend to adhere a patrilinear culture. This culture places men as the centre and places women and their roles as subordinates. The construction of this thought is certainly very influential on the existence of the role of women. This understanding affects all aspects of life both economically, socially, politically, and also education. In terms of education, for example, women do not receive good education regarding their reproductive organs, especially preparation for lactation, because according to culture, it is taboo to talk about this early, so that women only practice reproductive health at a minimum, and only receive adequate attention during pregnancy. Gender makes women marginalized. In fact, if we pay attention to the role of culture on gender, it can be considered as less profitable for women's health in particular. There needs to be a more mature understanding in dealing with this matter. There needs to be a different view of the role of women and the concept of Patrilinearity, so that the role of women can be more independent, especially independent in maintaining reproductive health and determining what is best for their health. Indeed, there needs to be a democratic understanding of the roles of women and men.

A community empowerment in the exclusive breastfeeding program is very important to achieve the welfare of life for each individual and the wider community. It

is often referred as an indicator of development success. The success of health development in achieving strategic goals and targets is largely determined by success in creating and preserving people's healthy lifestyles. Currently, the degree of public health is still not optimally influenced by the environment, behavior, health services and genetic factors (Kemenkes, 2011).

The program to increase breastfeeding, especially exclusive breastfeeding, is a priority program. This is because it has a huge impact on the nutritional status and health of children under five. It was also supported by the high-level conference on child welfare which agreed that all families should know the importance of supporting the women's task of breastfeeding only for six months in the first life for their children (Kemenkes, 2013). The latest recommendation by UNICEF together with the World Health Assembly (WHA) and many other countries set the period of exclusive breastfeeding is six months. This is because in 1999 there was evidence that feeding at an early age had a negative effect on infants and could interfere the exclusive breastfeeding and increase morbidity in infants. Besides, there is no evidence to support solid/additional feeding at four or five months of age is more beneficial, there is not even a positive impact on the development and growth of the baby. UNICEF provides clarification on the recommended period of exclusive breastfeeding. For mothers and babies, exclusive breastfeeding makes it easier to establish an intimate bond of affection between mothers and newborn babies, which is the initial advantage of exclusive breastfeeding.

The significant difference in the mean of the pre-test and post-test results obtained was tested using the Wilcoxon test, that is  $p\text{-value} = 0.000 < 0.05$  then Reject  $H_0$ ,

so it can be concluded that there is a difference between before and after being given the pregnant women's handbooks about breastfeeding as the media. This is in accordance with research that has relevance between the Qur'an perspective on breastfeeding with the results of research in modern science. The results of the research further confirm the truth of God's word in the Qur'an. In addition, breast milk has more potential than formula milk in increasing children's intelligence because it contains Taurine, DHA, and AA which play a role in the formation of brain cells and connecting synapses between nerves, as well as the presence of *bifidus* factors and immunologic substances. The recommendation of breastfeeding for the first two years affects brain development in the first two years after birth because optimal brain development occurs in the first two years (Wahyuningtyas & Susanti, 2019). The results also showed that starting early breastfeeding within one hour of birth was strongly associated with a reduced risk of newborns danger signs (0–6 days) and severe disease (Raihana, et al., 2019).

In preparing the handbook, the author must always pay attention on the physical size of the book in accordance with the specified provisions, that is ISO standard, which the size of B5 (17.6x25 cm). As can be seen from the picture of the textbook made with the contents of the book, it can explain and comprehend the reading text. "The selection of images has several conditions, which must be related to the main information in the reading text, accommodate the overall discussion material, and the selected image should be close to the original image" (Sulton, 2003). The main purpose of developing this handbook is due to the lack of handbooks availability owned by pregnant women regarding breastfeeding readiness, therefore

pregnant women are expected to be able to read, study and apply the theories and practices contained in this handbook. The results of Dewi Andariya's previous research are also in accordance with the results of this research which states that the Maternity Care Module is able to increase mother's knowledge and increase pregnant women's knowledge about pregnancy information (Ningsih, 2020). Overall, this is in accordance with the results of research that the swimming textbook developed is good and worth to use after revision is done. It is in accordance with the suggestions and comments of material experts along with media and design experts (Fadli & Oktri, 2019). This is also in accordance with the opinion of Fidiastuti & Rozhana (Fidiastuti & Rozhana, 2016). The results of the development product in the form of a revised textbook based on the comments and suggestions of the validator aims to improve textbooks, so that the use of textbooks becomes more efficient, effective, and communicative for the readers, while keep paying attention on the objectives of preparing textbooks. The results of the research have a significant effect on pocketbook media on knowledge about environmental sanitation in health cadres (Caesar & Dewi, 2018). Lusiana's research also explains that there is a relationship between coaching and the use of a breastfeeding motivator guidebook by cadres at the health centre in the Jombang Regency working area (Lusiana, 2016). In addition, the results of Martharia's research stated that the anemia prevention manual for children aged 6-9 years that had been developed was very feasible to use in terms of validation results (Andamarie, 2014).

## CONCLUSIONS

Based on the process of developing a handbook for pregnant women on breastfeeding that contains Islamic character



values has produced a handbook product that has been validated by material experts along with media and design experts as well as for students with trial stage I and trial stage II. It is hoped that from this research, a guidance will be provided by using the pregnant mother's handbook on breastfeeding with Islamic character values by cadres at the health care in the working area of Situbondo Regency. It is expected to motivate breastfeeding mothers to be able to give breast milk Islamically to their babies.

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