

# Analysis of factors relating to the relationship of asi asside breastfeeding mother in the Lhoong Puskesmas Puskesmas working area Aceh large district 2019

## Abstract

Breast milk (ASI) is the best natural nutrition for babies because it contains energy and substances needed during the first six months of a baby's life. However, there are times when a mother experiences problems in breastfeeding, the main obstacle is that milk production is not smooth (Saleha, 2013). Data obtained from the Lhoong Health Center in Aceh Besar District, in 2017 the target of exclusive breastfeeding was 277 people, and only 135 people gave exclusive breastfeeding (48.7%). While the number of breastfeeding mothers (infants aged 0-6 months) in the January-November 2018 period was 161 people, 92 people (57.1%) experienced fluency (57.1%), and 69 people (42.8%) were not fluent. The purpose of this study was to determine the factors associated with the smoothness of breastfeeding in breastfeeding mothers in the Work Area of Lhoong Health Center, Aceh Besar District. This research is analytic with cross sectional approach. The population in this study were all mothers of all breastfeeding infants aged 1-6 months, totaling 150 people. The sampling technique is done by simple random sampling with the number of samples obtained is 60 people. Data collection was carried out on 2-29 April 2019. Data analysis was performed using the chi-square test with a significance limit of 95% ( $P < 0.05$ ). The results showed there was a relationship of knowledge with the smoothness of breastfeeding in breastfeeding mothers where  $P\text{-value} = 0.001$ , there was an association of IMD with the smoothness of breastfeeding in breastfeeding mothers where  $P\text{-value} = 0.029$ , there was a correlation between frequency of breastfeeding and smoothness of breastfeeding in breastfeeding mothers where  $P\text{-value} = 0.005$ , and there is a relationship between breast care and the smoothness of breast milk in nursing mothers where  $P\text{-value} = 0.030$ . It is expected that health workers can be able to carry out counseling activities about the smoothness of breast milk and also the cause of non-smooth milk so that if breast milk is smooth, the milk needs for infants can be met.