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## Factors Associated With Maternal Behavior In Exclusive Breastfeeding Baby Ages 6 To 11 Months In Mawasangka District Buton 2014

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### Abstract

**Background :** Babies who are fed with formula milk are likely to die in the first month of his birth. And the opportunity was 25 times higher than babies who are breastfed by his mother Exclusive. The number of cases of malnutrition in children under two years old who had struck the Indonesian region can be minimized through exclusive breastfeeding. Therefore, exclusive breastfeeding naturally be made as a priority program in our country is growing. Based on preliminary data obtained at the Mawasangka health center over a period of two years 2011 ASI coverage 330 (39.6 %) infants, and in 2012 amounted to 404 (48.48 %) infants, and in 2013 January to May totaled 124 ( 6.2 %) infants.

**Methods :** The aim of this study was to determine factors associated with maternal behavior in exclusive breastfeeding in infants aged 6 to 11 months in the Work Area Health CenterMawasangkaMawasangka District of Buton . This study was an observational analytic study with cross sectional design . Sampling was performed using total sampling conducted by interview of 124 respondents using statistical analysis was done by Chi - Square test .

**Result :** The result showed that There is a relationship between knowledge of exclusive breastfeeding in infants aged 6 to 11 months ( $p = 0.009$ ), there was no relationship between attitudes towards exclusive breastfeeding in infants aged 6 to 11 months ( $p = 0.123$ ), there is a relationship between the promotion of exclusive breastfeeding to exclusive breastfeeding in infants aged 6 to 11 ( $p = 0.014$ ), there was no relationship between the culture of exclusive breastfeeding in infants aged 6 to 11 months ( $p = 1.000$ ), there is a relationship between a husband to support breastfeeding exclusively in infants aged 6 to 11 ( $p = 0.000$ ), there is a relationship between the health worker to support exclusive breastfeeding in infants aged 6 to 11 months ( $p = 0.001$ ).

**Recommendation:** It should be given a more in-depth information to Mother about exclusive breastfeeding, as well as understanding and giving proper time through posters , banners , advertisements and brochures. It should be given cultural understanding related to maternal health , such as the culture of the poor colostrum.

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**Keywords :** Exclusive Breastfeeding, Knowledge, Attitudes, Culture, Husband Health Workers Support.

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## Introduction

Health is a basic right of every human being, therefore, the Government is obliged to provide quality health care, convenient, equitable and affordable, to any person, including a fetus in the womb, babies, toddlers, children, to adults (Mu'minah, 2006).

Babies who are fed with formula milk are likely to die in the first month of his birth. And the opportunity was 25 times higher than babies who are breastfed by his mother Exclusive. The number of cases of malnutrition in children under two years old who had struck the Indonesian region can be minimized through exclusive breastfeeding. Therefore, exclusive breastfeeding naturally be made as a priority program in our country is growing.

Law No. 33 of 2012 on exclusive breastfeeding has set the health sector is an obligatory function of government to be implemented by the District / City. To implement the provisions of Article 129 paragraph (2) of Law No. 36 of 2009 on Health, this Regulation of the Government of Exclusive Breastfeeding. In the general provisions of Article 1 (6) of Law No. 33 Year 2012 on Exclusive Breastfeeding say that health care is a tool and / or a place that is used to organize the efforts of health care, both promotive, preventive, curative and rehabilitative conducted by the Government, local government, and / or community.

WHO (2002) reported that breastfeeding without complementary feeding in infants aged 4-6 months is still very low in some Asian countries. Only 10 % in Bangladesh, 10% of the Maldives, Myanmar 14-63 %, 1-35 % of India, Sri Lanka and Thailand 17-57 % 4 %. In Sweden the percentage of breast-feeding infants of it as a main meal by 51 % in baby age 2 months, 30 % in infants 4 months and 1.8 % at 6 months. In the United States (US), the proportion is 47 % exclusive breastfeeding in infants 7 days, 32 % in infants 2 months, 19 % in infants age 4 months and 10 % in infants aged 6 months (Li, 2002). In Canada 22 % of women aged 15-49 years who breastfeed their children less than 3 months and 35 % breastfeed their children until 3 months (Palda, 2004).

In Indonesia (RISKESDAS, 2010) infants to 11 months of exclusive breastfeeding is only 15.3 %. While coverage breastfeeding 6-11 months only 61.5 % with the highest in NTT (79.7 %) and lowest in Aceh only 49.6 % exclusive breastfeeding. Coverage in 2010 varies by province with a range from 18.9 % to 52.0 % an the lowest in Bangka Belitung and highest in South Sulawesi. Southeast Sulawesi has ranks 11th low of 34.8 %, rising only 0.6 % compared with the previous year and decreased to 33.4 % in 2011 (Southeast Sulawesi Provincial Health Office, 2011).

Based on preliminary data in the health center of Mawasangka over a period of two years in 2011 there are 330 (39.6 %) infants Breastfeedings coverage, and in 2012 come to 404 (48.48 %) infants, and in 2013 January to May come to 124 (6.2%) infants (Mawasangka Health centers, 2013).

## Materials And Methods

This type of research used in this study was an observational study with cross sectional analytic intends to identify factors related to maternal behavior in exclusive breastfeeding in the Work Area Health Center Mawasangka, Mawasangka District of Buton 2014.

This research was conducted in the Work Area Health Center Mawasangka Mawasangka District of Buton in February 2014. As the population in this study were all mothers of infants aged 6 to 11 months who live in Work Area Health Center

MawasangkaMawasangkaDistrict of Buton as many as 124 mother. The samples in this study using the technique of saturated samples or total sampling.

## Results

Distribution of Respondents by Work Area Characteristics at the Work Area Health Center Mawasangka, Mawasangka District of Buton 2014

<b>Characte ristic</b>	<b>n</b>	<b>%</b>
<b>Work Type of</b>	1	9
IRT	22	8,4
Self- employed	2	,6
<b>Total</b>	<b>1</b>	<b>1</b>
	<b>24</b>	<b>00</b>
<b>Age</b>	2	1
<b>Infants</b>		
10	1	6,9
Months	1	1
11	5	2,1
Months	1	9
6 Months	2	,7
7 Months	2	1
8 Months	2	7,7
9 Months	3	2
	2	5,8
	2	7,7
<b>Total</b>	<b>1</b>	<b>1</b>
	<b>24</b>	<b>00,0</b>

Under the Table shows that the respondents work IRT 122 people ( 98.4 %), and self-employed as many as 2 (1.6 %). Under the Table shows that the highest number of infant age in the age group of 8 months a total of 32 infants (25.8%), and lowest in the age group of 6 months as many as 12 infants (9.7 %).

Distribution of Respondents by Mother Knowledge at the Work Area Health Center Mawasangka, Mawasangka District of Buton 2014

<b>Knowle dge</b>		<b>Persen (%)</b>
Lesskno wledge	1	25,0
sufficien t knowledge	3	75,0
<b>Total</b>	<b>24</b>	<b>100</b>

According to the table shows that the respondents who have less knowledge of as many as 31 mothers (25.0 %), and who have sufficient knowledge of as many as 93 mothers (75.0 %).

Distribution of Respondents by Mothers Attitude at the Work Area Health Center Mawasangka, Mawasangka District of Buton 2014

<b>Attitude</b>	<b>n</b>	<b>Persen (%)</b>
Negative	10	8,1
Positive	114	91,9
<b>Total</b>	<b>124</b>	<b>100</b>

Based on Table shows that respondents who have negative attitude as many as 10 people (8.1 %), and who has positive attitude as many as 114 mothers (91.9 %).

Distribution of Respondents by Exclusive Breastfeeding Promotion at the Work Area Health Center Mawasangka, Mawasangka District of Buton 2014

<b>Promotion of exclusive breastfeeding</b>	<b>n</b>	<b>Pers en (%)</b>
Less sufficient	39	31,5
Enough	85	68,5
<b>Total</b>	<b>124</b>	<b>100</b>

Based on Table 5.6 shows that respondents are less likely to get promotion of exclusive breastfeeding were 39 mothers (31.5%), and getting enough promotion of exclusive breastfeeding 85 mothers (68.5 %).

Distribution of Respondents by Mother Culture at the Work Area Health Center Mawasangka, Mawasangka District of Buton 2014

<b>Culture</b>	<b>n</b>	<b>Persen (%)</b>
Negative	2	1,6
Positive	122	98,4
<b>Total</b>	<b>124</b>	<b>100</b>

Based on Table shows that respondents who had a negative culture by 2 people (1.6%), and respondents who had a positive culture as many as 122 mothers (98.4 %).

Distribution of Respondents by Husband Support at the Work Area Health Center

## Mawasangka, Mawasangka District of Buton 2014

<b>Husband Support</b>			<b>Persen (%)</b>
nt	Less	9	39,5
	Sufficie		60,5
<b>Total</b>		<b>24</b>	<b>100</b>

Based on Table shows that the respondent husband's lack of support as many as 49 people (39.5 %), and the enough of respondents husband support 75 people (60.5 %)

Distribution of Respondents by Helath Workers Support at the Work Area Health Center Mawasangka, Mawasangka District of Buton 2014

<b>Helath Workers Support</b>		<b>n</b>	<b>Perse n (%)</b>
ent	Less	2	41,9
	Suffici		58,1
<b>Total</b>		<b>24</b>	<b>100</b>

Based on Table shows that the respondents were less likely to get the support of as many as 52 health workers (41.9 %), and the enough of respondents received support as many as 72 health workers (58.1 %).

Mother Knowledge Relationship With Exclusive Breastfeeding at the Work Area Health Center Mawasangka, Mawasangka District of Buton 2014

<b>Kn owledge</b>	<b>Exclusive Breastfeeding</b>				<b>T</b>		
	<b>N</b>		<b>ex</b>		<b>otal</b>		
	<b>ot exclusive BF</b>		<b>clusive BF</b>				
Less	9	3,5		,5	1	00	,009
Sufficient	3	7,7	0	2,3	3	00	
<b>T otal</b>	<b>2</b>	<b>4,2</b>	<b>2</b>	<b>5,8</b>	<b>24</b>	<b>00</b>	

Source : primary data

Under the Table shows that the respondents' knowledge of the 32 people who provide exclusive breastfeeding with less knowledge category by 2 people (6.5%), and knowledge of exclusive breastfeeding by category quite as many as 30 people (32.3%). By taking the correlation fisher in get p value = 0.009 .

Mothers Attitude Relationship With Exclusive Breastfeeding at the Work Area Health Center Mawasangka, Mawasangka District of Buton 2014

Mothers Attitude	Exclusive Breastfeeding				Total		
	Negative		Positive				
	Count	Percentage	Count	Percentage			
Negative	5	15,6	7	21,9	12	37,5	,123
Positive	7	21,9	7	21,9	14	43,8	
<b>Total</b>	<b>12</b>	<b>37,5</b>	<b>14</b>	<b>43,8</b>	<b>26</b>	<b>71,3</b>	

Source : primary data

Under the Table shows that the attitude of the 32 respondents who gave exclusive breastfeeding with Negative category as many as 12 people (37.5%), and the attitudes of respondents to the categories of exclusive breastfeeding positive as many as 14 people (43.8%). By using the chi-square correlation test p value = 0.123 .

Exclusive Breastfeeding Promotion Relationship With Exclusive Breastfeeding at the Work Area Health Center Mawasangka, Mawasangka District of Buton 2014

Exclusive BF Promotion	Exclusive Breastfeeding				Total		
	Less		Sufficient				
	Count	Percentage	Count	Percentage			
Less	4	12,3	8	24,4	12	36,7	,014
Sufficient	7	21,9	8	24,4	15	46,3	
<b>Total</b>	<b>11</b>	<b>34,2</b>	<b>16</b>	<b>48,8</b>	<b>27</b>	<b>83,0</b>	

Source : primary data

According to the table shows that the promotion of exclusive breastfeeding from 32 people who gave less exclusive breastfeeding with category of 4 people (12.3%), and the promotion of exclusive breastfeeding sufficient by category quite as many as 15 people (46.3%). By taking the correlation fisher in get p = 0.014 .

Cultural Relations With Exclusive Breastfeeding Mothers at the Work Area Health Center Mawasangka, Mawasangka District of Buton 2014

Cultural	Exclusive Breastfeeding				Total		
	Not Exclusive BF		Exclusive BF				
	N		E				
Negative	0	0,0	2	0,0	2	0,0	,000
Positive	2	3,8	2	5,8	22	0,0	
<b>Total</b>	<b>2</b>	<b>4,2</b>	<b>2</b>	<b>5,8</b>	<b>24</b>	<b>0,0</b>	

Source : primary data

According to the table shows that 100 % of respondents did not give exclusive breastfeeding. Fisher test results show the value of  $p = 1.000 > 0.05 \alpha$

Relationship Husband Support With Exclusive Breastfeeding at the Work Area Health Center Mawasangka, Mawasangka District of Buton 2014

Husband Support	Exclusive Breastfeeding				Total		
	Not Exclusive BF		Exclusive BF				
	N		E				
Less	9	0,0	2	0,0	9	0,0	,000
Sufficient	3	7,3	2	2,7	5	0,0	
<b>Total</b>	<b>2</b>	<b>4,2</b>	<b>2</b>	<b>5,8</b>	<b>24</b>	<b>0,0</b>	

Source : primary data

According to the table shows that the support of her husband of 32 people who exclusively breastfed with much less category 0 people (0.0%), and support breastfeeding Eksklusif husband by category quite as many as 32 people (42.7%). By taking the correlation fisher in get  $p = 0.000$

Health Workers Support Relations With Exclusive Breastfeeding at the Work Area Health Center Mawasangka, Mawasangka District of Buton 2014

Health Workers Support	H	Exclusive Breastfeeding				Total		T
		N		E				
		Not Exclusive BF	Exclusive BF	Not Exclusive BF	Exclusive BF			
Less	7	0,4		,6	2	00	,001	
Sufficient	5	2,5	7	7,5	2	00		
<b>Total</b>	<b>2</b>	<b>4,2</b>	<b>2</b>	<b>5,8</b>	<b>24</b>	<b>00</b>		

Source : primary data

Under the Table shows that the support of the 32 health workers who provide exclusive breastfeeding with less category as many as 5 people (9.6%), and health workers who provide support exclusive breastfeeding by category quite as many as 27 people (37.5%). By taking the correlation fisher in get  $p = 0.001$

## Discussion

Based on the results of the collection , processing , and presentation of research data above , it will be discussed according to the studied variables .

### 1. Mothers Knowledge

Fisher test results show the  $p$  value =  $0.009 < \alpha 0.05$  then  $H_0$  is rejected and  $H_a$  accepted, meaning that there is a relationship between knowledge of exclusive breastfeeding. Based on the results of research conducted by Soliha (2007) states that there is a significant association between mother's knowledge of exclusive breastfeeding with a  $p$ -value of 0.000. The results are consistent with the theory of knowledge about the benefits of breastfeeding mothers influence the decision to breastfeed after the baby is born.

This knowledge or skills related to the proper expertise and technical proficiency in doing something . "You know what would be" is a very specific kind of knowledge concerning the knowledge of something or someone through experience or personal knowledge. Knowledge broader subject and have experience of exclusive breastfeeding either experienced themselves or seen from friends, neighbors or family, then the subject will be more inspired to practice it.

### 2. Attitude

The results demonstrate the value of chi-square test  $p = 0.123 > \alpha 0.05$  then  $H_0$  is rejected and  $H_a$  accepted, meaning that there is no relationship between attitudes towards exclusive breastfeeding . The results are consistent with research conducted by Yulianah (2013) states that there is no significant relationship between maternal attitudes towards exclusive breastfeeding.

Mothers who had infants aged 6-11 months has a majority of the work as IRT (Housewife ) , where it is very good for treating babies because no activity were then able to



separate the mother and baby during the day, but most mothers do not pay much attention for the health of their babies, the most important thing for them is the baby fed, calm, and do not cry.

### 3. *Promotion of exclusive breastfeeding*

Fisher test results show the value of  $p = 0.014 < \alpha 0.05$  then  $H_0$  is rejected and  $H_a$  accepted, meaning that there is a relationship between the promotion of exclusive breastfeeding to exclusive breastfeeding. This study is in line with research conducted by Syahril (2013) which concluded that there is a relationship to increased knowledge of breastfeeding promotion with exclusive breastfeeding mother. Breastfeeding promotion through counseling can provide improved knowledge of mother so the mother can provide exclusive breastfeeding.

### 4. *Culture*

Culture is the whole of knowledge, attitudes and behavior patterns is a habit that is owned and inherited by members of a given society. Fisher test results show the value of  $p = 1.000 > 0.05 \alpha$  then  $H_0$  is rejected and  $H_a$  accepted, meaning that there is no relationship between the culture of exclusive breastfeeding.

This is due to the health status and behavior can be influenced by other cultures. The cultural aspect is among other traditions, fanaticism attitude, a sense of pride in the state, the norm value. In many places, breastfeeding is common, but some have confidence colostrum is not good for babies, infants characterized pain.

### 5. *Support Husband*

Fisher test results show the value of  $p = 0.000 < \alpha 0.05$  then  $H_0$  is rejected and  $H_a$  accepted, meaning that there is a relationship between a husband to support exclusive breastfeeding. This is consistent with research conducted by Solihah (2007) which states that mothers who got their husbands or families and support breastfeeding within the first hour has a significant relationship with  $p$  value = 0.026.

Husband's support in the form of emotional support to the mother of the baby was born, was able to affect the emotional state of the mother, which will also affect the smoothness of expenditure reflex milk. Husband opinion is very influential woman to make a decision will be breast-feeding her baby. Someone mothers who received breastfeeding advice of her husband to be significantly breastfeeding compared with those receiving advice to give formula to her baby alone.

### 6. *Support Health Workers*

Fisher test results show the value of  $p = 0.001 < \alpha 0.05$  then  $H_0$  is rejected and  $H_a$  accepted, meaning that there is a relationship between the health worker to support exclusive breastfeeding. In line with research conducted by Aisyaroh (2013) which states that there is a relationship between the midwife to support exclusive breastfeeding with a value of  $P$  value = 0.0037.

Mothers who give birth in hospitals or maternity hospital can get guidance, direction so motivated to breastfeed. If the mother and baby have difficulty in feeding, health care workers can be expected to help the mother so that breastfeeding can continue.

## Conclusion

Based on a study of mothers of infants aged 6 to 11 months in the Work Area Health Center MawasangkaMawasangkaButon District of 2014 as follows :

1. The level of knowledge of Exclusive Breastfeeding Mothers in infants aged 6-11 months in the Work Area Health Center MawasangkaMawasangkaButon District of 2014 had less category of knowledge with as many as 31 people (25.0%) and who has sufficient knowledge with as many as 93 categories people (75.0%) , with  $p = 0.009$ .
3. Mothers Attitude on Exclusive Breastfeeding in infants aged 6-11 months in the Work Area Health Center MawasangkaMawasangkaButon District of 2014 had a negative attitude to the category as many as 10 people (8.1%), while for respondents who had a positive attitude with the category as 114 people (91.9%), with  $p = 0.123$ .
4. Promotion of exclusive breastfeeding mother of exclusive breastfeeding in infants aged 6 to 11 months in the Work Area Health Center MawasangkaMawasangkaButon District of the Year 2014 Exclusive breastfeeding with less category as many as 39 people (31.5%) while for respondents with exclusive breastfeeding category quite as many as 85 (68.5%), with  $p = 0.014$ .
5. Mother Cultureof exclusive breastfeeding in infants aged 6 to 11 months in the Work Area Health Center MawasangkaMawasangkaButon District of the Year 2014 by as much as 2 negative category (1.6%), while for respondents with a positive category, 122 (98.4%) with  $p = 1.000$ .
6. Husband Support of exclusive breastfeeding in infants aged 6 to 11 months in the Work Area Health Center MawasangkaMawasangka District of Buton 2014 has the backing of her husband with as many as 49 people less category (39.5%) while for respondents who had the support of a husband by category quite as many as 75 people (60.5 %), with  $p = 0.000$ .
7. Health workers Support on exclusive breastfeeding in infants aged 6 to 11 months in the Work Area Health Center MawasangkaMawasangkaButon District of 2014 has the support of health workers with less category as many as 52 people (41.9%) while for respondents who had the support of health with enough categories were 72 persons (58.1%), with  $p = 0.001$

## Recomendations

1. It should be given a more in-depth information to Mother about exclusive breastfeeding, as well as understanding, the exact time of administration, and others about exclusive breastfeeding behaviour. Because the mother had knowledge will bring a positive attitude to Exclusive Breastfeeding and Mothers can then apply in their everyday lives in the care of her baby.
2. There needs to be more research -related attitudes on exclusive breastfeeding mother.
3. Exclusive breastfeeding promotion should be given more depth to the mother. As understanding, the function of exclusive breastfeeding in infants aged 6-11 months, and others who then netted the exclusive breastfeeding. so mothers can be interested and participate in such promotional activities.

4. It should be given cultural understanding related to maternal health, such as culture says that colostrum is not good for the baby that is characterized by pain baby, it must then be explained in good health that colostrum for the baby's health.
5. In order husband would give more support to mothers in exclusive breastfeeding such as looking for more information about BF Exclusive.
6. Health workers to be more proactive in providing information to mothers during antenatal come through counseling by health care workers and the public received through the media such as posters, banners, advertisements and brochures that knowledge towards breastfeeding mothers may increase.

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