

The Relationship Between Maternal Knowledge Level About Exclusive Breastfeeding and Breastfeeding Success in the Area of Birem Bayeun Health Center Birem Bayeun District East Aceh Regency

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ABSTRACT

Exclusive breast milk is the best source of nutrition for babies aged 0–6 months because it contains complete nutrients and antibodies that are essential for growth and immunity. However, the scope of exclusive breastfeeding is still not optimal. One of the factors that affect the success of exclusive breastfeeding is the mother's level of knowledge. To determine the relationship between the level of knowledge of mothers about exclusive breastfeeding and the success of breastfeeding in the working area of the Birem Bayeun Health Center, Birem Bayeun District, East Aceh Regency. This study used a quantitative method with a cross sectional design. The population in this study is all mothers who have 50 babies aged 0–6 months, with a sampling technique using total sampling. Data collection was carried out using a questionnaire and analyzed with the Chi-Square test at a confidence level of 95%. The results showed that most of the respondents had a good level of knowledge as many as 22 people (44%). Most mothers had success in exclusive breastfeeding in the good category as many as 28 people (56%). The results of the Chi-Square test showed a p-value of 0.000 ($p < 0.05$). Conclusion: There was a significant relationship between the level of maternal knowledge about exclusive breastfeeding and the success of breastfeeding in the working area of the Birem Bayeun Health

Center, Birem Bayeun District, East Aceh Regency. It is hoped that health workers can increase education and counseling to pregnant women and lactating mothers about the importance of exclusive breastfeeding to increase the success of breastfeeding.

Keywords: Mother's Knowledge, Exclusive Breastfeeding, Breastfeeding Success

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INTRODUCTION

Globally, breastfeeding rates are far from the targets needed to protect women's and children's health. In 2015-2021, 47% of newborns started breastfeeding within an hour of birth from the target of 70%. For this time period, the percentage of infants under six months of age who were exclusively breastfed reached 48%, ten percentage points higher than a decade earlier and close to the WHA's target of 50% by 2025, suggesting that significant progress is possible and is happening on a large scale. The global target for 2030, however, is to reach 70% by 2030. While 70% of women continue to breastfeed their babies for at least one year, by the age of two, the breastfeeding rate drops to 45%. The collective aims to achieve 80% and 60% respectively. Therefore, national efforts to support sustainable breastfeeding must be strengthened to achieve the 2030 target (WHO, 2022)

Data from the World Health Organization (WHO) shows that the average rate of exclusive breastfeeding in the world is around 38%, while the target expected by WHO is 50% (Risksdas, 2018). Only 44 percent of newborns in the world are breastfed within the first hour of birth, and even a few babies are breastfed exclusively, in Central Africa as much as 25%, Latin America and the Caribbean as much as 32%, East Asia as much as 30%, South Asia as much as 47%, and developing countries as much as 46%. Overall, less than 40 percent of children under the age of six months are exclusively breastfed (WHO, 2020).

The results of the 2022 Indonesian Health Profile show that Exclusive breastfeeding coverage is 68.74%. In 2019, the coverage of Exclusive Breastfeeding in Indonesia reached 67.74% while in 2020 it decreased to 66.06%, but this figure has exceeded the 2020 Strategic Plan target of 40%. (Ministry of Health, 2021). Based on data from the Ministry of Health, it

is stated that babies who receive exclusive breastfeeding from 0-6 months of age are 52.3%, this coverage decreases when compared to 2022 which was 54.3%. The lowest percentage of exclusive breastfeeding is found in West Java Province at (21.8%) and Aceh is the 11th lowest province at (55.4%) (Ministry of Health, 2023). Based on data obtained from the Aceh Provincial Health Office in 2022, the number of babies was 79,008 and the number of babies who received exclusive breastfeeding was 55% (Aceh Provincial Health Office, 2022)

Breast milk is a staple food for toddlers that contains a lot of nutrients that are essential for their growth and development. According to WHO data in 2022, the average exclusive breastfeeding rate is only 44% and has not reached the target of 50%. In 2023 to 2024, the coverage of exclusive breastfeeding in Aceh Tamiang Regency has decreased by 8.3% and has not reached the target of 80%. This study aims to analyze the relationship between husband and family support with the success of exclusive breastfeeding in Aceh Tamiang Regency. Exclusive breast milk (breast milk) is the feeding of only breastfeeding to babies from birth to the age of 6 months without the addition of other foods or drinks, except for drugs and vitamins according to medical indications. Exclusive breastfeeding has an important role in supporting the growth, development, and increasing the baby's immune system. The Indonesian government through the Ministry of Health has set a target of exclusive breastfeeding coverage as one of the indicators of the success of health development.

Although the benefits of exclusive breastfeeding have been widely known, the coverage of exclusive breastfeeding in various regions has still not reached the national target. Various factors affect the success of exclusive breastfeeding, both internal and external factors. One of the external factors that plays an important role is family support. Puskesmas as a first-level health service facility has a strategic role in increasing exclusive breastfeeding coverage through health promotion (Widianingtyas, S. I., 2022) and assistance for breastfeeding mothers. Therefore, it is important to know the relationship between family support and the success of exclusive breastfeeding in the working area of the Banda Mulia Health Center, Aceh Tamiang Regency as the basis for planning more effective health interventions.

METHOD

The type of research used in this study is quantitative research. Quantitative research is a research method that uses data in the form of numbers and statistical analysis to test hypotheses and explain the relationships between variables (Sugiyono, 2019). The research design used is cross-sectional, which is an observational approach that aims to study the relationship between risk factors (independent variables) and ethical principles (usman Chairul, 2017) in (Huda, C. 2017) and effects (dependent variables) by collecting data simultaneously at a certain time (Sugiyono, 2019) in (Huda & Waluyo, 2022).

This research will be carried out at the Banda Mulia Health Center, Aceh Tamiang Regency, in 2026. The selection of the research site was based on the suitability with the characteristics of the population studied. The time for the research will be carried out in February 2026. The population in this study is all mothers who have babies aged 0–6 months who visited the Banda Mulia Health Center, Aceh Tamiang Regency, in the period from December 2025 to January 2026 with a total of 75 people. The research sample was taken using the total sampling technique, which is a sampling technique in which all members of the population who meet the inclusion criteria are used as research samples. The respondents in this study must meet the inclusion criteria, namely mothers who have babies aged 0–6 months, are willing to be respondents, and can communicate well. Meanwhile, the exclusion criteria in this study are mothers who have health problems that hinder the breastfeeding process, such as chronic mastitis, or babies who have certain medical conditions so that they cannot receive breast milk.

RESULTS AND DISCUSSION

This research will be carried out at the Birem Bayeun Health Center, Birem Bayeun District, East Aceh Regency in 2026. The Birem Bayeun Health Center is one of the first level health service facilities that provide maternal and child health services, including antenatal care services and health promotion related to exclusive breastfeeding. This study was conducted on 50 respondents of breastfeeding mothers. This research began with the provision of a knowledge questionnaire and continued with a questionnaire on breastfeeding. This study is to determine the relationship between the level of knowledge of mothers about

breastfeeding and the success of exclusive breastfeeding in breastfeeding mothers. Distribution Table of Frequency of Breastfeeding Characteristics by Age in the Birem Bayeun Health Center Area, East Aceh Regency in 2026 (n= 50)

Table 1. Respondent Characteristics

Variabel		Frequency	Presentase
Age	Late Teens (17 -25 years)	3	6%
	Early Adults (26-35 years)	31	62%
	Late Adult (36-45 years)	16	32%
Total		50	100%
Education	SMA	15	30%
	Colleges	35	70%
	Total	50	100%

The table stated that most of the early adulthood (26-35 years) was 31 respondents (62%). Based on education, it was stated that the most respondents were with a college education as low as 35 respondents (70%).

Table 2. of Overview of the Level of Knowledge of Breastfeeding Mothers About Breast Milk

Variabel	Knowledge	Frequency	Presentase (%)
Knowledge	Less	8	16
	Enough	20	40
	Good	22	44
Total		50	100
Breastfeeding	Less	5	10
	Enough	17	34
	Good	28	56
Total		50	100

The table shows that out of 50 respondents, mothers' knowledge

about breastfeeding shows that the majority have good knowledge of 22 respondents (44%). Based on the description of the success of breastfeeding, it can be seen that of the 50 respondents of mothers who exclusively breastfeed, the majority showed a good majority of 28 respondents (56%).

Table 3. of Results Analysis of the level of knowledge of mothers about breastfeeding on the success of exclusive breastfeeding

Mother's Knowledge of Breast Milk	Exclusive Breastfeeding Success			<i>p-value</i>
	Less	Enough	Good	
Less	5	0	0	0.000
Enough	0	16	6	
Good	0	1	22	

The table of 50 respondents who knew about breastfeeding mostly had good knowledge, namely 33 (46%) respondents. Based on the analysis, it shows that with the chi square test with a *p-value* of 0.000 where $0.000 < 0.05$, this means that H_0 is rejected and H_a is accepted, that there is a relationship between the level of knowledge of the mother about breastfeeding and the success of exclusive breastfeeding.

DISCUSSION

Based on the results of the bivariate analysis, a *p-value* of < 0.05 was obtained, which shows that there is a significant relationship between the level of knowledge of pregnant women about exclusive breastfeeding and the success of exclusive breastfeeding at the Birem Bayeun Health Center, Birem Bayeun District, East Aceh Regency in 2026. Pregnant women with a good level of knowledge tend to be more mentally and behaviorally prepared in giving exclusive breastfeeding after childbirth. Knowledge gained from pregnancy plays a role in shaping positive attitudes and mothers' beliefs about the importance of exclusive breastfeeding.

Based on the recommendations of the World Health Organization (WHO, 2023; 2024), exclusive breastfeeding is recommended for the first six months of the baby's life without additional food or other drinks. WHO emphasizes that the mother's knowledge from the time of pregnancy is an important factor that affects the success of exclusive

breastfeeding. Education about exclusive breastfeeding given from the time of pregnancy has been proven to increase maternal readiness in breastfeeding and prevent the practice of early supplementation. The results of this study are in line with these recommendations which emphasize the importance of increasing pregnant women's knowledge as the main strategy in the success of exclusive breastfeeding.

In line with that, the Ministry of Health of the Republic of Indonesia (Kemenkes RI, 2023; 2024) stated that one of the causes of the low coverage of exclusive breastfeeding in Indonesia is the lack of knowledge of mothers, especially during pregnancy. The Indonesian Ministry of Health also emphasized that education about exclusive breastfeeding needs to be provided through antenatal care (ANC) services, pregnant women's classes, and breastfeeding counseling. Pregnant women who obtain adequate information during pregnancy check-ups tend to be better prepared to provide exclusive breastfeeding after childbirth. Thus, the results of this study are in line with the policy of the Ministry of Health of the Republic of Indonesia which places the knowledge of pregnant women as a key factor in the success of the national exclusive breastfeeding program.

Good knowledge also contributes to the physical and psychological readiness of mothers in breastfeeding. Mothers who understand the lactation process, the benefits of breast milk, and how to overcome breastfeeding problems will be more confident and not easily influenced by wrong information, including related to early supplementation. The results of this study are also supported by various studies in SINTA-accredited national scientific journals (SINTA 2–4) in 2020–2024 which show that the level of knowledge of mothers is significantly related to the success of exclusive breastfeeding. Mothers with good knowledge have a greater chance of giving exclusive breastfeeding compared to mothers with low knowledge. On the other hand, lack of knowledge is often associated with the practice of early supplementation, the influence of formula milk promotion, and low maternal confidence in breastfeeding. The similarity of these results shows that pregnant women's knowledge is an important determinant in the success of exclusive breastfeeding in various regions in Indonesia.

The implications of the results of this study show that increasing the success of exclusive breastfeeding needs to be done through efforts to increase maternal knowledge from the time of pregnancy, in accordance

with the recommendations of WHO and the policies of the Ministry of Health of the Republic of Indonesia. Health workers at the Health Center are expected to strengthen education related to exclusive breastfeeding through antenatal care (ANC) services, the implementation of pregnant women's classes, and continuous breastfeeding counseling. However, this study has some limitations. The research design used is cross-sectional, so it cannot explain the direct causal relationship. In addition, the measurement of the level of knowledge using questionnaires allows the subjectivity of the respondents. Overall, the results showed that pregnant women's level of knowledge about exclusive breastfeeding had a significant relationship with the success of exclusive breastfeeding. These findings are in line with WHO recommendations, policies of the Ministry of Health of the Republic of Indonesia, as well as various research results in SINTA-accredited journals, which consistently affirm the importance of maternal knowledge as the main factor in supporting the success of exclusive breastfeeding.

CONCLUSION

The conclusions of this study show that there is a significant relationship between the level of knowledge of pregnant women about exclusive breastfeeding and the success of exclusive breastfeeding (p -value < 0.05). Mothers with good knowledge tend to be more prepared physically, mentally, and behaviorally so that they are more successful in providing exclusive breastfeeding. Thus, increasing the knowledge of pregnant women through education from pregnancy is an important factor in supporting the success of exclusive breastfeeding.

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