PERSPECTIVES

Early Breastfeeding Initiation in Indonesia

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(Submitted: 16 December 2018 – Revised version received: 02 February 2019 – Accepted: 14 February 2019)

Abstract

Breastfeeding exclusive around the world given in infants only about 32.6 million from babies born 136.7 million, in developing countries only about 39 % given breastfeeding by his mother, it was far from the target who want to 80 %. The purpose of this article is to know implementation and nursing (early breastfeeding initiation - IMD) breastfeeding exclusive in the world and the Indonesian descriptive study is based on the implementation of showing limited the exclusive breastfeeding in the world and in Indonesia. Facilitate of IMD still less than optimal.

Keywords: exclusive breastfeeding, Implementation, initiation of early breastfeeding

Introduction

Breast milk is very important for the newborn and during the first 6 months the baby was born, in breast milk contains a lot of natural nutrients that are good for babies, because energy and substances commonly contained in breast milk (Wulandari and Handayani, 2011).

Infant mortality around the world every known reach four million, babies who die on average before the age of 1 year, for not getting breast milk Exclusively for 14 times then for the baby to survive for 6 months it is not possible, the first day after the baby is born is given breast milk reduces the risk the death of 45%. coverage of the world of Exclusive breast milk 36% to 39% for priode 2007-2014 baby under six months getting breast milk exclusively, this global figure is risen very slowly in each year (WHO).

Breast milk exclusively all over the world are given on baby just about 32.6 million from 136.7 million babies born, in developing countries only about 39% given breast milk by his mother. Exclusive level of Chinese breast milk is very low around 28% of mothers give breast milk on his son...
the rest given the formula while in the country Cambodia year 2000 Exclusive breast feeding low around 11.7% but over the course of time Cambodia managed to raise around 74% (UNICEF).

Scope of Exclusive breast feeding on the country of Indonesia has not yet reached the desired target of 80%, only 15.3% of children who get breast milk. Exclusive 1.3% in 2010 while breast feeding exclusively in Indonesia reach 42%, in the year of 2012 decreased with the percentage of breast feeding exclusively revolves around 27.5%. (WHO and UNICEF).

Calculation of the percentage of breast milk's latest Health Research data base last year 2013, the success of breast feeding exclusively of 54.3%. According to data from the National socio-economic Survey (Susenas) percentage of Susenas breast milk latest year 2014 only 33.6% 4. The percentage of exclusive breast feeding nationwide obtained the highest numbers found in the province of West Nusa Tenggara 79.7%, while the lowest percentage was found on Maluku province 25.2%. Scope of exclusive breast feeding in Central Java province in 2008 28.96%, in 2009 40.21%, in 2010 37.18%, in the year 2011, 45.36% 25.6% in the year 2012, in 2013 58.4%, in the year 2014 57.06%. Whereas, in the province of West Java, North Sumatra and West Papua is far from the target in want. That number has not met the target exclusive breast feeding for 6 months which is set nationally by the Government that is 80% of the number of infants who are in Indonesia (RISKESDAS).

According to the Rohani (2007) the level of knowledge of the mother in the exclusive breast feeding is very important for nutrition in infants, this will occur if the mother had a deeper knowledge about the exclusive breast milk feeding be increased Exclusive breast feeding (sugiart, 2011).

According to Salfian (2003) 75.6% of mothers who do not provide Exclusive breast milk is a mother who is lacking in knowledge of exclusive breast feeding because of the mother's education was limited to only finished elementary school and working mothers make a mother less understanding in the Exclusive breast feeding on her baby (Firmansya, 2012).

**History**

Implementation Of Exclusive breast milk

In 2001 the WHO recommends that giving Exclusive BREAST MILK during 4-6 the first month but there is a change after examination more in by many research, the who revised the in granting Exclusive breast feeding in the first month but 4-6 now changed to 6 months because a baby's feedings for 6 months will be spared from
gastrointestinal diseases and disorders of growth.

The WHO recommends only for 6 months given BREAST MILK only no food other than breast milk given to infants as well as provide a great benefit for infants and mothers. However, there are recommendations and notes that are important in the research teams of experts. as for the recommendation first, the nutritional status of mothers and lactation, status of micronutrients babies and health services for babies If it is not reached then the growth faltering occurs on a mums lactation which impose give breast milk. Second, need to provide complementary food ASI (MPASI), nutritious and safe in breast feeding. In Indonesia, only about 1.7 months mother who gives her child MPASI although to be precise content that exists on food escort ASI. Third, the condition of this policy was to give social support and good nutrition for mothers and babies when the process of breastfeeding. There is a supporting factor in applying the exclusive breast milk during 6 months by making the leave policy for pregnant and nursing mothers, legislation marketing milk formula, sanctions for ads milk formula, sanctions for midwives who give milk formula in infants when the first born and increased quality of ante-natal care.

The initiation of Breastfeeding early (imd) Early start was introduced in Indonesia in 2007 (Tasya 2011). IMD is the initial process by which infants trying to suckle itself, the baby was placed in her mother's chest and find your own nipples for breastfeeding (Yuliarti, 2010). Early Breastfeeding initiation (IMD) is a program created by the Government to successful the exclusive breast milk and to save the newborn baby and lower infant mortality. The skin of the mother like incubators warmers for newborns therefore the baby is given the opportunity to breastfeed their own by letting the skin contact of mother during to one hour, with this we have already save newborns (Roseli 2008).

Based on studies of the WHO (2000), there are six developing countries the risk of the death of a baby at the age of 9-14 month of 40% that's because no feedings while babies aged 2 months the higher death rate of about 48% with the IMD can reduce 22% infant mortality numbers for 28 days as well as toddler 8.8%.

During the first 6 months given Exclusive breast milk and 11 months given MPASI can be declined by 13% (Roseli, 2008). 16% of deaths could be prevented by doing the Neonatal breast feeding Exclusively on 1 the first hour of birth can reduce the mortality rate of 22% (Edmod Et Al 2006).
Many of the factors that cause infant mortality continue to exist and caused by the increased level of education, the attitude of the mother, the job of the mother. There is no encouragement from families or midwife and the hospital. Therefore the Government make program IMD.

**Historical Reflection**

Improper feeding techniques, lack of knowledge of the mother in the exclusive breast feeding, breast disorders, neonatal complications, culture gives eating in infants before 6 months and gender discrimination which is the cause of the problem in breast feeding Exclusive, then there has to be education and support as well as the initiation of Breastfeeding Early (Fikawati and Syafiq, 2009).

The first step to changing patterns of understanding of the people about breast milk exclusively by providing information to pregnant women and nursing mothers about the physiology of lactation, the benefits, the advantages of combined operation of breast feeding, breast feeding, losses in the way breastfeeding is good and true, the delay gives the packed before the age of 6 months (Kritiyansari, 2006).

Efforts to increase breast milk exclusively with steps leading to the success of lactation in breast feeding on a newborn for 6 months. The baby is given the opportunity to breastfeed early, eight times will successful in breast milk exclusively (Fikawati and Syahik 2003).

In order for the increasing number of exclusive breast milk then Governments should create a policy against nursing mothers. More mother breastfeeding at work but their work has not been adequate facilities place nursing exists only in some places only have not all the places in Indonesia there are. As well as the distance of leave menysui mom had very little that makes the mother does not give her breast milk with good against his child.

Weekend Breast Milk Global 2016 is the first step in order that all parties cooperate and demonstrate that sustainable development can be achieved through the protection, promotion and support of breastfeeding. The support of all parties is crucial to successful breast milk exclusively and gives food companion breast milk up to 2 years. So each year the mortality rate of infants has always declined instead of increasing.

**Conclusion**

Exclusive breast milk in the world and Indonesia is still very low in incompatible target made by the WHO, but this exclusive breast is very important for newborns because the nutrients and substances contained in it is very beneficial to the baby. To lower the mortality rate of
infants (AKB) then the Government create programs that are current incessant i.e. Early Breastfeeding Initiation (IMD) which can be influential in lowering infant mortality, but there are still many problems in the implementation.

IMD because mothers are not knowledgeable, working mothers and the lack of support from the family and the hospital, with a program of IMD then harsher World ASI week activities to encourage the achievement of Inisiaisi Early and exclusive breast milk Feeding 100% on babies around the world.

References