

The Experience Of Breastfeeding Exclusively In Primipara Mothers In The District Of Lintang Kanan, Empat Lawang South Sumatra

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Abstract.

Breastfeeding is a scientific process of providing breast milk (ASI) to babies optimally from at least six months to two years. Breastfeeding is a decision that is instinctively realized by a mother for the benefit of the child's growth and development in the future. The aim of the study was to obtain in-depth information about the exclusive breastfeeding experience for primiparous mothers in Lintang Kanan District, Empat Lawang Regency, South Sumatra. The research method used in this study uses a qualitative descriptive method. The sample in this study were primiparous mothers who had babies aged more than 6 months and gave exclusive breastfeeding to their babies as many as 5 participants. The results of this study can provide an overview to the public regarding the experiences of primiparous mothers in exclusive breastfeeding. Further research is needed regarding in-depth exploration of cultural aspects in exclusive breastfeeding because the behavior inherent in the mother is influenced by the cultural aspects owned and the application of the theory of maternal role attainment-becoming a mother to primiparous mothers in exclusive breastfeeding.

Keywords: Breastfeeding, Exclusive Breastfeeding and Primipara Mothers.

I. INTRODUCTION

Breastfeeding is the process of giving milk to babies or small children with breast milk (ASI) from the mother's breast. All efforts made to help mothers achieve success in breastfeeding their babies are called lactation management (Sutanto, 2018). Breastfeeding is a natural process and babies suck naturally, but difficulties can arise at the beginning of administration, so it is important for mothers to know the ways that need to be known so that a relationship is established between the baby's mother (Syafudin, 2011). Breast milk is given to babies because it contains many benefits and advantages. Among other things, reducing the risk of infectious diseases in infants, breastfeeding can also reduce and prevent non-infectious diseases such as obesity, malnutrition, asthma and increase the IQ and EQ of children as well as create a strong bond of affection between mother and baby. The baby feels protected in the mother's arms, hears directly the sound of the mother's heartbeat and feels the mother's touch when breastfeeding (Prasetyono, 2016). Breastfeeding is a scientific process of providing breast milk (ASI) to babies optimally from at least six months to two years. In the process of breastfeeding, mothers give breast milk which is a good baby food as a source of macronutrients, micronutrients, and also bioactive components given until the age of two. ASI is a white liquid produced from the mother's breast glands through the breastfeeding process. The milk produced by these glands enters the milk reservoir which will later be consumed by the baby (Kusumaningrum, ArinaMalia, S, and Hudiawati 2016).

It is a fact that the mortality (death rate) and morbidity (diseased rate) in exclusively breastfed infants is much lower than in infants who are not breastfed. A healthy child will certainly develop more intelligence than a child who is often sick, especially if the illness is severe. The development of a child's intelligence is very closely related to brain growth. The main factor that influences a child's brain growth is the nutrition received during brain growth, especially during rapid brain growth (Roesli, 2016). Exclusive breastfeeding is breast milk that is given to babies aged 1-6 months, this milk contains immune substances that can protect babies from various infections, bacteria, viruses, parasites and fungi. Exclusive breastfeeding is a factor that affects the growth and development of children. The process of feeding breast milk is a sucking and swallowing movement from the baby's mouth directly to the mother's nipple, an average of 10-12 times a day, a healthy baby can empty the breast in about 5-7 minutes (Astuti 2014). Often mothers stop the process of exclusive breastfeeding before the baby is 6 months old. During breastfeeding, mothers gave

many reasons for not breastfeeding their babies, including primiparous mothers who were just starting breastfeeding, which was not easy, mothers often felt stressed and eventually gave up easily, so mothers began to think about switching to canned milk. (Waskito, 2011). Breastfeeding is a decision that is instinctively realized by a mother for the benefit of the child's growth and development in the future, breastfeeding helps babies get the nutrition they should receive early in life, and helps the mother recover after giving birth (Istiany, 2014).

Mother's milk is the best food for babies because it contains all the nutrients a baby needs and protects against various germs. The production and expenditure of breast milk is influenced by two hormones, namely the hormone prolactin and the hormone oxytocin. Prolactin affects the amount of milk production, while oxytocin affects the process of expressing milk, prolactin is related to maternal nutrition, the better the nutritional intake, the more production is produced, however, to express milk, the hormone oxytocin is needed, whose work is influenced by the baby's sucking process. The more often the nipple is sucked by the baby, the more milk will be released. The hormone oxytocin is often referred to as the hormone of love, this is because its levels are strongly influenced by mood, feeling happy, feeling loved, feeling safe, feeling calm and relaxed. (Sunarsih, 2011) Breast milk is the best life liquid that is needed by babies. Breast milk contains various substances that are important for the growth and development of babies and according to their needs (Sunarsih, 2011) Babies who are often in their mother's arms because of breastfeeding, can feel mother's love and get a sense of security, peace and protection. This is the basis for the emotional development of babies, which then shapes the child's personality to be kind and confident (Arini, 2015). Types of food that can increase milk production are dark-colored nuts such as kidney beans and walnuts. Fruits that contain vitamin C and anti-oxidants such as oranges, blueberries, apples, papaya, strawberries, avocados. Staple foods include white or brown rice, wheat, corn and sweet potatoes. Green vegetables such as spinach, lettuce, broccoli, katuk leaves, chayote and cucumber. Fish such as tuna, salmon, catfish, chicken, eggs, beef, tofu, tempeh. Cow's milk and soy milk (Mufdillah, 2017).

II. METHODS

The type of research used in this study used a qualitative descriptive method to further examine the experience of exclusive breastfeeding in primiparous mothers in Lintang Kanan District, Empat Lawang Regency, South Sumatra. In this study the researchers determined 5 participants, namely primiparous mothers who had babies aged more than 6 months and gave exclusive breastfeeding to their babies. Sources of data in this study consisted of primary data sources and secondary data. Primary data in this study were obtained from observations made by researchers with the help of image recording devices (video) and interviews, direct field surveys to informants/resources. The method of collecting data consists of interviews, observation and documentation. Meanwhile, secondary data was obtained from data at the Lesung Batu Health Center, Lintang Kanan District, Empat Lawang Regency, South Sumatra.

III. RESULTS AND DISCUSSION

The participants in this study were primiparous mothers who had given exclusive breastfeeding. The characteristics of the participants included name, age, occupation, last education, religion and ethnicity. Researchers conducted in-depth interviews with six participants after explaining the aims and objectives of the study and the mothers agreed to become participants by filling out an informed consent form. The characteristics of the participants that the researcher obtained are as follows:

Tabel 1. Characteristics of Participants

Name	Age	Profession	Last education	Religion	Ethnic group	Child Age
P1	26 years	IRT	SMA	Islam	Empat Lawang	8 months
P2	28 years	IRT	SMA	Islam	Empat Lawang	10 months
P3	30 years	IRT	SMA	Islam	Empat Lawang	18 months
P4	28 years	IRT	S1	Islam	Empat Lawang	14 months
P5	31 years	IRT	SMA	Islam	Empat Lawang	16 months

Based on the table above, it can be seen that the first participant (P1) was 26 years old, worked as a housewife (IRT), graduated from high school, was Muslim and had a child aged 8 months. Meanwhile, the second participant (P2) is 28 years old and works as a housewife, has a high school education and has a 10-month-old child. The third participant (P3) is 30 years old, lives as a housewife, has high school education and has an 18-month-old child. Meanwhile, the fourth participant (P4) is 28 years old and works as a housewife, is Muslim, has a bachelor's degree and has a 14-month-old child. And the fifth participant (P5) is 31 years old working as an IRT, the last education he has taken is high school, Islam and has a 16 month old child.

Analysis Results

A. The meaning of ASI for primiparous mothers

Breast milk for primiparous mothers can be interpreted in several ways. In this study, several meanings were found in breast milk for primiparous mothers covering several categories, namely: 1) breast milk, 2) white milk liquid, 3) starter food for newborns, 4) nutrition for babies, and 5) Exclusive breastfeeding.

1. Mother's milk

All participants revealed that the meaning of ASI is mother's milk. The following is a statement from a participant who works as a housewife and has an 8-month-old child:

"...hmm..ASI is Mother's Milk..." (P1)

2. White milk liquid

Three out of five participants said that breast milk is a white milky liquid. The following is a statement from the second participant who is 28 years old and works as a housewife:

"...In my opinion, ASI is a liquid that comes from inside the mother's body which is excreted through the breast. It looks like a white milky liquid that must be given to the baby...yes, because ASI is really good for babies..." (P2)

3. Beginner food for newborns

One 28-year-old participant revealed that breast milk is a drink or food for babies. The following is the expression:

"...BREAST MILK is a formula drink or starter food that is more important for the baby than other formula milk..." (P4)

4. Nutrition for babies

One participant revealed that breast milk is a supplement for babies. The following is an expression from a participant who is 29 years old and has a child aged 1 year and 3 months:

"...Breastfeeding is hmm..a natural nutritional supplement from the mother's body which is very beneficial for the baby..." (P2)

5. Exclusive breastfeeding

One participant revealed that exclusive breastfeeding is breast milk that is given to babies without additional food until the baby is 6 months old. The following are expressions from participants who work as housewives and have a 16-month-old child:

"...breast milk is given to babies from birth to 6 months of age without additional food and other drinks, basically only breast milk is given, don't add other food..." (P5)

B. The Advantages of Exclusive Breastfeeding for Primipara Mothers

Exclusive breastfeeding is the choice of all participants because it is different from other milk. This difference is an advantage for exclusive breastfeeding that is not owned by other milk, including formula milk. The results of this study obtained several sub-themes which included breast milk content and excess breast milk.

1. Content of breast milk

Three out of five participants revealed that breast milk contains nutrients that are beneficial for babies. The following is a statement from a participant who works as a housewife and has a 1 year and 3 month old child:

"... the breast milk contains a lot of nutrients which are very useful for babies, just fine..." (P2)

One 28-year-old participant revealed that in breast milk there is DHA for babies. The following is the expression:

"...breast milk contains DHA, for brain development which is not the same as formula milk..." (P3)

Some participants revealed that breast milk contains carbohydrates, calcium, protein, vitamins, and substances for the baby's immune system. The following is a statement from a participant who is 29 years old and works as a housewife:

"...Breastfeeding contains carbohydrates, calcium, protein, a source of nutrition, there is body fat from the mother too...there are also lots of vitamins...substances for the baby's immune system...the amount is more than formula milk...." (P2)

2. Excess breast milk

Three out of five participants said that the benefits of exclusive breastfeeding were effortless, instant, and practical. The following is a statement from a participant who works as a housewife and has a 10-month-old child:

"...Exclusive breastfeeding is hassle-free, instant, practical, and easy, hehehe...." (P2)

Three out of five participants stated that exclusive breastfeeding is cost-effective, economical. The following is the expression of one of the participants who is 31 years old and has a month-old child:

"... hhm.. basically it's cost-effective, it's economical if you breastfeed..." (P1)

C. Primiparous mothers' motivation in exclusive breastfeeding

The results of the research on all participants found several sub-themes including providing benefits to mothers, children, families, and the environment. The following are the categories contained in the sub-themes:

1. Provide benefits to the mother

Some participants revealed that the benefits of exclusive breastfeeding could prevent breast cancer. The following is a statement from a participant who works as a teacher and has a 1 year and 5 month old child:

"...as far as I know it can prevent breast cancer...(hands holding her breasts)..." (P3)

Two of the participants revealed that the benefits of exclusive breastfeeding for mothers were to reduce postpartum obesity more quickly. The following is a statement from a participant who is 29 years old and works as a housewife:

"...reducing obesity faster after giving birth..." (P2)

2. Provide benefits to the baby

Two out of five participants revealed that the benefits of exclusive breastfeeding for children are to become healthier and increase their immunity and not get sick easily. The following is a statement from a participant who is 30 years old and works as a housewife:

"... yes..my child is getting healthier..." (P3)

One of the 31-year-old participants revealed the benefits of breastfeeding to start life. Here is the expression:

"...very important of course. Because breast milk is the first liquid to drink to start my child's life even now it is very much needed for my child, yes that is breast milk. My life is the life of my children too..." (P4)

All participants revealed that the benefits of exclusive breastfeeding for babies are that the baby's weight increases. The following is a statement from a participant who works as a housewife and has a 14-month-old child:

"...the weight increases when you weigh it, every month the number on the scale increases..." (P4)

Three out of five participants revealed that the benefits of exclusive breastfeeding for babies are for brain development, to be smart and intelligent. The following is a statement from a participant who has a 14-month-old child:

"...the brain becomes smart and intelligent..." (P4)

Three out of five participants revealed that the benefits of exclusive breastfeeding for babies are to increase their growth and development. The following is a statement from a participant who is 31 years old and has a 16-month-old child:

"...yes, good, because to increase growth and development, it must be given for six months..." (P5)

All participants revealed that the benefits of breastfeeding are to increase the baby's immune system. The following is the expression of a participant who is 28 years old and has an undergraduate degree:
"...Breastfeeding is good for babies who have just come out who still don't have immune systems, because colostrum can increase their immune systems because they don't eat..." (P4)

1. Provide benefits to the family

All participants revealed that the benefits of exclusive breastfeeding for families can establish family affection. The following is a statement from a participant who has an 8-month-old child:
"... as for the family to increase the affection between me, children and husband..." (P1)

A. Perilaku ibu primipara dalam memberikan ASI eksklusif

Hasil dari wawancara mendalam yang dilakukan oleh peneliti kepada semua partisipan perilaku ibu primipara dalam memberikan ASI eksklusif meliputi beberapa subtema: 1) proses inisiasi menyusui dini (IMD), 2) posisi ibu saat memberikan ASI eksklusif, 3) posisi anak saat diberikan ASI eksklusif, 4) waktu pemberian ASI eksklusif, 5) tanda bayi cukup ASI, 6) pelekatan mulut bayi pada payudara ibu. Berikut kategori yang terdapat pada subtema:

1. Proses Inisiasi Menyusui Dini (IMD)

Empat dari lima partisipan mengungkapkan tentang langkah-langkah dalam proses inisiasi menyusui dini. Berikut salah satu ungkapan dari partisipan berusia 31 tahun dan bekerja sebagai ibu rumah tangga:
"...pada saat bayi dilahirkan, bayi saya diletakkan diatas badan saya oleh bidan, diantara payudara di bagian dada dalam posisi tengkurap..Bayi saya masih belum bersih, masih ada darah dan kotoran dari rahim...(sambil memperagakan dengan tangan)..." (P5)

Salah satu partisipan berusia 25 tahun mengungkapkan bahwa hanya sebagai pendekatan bayi. Berikut ini ungkapannya:

"...hanya sebagai pendekatan sekedar memperagakan bayi untuk mencari puting..." (P1)

2. The position of primiparous mothers when giving exclusive breastfeeding

All participants revealed that in giving exclusive breastfeeding in a sitting position. The following is a statement from a participant who is 28 years old and has a 10 month old child:

"...while sitting on my lap while lying down can also be..." (P2)

Three out of five participants revealed that in giving exclusive breastfeeding in a position while walking. The following is a statement from a participant who is 26 years old and works as a housewife:

"...standing while walking is also possible, while carrying the baby..." (P1)

One of the 28-year-old participants revealed that in giving exclusive breastfeeding by following the baby's comfortable position. Here is the expression:

"... yes...following a position that is comfortable for the baby, for example if you are carrying the baby it is fussy maybe you can try it while lying down... or carrying it in a cloth" (P2)

3. The position of the baby when given exclusive breastfeeding

All participants revealed that the position of the baby when given exclusive breastfeeding was in the lap and tilted to the mother's body. The following is a statement from a participant who has a 14-month-old child:

"... usually I just sit on my child's lap while my child's body is tilted to my body, sticking to the stomach and immediately sucking the breast..." (P4)

All participants revealed that the position of the baby when given exclusive breastfeeding lay down according to the position the breast was given. The following is a statement from a participant who has a 10-month-old child:

"...while lying down when my child wants to sleep, only my position is tilted according to which breast I want to give the milk to, my child is also slightly tilted while I'm awkward using a pillow while lying down, hehehe...(while smiling). ..." (P5)

Three out of five participants revealed that the position of the baby when given exclusive breastfeeding while being carried in a sling. The following is a statement from a participant who is 28 years old and has an undergraduate degree:

"...while carrying her, I also gave her breast milk in a sling and I went for a walk..." (P4)

4. Timing of exclusive breastfeeding

The time for mothers to give exclusive breastfeeding to babies varies for each participant. The following is an explanation from each participant: three out of five participants said that the time to give exclusive breastfeeding was when the baby was crying. The following is a statement from a participant who works as a housewife and has a 26-month-old child:

"...when the baby cries, I want to breastfeed immediately..." (P1)

One of the 31-year-old participants revealed that it was time to give exclusive breastfeeding to babies every time they went to sleep. Here is the expression:

"...I give it every time the child wants to sleep..." (P5)

Two out of five participants revealed that the time to give exclusive breastfeeding was after the baby woke up. The following is a statement from a participant who is 28 years old and graduated from high school:

"...when he wakes up I give him..." (P2)

One participant who was 28 years old and had an undergraduate degree revealed that the time for giving exclusive breastfeeding to babies was unlimited and according to the child's needs. Here is the expression:

"...as for breast milk, I don't limit it. When the child wants to breastfeed, yes, I will give it immediately...yes, anytime..." (P4)

All participants revealed that the duration for giving exclusive breastfeeding to babies was around five to ten minutes and given about two to three hours. The following is a statement from a participant who works as a housewife and is of the Empat Lawang ethnic group:

"...yes...not long, not for hours, about 5-10 minutes..." (P4)

"...about once every 2-3 hours I give it..." (P5)

5. Signs that the baby is getting enough milk

Mothers who give exclusive breastfeeding will stop the breastfeeding process after knowing that there are signs shown by the baby that at that time the baby has had enough milk. The following is an explanation from each participant: All participants revealed that the sign of the baby's milk was enough when the baby was asleep. The following is a statement from a participant who works as a housewife and is 26 years old:

"...she's sleeping soundly, it means that I'm giving enough breast milk..." (P1)

Some of the participants said that the sign of the baby getting enough milk was when the baby did not suckle the breast. The following is a statement from a participant who is 28 years old and has an undergraduate degree:

"...usually it depends on the baby when he releases my breast, it's done (the child is playing with a doll)..." (P4)

Some of the participants also revealed that a sign that the baby had enough breast milk was when the baby was full and not excessive. The following is a statement from a participant:

"...if you're full, that's it. Not to spit up or vomit..." (P4)

6. Attachment of the baby's mouth to the mother's breast

Four out of five participants revealed that the baby's mouth was attached, namely the baby's mouth sucking the nipple up to the areola. The following is a statement from a participant who is 30 years old and graduated from high school:

"... hmm... sticking my child's mouth to the nipple, until it covers the black breast, then he feels comfortable (while demonstrating with his hands and the atmosphere remains calm and focused)..." (P3)

All participants also revealed that the attachment to the baby's mouth was assisted by using his hands to put it in his mouth and then holding the breast during breastfeeding.

"...in the beginning, I was helped by my hand, which put it in, and then I held on to her breasts. Now I only help insert the nipple, I won't hold it until I'm done breastfeeding..." (P4)

One of the participants was 31 years old and had a 16-month-old child who revealed that when the baby's mouth was attached, the breast did not cover the baby's nose. Here is the expression:

"...then don't let your nose cover your breasts because later you won't be able to breathe, hehehe (while laughing)..." (P6)

B. The feelings of primiparous mothers during exclusive breastfeeding

The results of the in-depth interviews conducted by the researchers with all participants showed that the feelings of mothers during exclusive breastfeeding varied in terms of psychological aspects which included: feeling happy, proud as mothers, and feeling satisfied. The following are the categories contained in the theme: all participants expressed that they felt happy because they could provide exclusive breastfeeding for their first child. The following is a statement from a participant who is 30 years old and has the Four Lawang ethnicity:

"... I am happy, because I can give exclusive breastfeeding. Especially this is my first child and has been the beginning of the experience for me..." (P3)

Three out of five participants said that they were proud as mothers because they could always be in contact with their children. The following is a statement from a participant who works as a housewife and has an 8-month-old child:

"... yes... I feel proud as a mother because being a mother is an obligation and I can always have close contact with my child, it's already in my body, so I don't waste what already in the body (smiles)..." (P1)

One of the 31-year-old participants said that he felt satisfied and felt relieved. Here's the expression:

"... I feel satisfied... well... satisfied because I can provide the best for the child..." (P5)

C. Barriers to primiparous mothers during exclusive breastfeeding

Barriers to exclusive breastfeeding were experienced by all participants. These obstacles are caused by problems in both the mother and the baby. For some mothers who do not understand this problem, failure to breastfeed is often seen as a problem only for the child. The research results of the participants indicated that the obstacles to exclusive breastfeeding were: 1) breast problems and 2) maternal physiological problems. Here is the description:

1. Problems with the breast

Two out of six participants said that their breasts hurt. The following is a statement from a participant who is 30 years old and graduated from high school:

"... if it's a problem, my breasts hurt..." (P3)

All participants revealed that the breasts were swollen. The following is a statement from a participant who is 26 years old and has an 8 month old child:

"...my breasts are swollen...(while holding breasts)..." (P1)

One of the 30-year-old participants revealed that sometimes the nipples were also chafed. Here is the expression:

"... sometimes the nipples are also sore" (P3)

One participant who was 28 years old and had an undergraduate education revealed that her breasts felt sore. Here is the expression:

"... hmm..my breasts feel sore, painful..." (P4)

One of the participants, aged 26 and working as a teacher, revealed that her milk production had decreased. Here is the expression:

"... my breasts are a little out of milk..." (P1)

2. Maternal physiological problems

Two out of five participants revealed that the physiological problems that occurred were the mother's drowsiness and fatigue. The following is a statement from a participant who works as a housewife and is of the Empat Lawang ethnic group:

"... sometimes when I'm sleepy and really tired, the child still wants to continue breastfeeding, how does that feel? .." (P2)

D. Primiparous mothers support in exclusive breastfeeding

These supporting factors are very important in motivating mothers to give exclusive breastfeeding and as a form of achieving success in giving exclusive breastfeeding. From the results of interviews with all

participants, several sub-themes were obtained, namely 1) informational support, 2) emotional support, and 3) instrumental support. The following are the categories contained in the sub-theme:

1. Informational support

The results of interviews conducted with five participants obtained informational support from husbands, mothers, and friends to primiparous mothers in exclusive breastfeeding. One 31-year-old participant revealed that her husband often asked and reminded her to give breast milk. here is the expression:

"... if my husband is very supportive, yes. My husband most often asks if he has been breastfed yet, reminds me especially if the child cries and wakes up to be breastfed..." (P5)

Four out of five participants revealed that their husbands said that their children were better and that it was better to be exclusively breastfed. The following is a statement from a participant who works as a housewife and has an 8-month-old child:

"...the husband said that if the child is better and better exclusive breastfeeding than formula milk for our children give exclusive breastfeeding until the age of 6 months..." (P1)

Three out of five participants said that support from mothers was by teaching them positions when giving exclusive breastfeeding. The following is a statement from a participant who is 28 years old and works as a housewife:

"...especially my parents supported me, my mother taught me how to hold a baby while breastfeeding, hold a baby, that's how it is..." (P2)

One 26-year-old participant got information from a friend by saying that only give breast milk, because breast milk is good, don't give formula milk. Here is the expression:

"...my friend also told me that he said only breast milk, he also releases a lot of milk, why do you have to formula milk..." (P1)

2. Emotional support

Emotional support was obtained by several participants. This support was obtained from husbands and friends of participants. One of the 31-year-old participants revealed that the husband who gave the best encouragement was exclusive breastfeeding. Here is the expression:

"... keep spirit, mother, it's best to give exclusive breastfeeding, not formula milk..." (P5)

One of the participants was 30 years old and from the Empat Lawang tribe received emotional support from his friends. The following is a statement from a participant:

"...my friends are also supportive. My friend said that he had just breastfed, even if it came out a little, after a while he would have a lot of milk. It's good to know that ASI is for children up to 6 months old..." (P3)

3. Instrumental support

Two out of five participants revealed that their mothers have been very supportive since they were pregnant and made katuk leaf vegetables. The following is a statement from a participant with an undergraduate degree who works as a housewife and is of the Empat Lawang ethnic group:

"...my mother was very supportive from when I was more than 8 months pregnant, just after the month, said that later the child would only breastfeed, don't give milk. They often make katuk leaf vegetables, they say, so that there will be a lot of milk..." (P3)

E. Myths about exclusive breastfeeding

People's views on exclusive breastfeeding vary. The existence of myths about exclusive breastfeeding is one consideration in the decision for mothers to continue to provide exclusive breastfeeding to their children. The research results obtained several myths and responses from the participants. Here is the description: One of the participants was 28 years old and had a 10 month old child who revealed that he had never heard of myths about exclusive breastfeeding. Here is the expression:

"... oh... I've never heard of..." (P2)

One 31-year-old participant revealed that he had heard myths about colostrum being dirty and yellow. Here is the expression:

"... hmm... I've heard from neighbors, some say that colostrum must be thrown away because it's dirty and has a slightly yellow color," he said (P5)

One participant who was 26 years old and graduated from high school also revealed that he did not respond to existing myths. The following is an expression:

"...if that's just talk, well, because now it has to be shown medically, not just talk..." (P1)

Four out of five participants revealed that there was a myth that during exclusive breastfeeding there were food restrictions such as not eating spicy, sour and drinking ice. The following is a statement from a participant who is 31 years old and has a 16-month-old child:

"...he said, if you are exclusively breastfeeding you can't eat spicy things, the baby will have diarrhea, eat sour things too. My child also eats a lot of ice and has a cold, but it also depends on the child's immune system..." (P5)

Two out of five participants revealed that there was a change in the breasts, namely the breasts became saggy. The following is a statement from a participant who works as a housewife and is 28 years old and has an undergraduate degree:

"...ever heard from someone, if you often breastfeed your child, the breasts will become saggy, different from before giving birth..."(P2)

Discussion

This chapter describes several sections related to the research results that have been obtained. The first part describes the discussion of research results, namely comparing with previous concepts, theories, and various studies related to the results of this study to strengthen the discussion of interpretation of research results. The second part is to present various limitations during the research process by comparing experiences during the research process that has been carried out with the process that should have been carried out in accordance with the rules.

A. Interpretation of Research Results and Discussion

This research produced ten themes. Some of them have sub-themes with certain categories of meaning. The theme is identified based on research objectives. The following is a detailed explanation for each of the themes resulting from this study:

Theme 1. The meaning of breastfeeding for primiparous mothers

ASI has a very broad meaning, which includes one's judgments and thoughts. In this study, the meaning of breastfeeding for primiparous mothers was perceived as varied by the participants. The meaning of ASI for mothers includes breast milk, white milk liquid, starter food for newborns, and supplements for babies. This is in line with the Government Regulation of the Republic of Indonesia No. 33 of 2012 that what is meant by breast milk, hereinafter abbreviated as ASI, is the liquid secreted by the mother's breast glands. Breast milk is the main starter food for babies (Wong, et al., 2008). This is in line with research conducted by researchers where one participant stated that breast milk is a more important starter food for the baby than other formula milk and other participants also said that breast milk is a liquid that comes from inside the mother's body which is expelled through the breasts in a liquid-like shape. milk is white in color to be given to babies.

The results of this study found that all participants expressed their understanding of exclusive breastfeeding, which is breast milk given to babies from birth to the age of six months without additional food and other drinks, only breast milk is given. Roesli (2008) explained that exclusive breastfeeding or exclusive breastfeeding means that babies are only given breast milk from birth until the age of six months, without the addition of other liquids, such as formula milk, oranges, honey, tea, water, also without additional solid food. such as bananas, papaya, milk porridge, biscuits, rice porridge or team.

Theme 2. The advantages of exclusive breastfeeding for primiparous mothers

The results of this study found that some participants said that breast milk contained carbohydrates, calcium, protein, vitamins, and substances for the baby's immune system. These results are in accordance with the theory written by Roesli (2008), that breast milk contains more than 200 basic elements, including egg whites, fats, carbohydrates, vitamins, minerals, growth factors, hormones, enzymes, immune substances and blood cells. white. This study also found that five out of six participants said that the advantages of exclusive breastfeeding were hassle-free, instant, practical, and easy, besides that exclusive breastfeeding was cost-effective.

The results of the study are also in accordance with Mercer's theory (1991) that the achievement of the role of a mother is influenced by the macrosystem environment related to the existence of a person's level of economic status where exclusive breastfeeding is very economical. Wong, et al (2008) explained that breast milk is the cheapest food, always available at all times, ready to be served in room milk, and free from contamination. Breast milk is easier to prepare, easier for babies to digest and giving breast milk will make the trip feel concise and easy, besides that it is also free (Roesli, 2008).

Theme 3. Primiparous mother's motivation in giving exclusive breastfeeding

The results of interviews conducted with six participants in this study found that primiparous mothers' motivation in exclusive breastfeeding was because it could provide benefits to the mother, baby, family, and the environment. Roesli (2008) states that exclusive breastfeeding means benefits for all. Babies will be healthier, smarter and have good personalities, mothers will be healthier and more attractive, companies, the environment and society will also benefit. Some participants in this study revealed that the benefits of exclusive breastfeeding for them are that they can prevent breast cancer. The results of this study found that almost all participants revealed that exclusive breastfeeding can improve the growth and development of babies, increase the baby's immune system, and make children healthier.

Dewi (2011) explained that the benefits of exclusive breastfeeding for children during the first 6 months can lead to better growth and development, babies rarely get sick because of protective substances to protect babies from infection. This is in line with research conducted by Wen, et.al (2009) that breastfeeding is good for baby's health, protects babies from disease, boosts the immune system and helps establish closeness between mother and child. This study also found that four out of six participants said children became smart and intelligent after being exclusively breastfed. According to Roesli (2008), exclusive breastfeeding until the baby is six months old will guarantee optimal achievement of the child's intelligence due to the presence of the right nutrients that are specifically adapted to the needs of the baby so that the brain grows optimally.

Theme 4. Behavior of primiparous mothers in exclusive breastfeeding

One of the behavior of primiparous mothers in giving exclusive breastfeeding is carrying out Early Breastfeeding Initiation after giving birth. The results of the research conducted by the researcher found that five out of six participants revealed that early breastfeeding initiation was carried out when the baby was born, the baby was placed on the mother's body by the midwife, between the breasts on the chest in the prone position, my baby was still not clean, there was still blood and feces from the uterus. One other primiparous mother said that initiation of early breastfeeding was only an approach to show the baby to look for the nipple. This is in accordance with the Ministry of Health (2008), that Early Breastfeeding Initiation (IMD) is placing the baby against the mother's chest or stomach immediately after birth, letting him crawl around looking for nipples, then suckling until satisfied. This process is allowed to last for at least the first hour since the baby was born. The results of this study are in line with Mercer's theory (1991) which states that the main components of the mother's role are divided into three, namely attachment to the baby, acquiring competence in the mother's behavior, and expressing satisfaction in the interaction between mother and baby. In this component the mother must have affection for the baby, skills in practicing breastfeeding properly and finally getting satisfaction after everything has been achieved. Achieving the role of a mother is carried out in four phases, one of which is the formal phase, where in this phase the mother gives birth to her first child and learns to give breast milk for the first time with another person here, namely a midwife or health worker.

The results of the research conducted by the researcher showed that several participants revealed that giving exclusive breastfeeding was done in a sitting, lying down, standing position while walking, and one of the participants said that giving a position according to the comfort of the baby. This is in accordance with the theory written by Leifer (2005), that exclusive breastfeeding for infants must have prior preparation for both mother and baby. One of the preparations for mothers and babies is a comfortable and relaxed position in giving exclusive breastfeeding to babies. Dewi (2011) also stated that there are various breastfeeding positions that are usually done by mothers, namely sitting, standing and lying down. The results of this study are also in line with the theory written by Murray & McKinney (2006), that there are four basic positions for

exclusive breastfeeding, namely the position of holding the baby where the mother will more easily see the baby's mouth when sucking the nipple, the position of holding or rocking the baby, especially for a small baby, side-lying position, and lap position. The results of the research conducted by the researcher that all participants said that in exclusive breastfeeding the baby's body must be tilted to the mother's body, sticking to the stomach and then his mouth sucking the breast directly. Four out of six participants also revealed that the baby's mouth sticks to the nipple while breastfeeding and covers the black part of the breast (areola) and one participant said that the baby's nose should not cover the breast while breastfeeding because it will make the baby unable to breathe.

This is in line with the theory written by Lowdermilk (2004), that breastfeeding babies by bringing them close to the breast, not bringing the breast closer to the baby. The baby's face, chest, abdomen, and knees should all be facing the mother's body. Touch the baby's lower lip with the nipple to initiate the rooting reflex. The baby will turn towards the nipple and smell the colostrum and milk with its mouth open. Put the baby's mouth on the breast by guiding the nipple and areola tissue into the baby's mouth above the tongue. Pressing on the breast with the thumb above the areola and other fingers under the areola to allow the baby to suckle effectively. The results of the research conducted by the researchers showed that all participants said that at the beginning of breastfeeding they were assisted by using their hands to insert the nipples and then they held the breasts and now they only help to insert the nipples, they have not been held until they are finished breastfeeding. Lowdermilk (2004) states the same thing, that the nipple and most of the areola must be in the baby's mouth. If the baby's nose seems to be covered by the breast, the mother can lift the baby's pelvis so that it gives lots of room to breathe. During breastfeeding for several weeks the mother may have to use her hands to hold the breast so that the baby can suckle effectively.

The results of this study are in line with Mercer's theory (1991) which states that achieving the role of a mother consists of three components, namely attachment between mother and baby, having skills in breastfeeding properly and satisfaction in interacting with the baby. This study found that five out of six participants said it was time to give exclusive breastfeeding when their child was crying. Some of the other participants gave exclusive breastfeeding when their children were going to bed and waking up. This is in line with the theory written by Murray & McKinney (2006), that when babies feel hungry, they usually cry loudly until their needs are met. Some babies will withdraw into sleep because of the discomfort associated with hunger. In that condition the mother must be ready to give breast milk to the baby. The results of this study found that all participants said that exclusive breastfeeding was given to babies for about 5 to 10 minutes and given about every two to three hours. Only one participant said that giving exclusive breastfeeding was not restrictive, when the child wanted to breastfeed directly with love and at any time.

Breastfeeding should be done whenever the baby needs it because the baby will determine his own needs. The average baby feeds for 5 to 15 minutes, although sometimes more. This is in line with the theory written by Hegar (2008), that breastfeed the baby as often as possible, at least more than 8 times in 24 hours and not only on one breast but both equally, so that they get the same stimulation to produce milk. Breastfeeding at night can help maintain your milk supply because the hormone prolactin is released especially at night. Leifer (2005) also showed that, newborns need to be fed every 2 or 3 hours at the beginning of a small newborn stomach capacity. Generally, newborns nurse for about 15 minutes on the first breast, and then followed by the other breast. The average time for feeding is 15 to 20 minutes per breast. All participants in this study said that the sign that their baby had had enough breast milk was when the baby was sleeping soundly and some of the participants said when the baby had let go of his breast and was full. This is in accordance with the theory written by Leifer (2005), that mothers must be taught to know cues in newborns, how to determine if the milk that has been given to the baby is sufficient. Adequacy of breast milk in infants can be shown in the pattern of sucking newborns will slow down, newborns can fall asleep, and the mother's breasts feel soft, indicating fullness.

Theme 5. The feelings of primiparous mothers during exclusive breastfeeding

The results of this study found that mothers feel happy and proud as mothers can provide exclusive breastfeeding for 6 months. This is in line with a study by Wen, et.al (2006) which states that when mothers are successful in exclusive breastfeeding, they feel proud and comfortable based on their experience in the

Swedish neonatal unit. The results of the research that had been conducted also showed that one of the participants said they felt satisfied and relieved because they could provide the best for their children. This is in line with the theory written by Wong, et al (2008), mothers have a feeling that they are very close to their children and feel complete and satisfied when the baby sucks milk from them. The results of this study are also in line with Mercer's theory (1991) which states that to achieve the role of a mother there is a personal phase, where at this stage the mother has internalized her role, primiparous mothers feel satisfaction because they are successful in providing exclusive breastfeeding.

Theme 6. Barriers to primiparous mothers during exclusive breastfeeding

This study found that primiparous mothers experienced obstacles in giving exclusive breastfeeding. The results of the study found that the participants experienced problems with their breasts such as sore breasts, blisters on the nipples, swelling, pain, lack of milk production and the presence of drowsiness and tiredness of the mother in exclusive breastfeeding. Mothers who give exclusive breastfeeding may experience some common problems. In some cases, these complications can be prevented if the mother receives proper education about breastfeeding (Perry & Wong, 2006).

This is in line with research conducted by Tucker, Wilson & Samandari (2011) which stated that out of 102 respondents who started exclusive breastfeeding but stopped four months after giving birth, almost two-thirds of mothers who registered for more than one reason to stop breastfeeding felt that breast milk alone does not satisfy the baby, their milk production is not enough, nipple pain, and other reasons. Research conducted by Agunbiade & Ogunleye (2012), obtained results showing that the main obstacle to exclusive breastfeeding is the mother's perception that the baby continues to be hungry after being given breast milk, maternal health problems, fear of the baby becoming addicted to breast milk, pressure from mother-in-law, pain in the breast, and the need to return to work. This study also found that the experience of some mothers found it very difficult to breastfeed for six months. This is because they complain that their breasts hurt while their baby continues to suck hard so that the milk can flow smoothly (Agunbiade & Ogunleye, 2012).

Theme 7. Support of primiparous mothers in exclusive breastfeeding

Primipara mothers support during exclusive breastfeeding is obtained both from within the family and from outside the family such as friends. The results of research conducted by researchers, where all participants received support from their husbands and encouragement from their families to provide exclusive breastfeeding since their pregnancy. The results of the study are also in accordance with Mercer's theory (1991) that the achievement of the role of a mother is influenced by the macrosystem environment, where in exclusive breastfeeding there are family functions and social support. This is also in line with the theory written by Perry & Wong (2006), support from partners and family is a very big factor for mothers to achieve success in giving exclusive breastfeeding. Prenatal preparation should ideally be carried out by the father, including providing information about the advantages of exclusive breastfeeding and how to participate in caring for the baby. This is also in accordance with research by Mannion, et.al (2013) which states that most women feel that their partners encourage exclusive breastfeeding and only a small number say their partners think that exclusive breastfeeding is the best and healthiest for babies. His research also resulted in support related to exclusive breastfeeding. Forms of support other than family members are also obtained by primipara mothers in the form of informational and emotional support. The support obtained by all participants included informational, emotional and instrumental support.

The results of research conducted by researchers found that some primiparous mothers received support other than family, namely support from friends in the form of informational and emotional support, but in this study there was no reward support given. This is in line with the study of Tucker et.al (2011), which stated that some African American adolescents said that other women in their family had breastfed and everyone was supportive. This is also in line with Friedman's theory (1998), that social support can be divided into 5 components, namely 1) emotional support which shows assistance in the form of encouragement of empathy and concern for other individuals. That way the individual feels respected and loved besides that the individual will feel safe; 2) appreciation support, is a positive expression from other people to individuals which includes encouragement for approval of the ideas and feelings that individuals have; 3) instrumental support, is support provided in the form of concrete actions, providing tangible goods

or individual services when needed. Various activities such as providing assistance, lending, or giving money, can be asked to do something, provide transportation and help with practical tasks; 4) informational support, providing information or teaching skills that can provide solutions to problems and support which includes information that assists individuals in evaluating personal appearance; 5) social relations, spending time with other people in leisure and recreational activities.

The results of this study were biological mothers or parents who provided instrumental support, namely they often made katuk leaf vegetables with the excuse of increasing milk production. Some of the participant's parents also provided informational support by teaching how to position properly when breastfeeding and how to hold the baby properly and correctly. The results of the study indicate that there is a form of emotional support provided by the husband which includes always encouraging to provide exclusive breastfeeding to children, besides that informational support is also provided by the husband by always reminding if the baby is crying to give breast milk immediately. This is in line with the theory written by Roesli (2008), of all support for breastfeeding mothers, father's support is the most meaningful support for mothers. Fathers can play an active role in the success of exclusive breastfeeding. Father is sufficient to provide emotional support and practical assistance. Other support felt by mothers is support from their friends in the form of information that exclusive breastfeeding is better than formula milk.

Theme 8. Myths about exclusive breastfeeding

Imperfections in exclusive breastfeeding are often caused by various myths that develop in society (Yuliarti, 2010). Research conducted by researchers that they have heard of the myth that colostrum is dirty water and must be disposed of. This is in line with Kuzma's research (2013) which stated that most mothers who exclusively breastfeed their babies, only two-thirds of them have given colostrum to their babies. Most of the explanations given by mothers who refuse to give colostrum are due to cultural beliefs which state that colostrum can harm the baby, colostrum is dirty, unclean, contains infected pus, waste from the mother, not food for children, is contagious, and can cause yellow eyes. Danandjaja in Swasono (1997) explains that a new baby is breastfed when the mother's milk is white, that is, after the colostrum is discarded. This is the same as in Trunyan, Bali, where colostrum is thrown away because it is thought to cause colic pain in babies. The results of research conducted by researchers that during exclusive breastfeeding there are myths about food restrictions eaten. During exclusive breastfeeding, you should not eat spicy and sour food because it can cause diarrhea in your baby. Drinking lots of ice can cause children to get colds. This is in line with the results of Kuzma's research (2013) that the majority of breastfeeding mothers recognize food restrictions by their culture.

Anggorodi in Swasono (1997) explains that there are food restrictions for pregnant and lactating women in Simpar Village and Kosambi Village, Subang district, West Java. The category of food for pregnant and lactating women relates to cultural views about foods that are considered good so that they must be consumed, as well as those that are considered to have a bad impact on themselves and the baby in their womb so that they must be avoided. Foods that are considered to have a negative impact are generally referred to as abstinence foods. Residents there have the same view about several types of food that are considered good, such as katuk leaves, spinach leaves, long beans, and papaya leaves. These leaves are considered to increase milk. The community also believes that eating eggs is referred to as abstinence food because it can cause milk to turn fishy. The myths that occur in the environment also say that exclusive breastfeeding will make the breasts not firm, different from before giving birth. The fact that breasts are not firm is caused by increasing age and pregnancy. During pregnancy, hormones add to the mammary glands so that the breast size is larger than usual. When the breastfeeding period is over, the breast size will return to normal so that it relaxes (not tight) (Yuliarti, 2010).

IV. CONCLUSION

This research was conducted to get an overview of the meaning of primiparous mothers' experiences in exclusive breastfeeding. The themes identified were eight themes from six participants who had been interviewed. The meaning of ASI for primiparous mothers is mother's milk, white liquid, starter food for newborns, nutrition for babies, and exclusive breastfeeding. The advantages of exclusive breastfeeding for

primiparous mothers are due to the presence of breast milk and excess milk. The content in breast milk has many useful components and the advantages of breast milk are practical and economical. The motivation of primiparous mothers in giving exclusive breastfeeding is because it can provide benefits to the mother, namely preventing breast cancer, reducing postpartum obesity. Providing benefits to the baby, namely the child becomes healthy, breastfeeding starts the child's life, increases the child's weight, increases growth and development, increases IQ, and increases the baby's immune system. Benefits for the family is to establish family affection. Providing benefits to the environment that all participants said that breast milk does not generate a lot of waste. The behavior of primiparous mothers in exclusive breastfeeding includes placing the baby on the mother's body and demonstrating the baby looking for the nipple. The mother's position when giving exclusive breastfeeding consists of sitting and lying down, standing while walking, and according to the baby's comfortable position. The position of the baby when given exclusive breastfeeding is on my lap and tilted to the mother's body, lying down according to the position the breast is given, and being carried using a sling.

The time for exclusive breastfeeding is done when the baby cries, before the baby sleeps, after the baby wakes up, there are no limits and according to the child's needs, and the duration of breastfeeding is around 5 to 10 minutes every 2 to 3 hours. Signs that the baby is getting enough milk can be seen when the baby is asleep, the baby is not sucking the breast, the baby is full and not overdoing it. Attachment of the baby's mouth to the breast, namely the baby's mouth sucking the nipple up to the areola, attachment is assisted by the mother's hand, and the breast does not cover the baby's nose. The feelings of primiparous mothers during exclusive breastfeeding can be seen from the psychological aspect that the mother feels happy, proud and self-satisfied. There are barriers for primiparous mothers during exclusive breastfeeding which include problems with the breast such as swollen breasts, sore nipples, feeling pain, and less milk production and physiological problems for the mother, namely drowsiness and fatigue. Primipara mothers support in exclusive breastfeeding is obtained both from within the family including parents and husbands and from outside the family such as friends. The support provided includes informational support, emotional support, and instrumental support. Myths about exclusive breastfeeding include not knowing about exclusive breastfeeding myths, myths about dirty and yellow colostrum, not responding to myths, food taboos, namely not eating spicy, sour and drinking ice while giving exclusive breastfeeding. Another myth is a change in the shape of the breasts, two participants said they had heard that exclusive breastfeeding makes the breasts not firm, different from before giving birth.

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