

THE EFFECT OF COUNSELING USING LEAFLETS ON KNOWLEDGE AND ATTITUDE OF PARTNERSHIP MOTHERS ABOUT EXCLUSIVE BREASTFEEDING AT THE PRATAMA FRANS CLINIC

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ABSTRACT

Exclusive breastfeeding can reduce infant mortality. Exclusive breastfeeding means no food or drink other than breast milk is given. S. This study aims to determine the effect of counseling using leaflets on the knowledge and attitudes of postpartum mothers about exclusive breastfeeding at the Frans Pratama Clinic in 2021. Held at the Frans Pratama Clinic in 2021. The sample in this study was all postpartum mothers at the Frans Pratama Clinic in 2021. The sampling method in this study was using a total sampling technique. The instrument used was a questionnaire (Questionnaire).

Keywords : Exclusive Breastfeeding, Counseling, Knowledge and Attitudes. Leaflets

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INTRODUCTION

Postpartum is the period after delivery, which is calculated from after the placenta comes out, the postpartum period is also called the recovery period, where the uterine organs will return to normal. The postpartum period is a period of time for mothers to restore maternal health which generally takes 6-12 weeks (Nugroho, Nurrezki, Desi, & Wilis, 2016). Postpartum is the period from 6 hours to 42 days after delivery.¹

During the puerperium important changes occur, one of which is the onset of lactation. Lactation is the formation and production of breast milk. Lactation occurs due to the influence of the hormones estrogen and progesterone which

stimulates the glands of the mother's breast. The provision of Breast Milk is one of the programs of the World Health Organization (WHO) and the Government of the Republic of Indonesia which is being intensively put forward in the health sector to reduce child morbidity and mortality. Breast milk contains immune substances that protect children from infections and chronic diseases, and reduces the possibility of suffering from health problems later in life, such as obesity, diabetes, and asthma.¹

Exclusive breastfeeding in the world is still low. Based on data from the United Nations Children's Fund (UNICEF) only 39% of infants under the age of 6 months are exclusively breastfed worldwide, this figure also did not

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increase in 2015, which was only 40% of successful exclusive breastfeeding worldwide. China, which is one of the countries with a fairly large population in the world, only has an exclusive breastfeeding success rate of 28%. Another country, namely Tunisia, gave bad news in the last decade, where the percentage of exclusive breastfeeding has decreased drastically from 45.6% to 6.2%, while countries that occupy the 3rd position have the lowest exclusive breastfeeding rates in the world according to data. UNICEF includes Somalia, Chad, and South Africa.¹

In Indonesia coverage of exclusive breastfeeding for infants aged 0-6 months from year to year exclusive breastfeeding has decreased and increased, in 2012 decreased by 12.9% to 48.6% and in 2013 increased by 5.7% to 54.3% in 2014 relatively decreased to 52.4% while the program target in 2014 was 80%.¹

Exclusive breastfeeding in West Sumatra coverage for the last three years, where in 2013 the coverage of exclusive breastfeeding was 67.4% with a target of 75.0%, in 2014 the coverage of exclusive breastfeeding was 72.5% with a target of 80.0%, and exclusive breastfeeding coverage in 2015 was 72.8% with a target of 83.0%.¹

MATERIAL AND METHOD

This research was a Quasi Experimental Research (quasi-experimental design) with One Group Pre – Post Test design. This design does not have a comparison group (control), but the first observation (pre test) is carried out which allows testing the changes that occur after the intervention (Notoatmodjo, 2010). The research was carried out at the Frans Pratama Clinic in 2021, the time of the study began in April - May 2021. The population in this study was postpartum mothers (postpartum) at the Frans Pratama Clinic in 2021. The sample was all postpartum mothers (postpartum) at the Frans Pratama Clinic in 2021. The sampling technique used was total sampling technique.²⁻³

Data collection technique :

1. Primary Data

Data collection in this study is primary data collection, namely data obtained directly from research subjects. That is by filling out questionnaires for postpartum mothers at the Frans Pratama Clinic in 2021. Primary data is data obtained and collected

directly from the object of research, consisting of:

a. Sample Identity Data

The identity of the sample includes name, age and class obtained by interviewing respondents using a questionnaire. Once filled, check again to see the completeness of the data.

b. Knowledge data before and after counseling by using questionnaires that were filled out by the respondents themselves. Knowledge data is obtained by the following procedure:

- 1) The sample gets a questionnaire to be filled out.
- 2) Explain how to fill out the questionnaire.
- 3) Samples are welcome to answer all the questions in the questionnaire without exception.
- 4) After completing the answers, they are collected back to the researcher or enumerator.
- 5) Questionnaires that have been filled out are checked again, lest there are any that are not filled in.
- 6) The knowledge and attitude questionnaires were filled out twice, namely at the beginning and at the end.

c. Leaflet media intervention

Stage 1:

- 1) Leaflets are made by professionals and assisted by researchers.

2) The leaflets are made, containing the material that will be made into 3 series, namely:

the first series is about the definition of breast milk, the second series is about the composition of breast milk, the third series is about the problems commonly experienced during breastfeeding and the fourth series is the factors that influence the success of mothers in breastfeeding.

3) The leaflet uses a picture of a mother who is breastfeeding to attract the mother's attention.

Stage 2:

The pretest of knowledge and attitudes of postpartum mothers about exclusive breastfeeding was carried out at the first meeting before being given counseling using leaflets.

Stage 3:

- 1) After completing the pretest, material 1 and 2 intervention were given. The method of giving leaflets was to distribute them to each sample and read them directly during discussion and then the leaflets would be taken home. Clear the meeting for 1 week.
- 2) The second meeting was given intervention materials 3 and 4. The method of giving leaflets was to distribute them to each sample and read them directly during discussion and then the

leaflets would be taken home. Clear the meeting for 1 week.

Posttest knowledge and attitudes of postpartum mothers about exclusive breastfeeding. Conducted directly by the researcher at the 3rd meeting.

RESULT

4.1. Univariate Analysis

The number of respondents studied in this study were 35 people. Univariate analysis is to see the distribution of each variable. Variables to be analyzed:

1. Pretest Knowledge

Table 4.1. Distribution of Respondents Based on Respondents' Pretest Knowledge in Clinics Frana Primary year 2021

Knowledge	Frequency	%
Well	14	40.0
Pretty good	5	14.3
Not good	16	45.7
Total	35	100.0

Table 4.1 shows that the pretest knowledge of the majority respondents was not good as many as 16 people (45.7%) and the knowledge of minority respondents was quite good as many as 5 people (14.3%).

2. Posttest Knowledge

Table 4.2. Distribution of Respondents Based on Respondents' Posttest Knowledge in Clinics Frana Primary year 2021

Knowledge	Frequency	%
Well	32	91.4
Pretty good	3	8.6
Not good	0	0
Total	35	100.0

Table 4.2 shows that the majority of respondents have good knowledge of the posttest as many as 32 people (91.4%).

3. Pretest attitude

Table 4.3. Distribution of Respondents Based on Respondents' Pretest Attitudes at the Clinic Frana Primary year 2021

Attitude	Frequency	%
Positive	17	48.6
Negative	18	51.4
Total	35	100.0

Table 4.3 shows that the attitude in the pretest majority was negative as many as 18 people (51.4%) and the attitude of minority respondents was positive as many as 17 people (48.6%).

4. Posttest attitude

Table 4.4. Distribution of Respondents Based on the Posttest Attitudes of Respondents in the Clinic Frana Primary year 2021

Attitude	Frequency	%
Positive	31	88.6
Negative	4	11.4
Total	35	100.0

Table 4.4 shows that the attitude in the posttest is mostly positive as many as 31 people (88,6%). And the attitude of the minority respondents was negative as many as 4 people (11.4%).

4.2. Bivariate Analysis

Table 4.5 The Effect of Giving Leaflet Media About Exclusive Breastfeeding on Knowledge of Postpartum Mothers in DiFrana Primary 2021 year.

	Knowledge Posttest - Knowledge Pretest
Z	-4.099a
asympt. Sig. (2-tailed)	.000

The results show that the P value in this study is 4.099 with a sig value of $0.00 < 0.05$, so it can be concluded that there is an effect of giving leaflet media about exclusive breastfeeding to postpartum mothers' knowledge. Frana Primary year 2021

Table 4.6 The Effect of Giving Leaflet Media About Exclusive Breastfeeding on Postpartum Mothers' Attitudes Frana Primary 2021 year

	Attitude Posttest - Attitude Pretest
Z	-2,982a
asympt. Sig. (2-tailed)	.003

The results show that the P value in this study is 2,982 with a sig value of $0.03 < 0.05$, so it can be concluded that there is an effect of giving leaflet media about exclusive breastfeeding to the attitude of postpartum mothers in Frana Primary year 2021

DISCUSSION

The effect of counseling using leaflet media on exclusive breastfeeding on postpartum mother's knowledge at the Frans Pratama Clinic in 2021. Exclusive breastfeeding is that babies are only given breast milk for 6 months, without the addition of other fluids such as formula milk, oranges, honey, tea water, water, and without solid additives such as bananas, milk porridge, biscuits, rice porridge, team rice.⁴⁻⁶

One of the factors that influence the increase in respondents' knowledge and attitudes is counseling using leaflet media. Health counseling is an effort to improve health, counseling is held to change a person or group of people to live a healthy life through communication, information and education. The purpose of providing counseling is to provide information to the public, especially pregnant women, regarding health related to exclusive breastfeeding.⁴⁻⁶

Leaflet media is a medium for delivering health messages in the form of books with a combination of writing and pictures. The advantages of Leaflet media are that the information is more complete, more detailed and clear and is educative. The leaflets used as educational media can be taken home, so they can be read over and over again and stored. The leaflet provided contains material about exclusive breastfeeding which is supported by several pictures related to the material.⁶⁻⁸

In the pretest results, the knowledge of the majority respondents was not good as many as 16 people (45.7%) and the knowledge of minority respondents was quite good as many as 5 people (14.3%). While in the posttest the majority were good as many as 32 people (91.4%).

In the pretest results, the attitude of the majority respondents was negative as many as 18 people (51.4%) and the attitude of the minority respondents was positive as many as 17 people (48.6%). While in the posttest the majority were good as many as 31 people (88.6%).

The results showed that based on the results of the study, the P value in this study was 4.099 with a sig value of $0.00 < 0.05$, so it can be concluded that there is an effect of giving leaflet media about exclusive breastfeeding on the knowledge of postpartum mothers at the Frans Pratama Clinic 2021. It means that there is a difference increased knowledge after being given leaflets and. The results of this study are in line with the results of research conducted by (Husni Abdul Ghani 2014) that leaflets are more effective in increasing knowledge. The results of this study are also supported by research by Solikhati et al (2018), which is based on the results of the Spearman's rank correlation test obtained p-value $0.001 < 0.050$ and Correlation coefficient (Rho) 0.451 so that H_a is accepted and H_o is rejected.

The results of the analysis of the difference in knowledge before and after counseling with Leaflet media using the Wilcoxon Signed Rank Test, p-value of

$p = 0.000$ these results indicate that there is an effect of counseling with Leaflet media on pregnant women's knowledge about exclusive breastfeeding.

Experience is a source of knowledge and is an evaluation to obtain the truth of knowledge. Meanwhile, counseling can also increase knowledge about new innovations, as well as for mass media with increasingly advanced technology there will also be various kinds of mass media that can influence knowledge about new innovations. Another factor that affects knowledge is age. With increasing age usually will be more mature intellectually.²⁻⁴

CONCLUSION

Based on the results of research and discussion regarding the effect of counseling using leaflets on postpartum mothers' knowledge about exclusive breastfeeding at the Frans Pratama Clinic in 2021. It can be concluded that:

1. The results of the research that have been carried out show that the pretest knowledge of the majority respondents was not good as many as 16 people (45.7%) and the knowledge of minority respondents was good as many as 5 people (14.3%). Meanwhile, in the pretest attitude, it

was found that the majority had a negative attitude as many as 18 people (51.4%) and the attitude of the minority respondents was positive as many as 17 people (48.6%).

2. The results of the research that has been done, the results obtained on the knowledge of knowledge in the posttest of the majority of respondents both as many as 32 people (60.0%). Meanwhile, the majority of positive posttest attitudes were 31 people (88.6%). And the attitude of the minority respondents was negative as many as 4 people (11.4%).
3. The results of the statistical tests carried out showed that the P value in this study was 4.099 with a sig value of $0.00 < 0.05$, so it can be concluded that there is an effect of giving leaflet media about exclusive breastfeeding on knowledge of postpartum mothers at the Pratama Frans Clinic in 2021.
4. The results of the statistical tests carried out showed that the P value was 2,982 with a sig value of $0.03 < 0.05$, so it can be concluded that there was an effect of giving leaflet media about exclusive breastfeeding on the attitude of postpartum mothers at the Frans Pratama Clinic in 2021.

Suggestion :

1. For Educational Institutions

It is hoped that the results of the research can become scientific insights and sources of reading at the STIKes Mitra Husada Medan library.

2. For Health Workers

This research can help health workers to provide better counseling to increase husband's knowledge, attitudes, and support for exclusive breastfeeding using leaflet media.

3. For the next researcher

For future researchers, if possible, it is expected to do a post test when the mother has given birth to find out the long-term effect of education about exclusive breastfeeding on the practice of exclusive breastfeeding, and follow up between the intervention time and the post test and ensure that only leaflets are used as a source of information about exclusive breastfeeding

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