

PROCEEDING



The 4th International Nursing Conference

"Safety for all: protect patients, personnel, and environment. A multidiscipline approach."

Editor:

1. Setyowati, BA,BSN,M.App.Sc,PhD
2. Dr. Yati Afiyanti, SKp., MN
3. Agung Waluyo, SKp., MSc., PhD

The Grand Inna Bali Beach
Bali, Indonesia
September 12-14, 2013

P E N E R B I T



UNIVERSITAS INDONESIA
DIREKTORAT RISET DAN
PENGABDIAN MASYARAKAT

Partnership:



THE 4TH INTERNATIONAL NURSING CONFERENCE 2013
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A Multidiscipline Approach”
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DIREKTORAT RISET DAN
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			4	Herlina, Yeni Rustina, Kuntarti	Better weight gain and oxygen saturation in low-birth-weight infants with 'kangaroo mother care'
			5	Istianna Nurhidayati, Junaiti Sahar, Henny Permatasari	A Self-Help Group Experience in Motivating Members to provide exclusive breastfeeding at the health center in East Jakarta Ciracas : A Phenomenology Studies
			6	Ni Made Sintha Pratiwi, Sulisnadewi, Kadek Cahya Utami	The effect of health promotion through the medium of comics snacks on snacks behavior grade IV and V in SD Negeri 3 Senganan.
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Friday /Sept 13, 2013	Sesi 1	Sinta 11	1	Atik Hodikoh, Azru Azwar, Setyowati, Sabarinah Prasetyo	Cultural values and maternal habits associated with post cesarean care
			2	Bayu Anggileo Pramesona, Elsy Maria Rosa	Nurse Behavior In Preventing Decubitus Ulcer As An Effort Toward Patient Safety Implementation
			3	Blacius Dedi	Patterns Culture Sensitive Communication in Nursing Services at Priangan Areas in West Java Indonesia
			4	Etty Rekawati	A Descriptive Study of Social Support and Family Coping for Indonesian Elderly
			5	Debie Dahlia, Elly Nurachmah, Bambang Wispriyono	The Effect of Topical Bromelain on Wound Healing in Diabetic Rat
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			2	Wardani Arsyad, Rr.Tutik Sri Hariyati, Kuntarti	The Medication Administration Error: the frequency and the type of error In General Hospital In Indonesia
			3	Ni Komang Ari Sawitri	The Effectiveness of the WHO South East Asia Regional Guidelines on Dengue/Dengue Haemorrhagic Prevention and Control, 1999
			4	Setyowati1, Irna Nursanti2, Sabi'ah Khairi3, Maria. M. Setyaningsih, Isyti'aroh5, Elvia Metti6	Prevention and Control of Infection In Hospital
			5	Juliana G.E.P Massie	Factors Associated to Nurses' Knowledge About Pressure Ulcer Prevention in Mitra Keluarga Kelapa Gading Hospital
Friday /Sept 13, 2013	Sesi 1	Wibisana 3,4,5,7, 8,10	1	Evangeline Hutabarat	The Effect of Passive Leg Raising towards Hemodynamics on Patient with Hipovolemic Shock at the Emergency Ward of Dustira Cimahi Hospital
			2	Monika Ginting	Quality Of Life Of The First Attack Coronary Artery Disease Patients Post-Treated At The Bandung Immanuel Hospital
			3	Nana Rochana, Virginia Plummer, Julia Morphet	An Analysis of the Triage System in Emergency Departments in Indonesia
			4	Nur Intan Hayati	Effect of Discharge Planning to Patient Coping Mechanisms of Coronary Artery Disease (CAD) in the High Care Unit RS Immanuel Bandung

The Experience of Teenage Mothers in Implementing the Early Initiation and Providing the Exclusive Breastfeeding in Denpasar

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ABSTRACT

Decision to perform breastfeeding in teenage mothers is a dilemma, a mother must meet the developmental task of adolescence and need to perform the role as a parent. This study aim to identify the meaning of teenage mothers' experience in implementing the early initiation and providing the exclusive breastfeeding. This study used a phenomenological research design. The data were analyzed using thematic content analysis from the interview of 8 participants. The researcher found eleven themes, namely the understanding and responses during the early initiation implementation, the understanding, the problem, the decision, various attempts, and the teenage mothers' needs and hopes in providing the exclusive breastfeeding. It is recommended that the teenage mothers need a family and health professionals' supports to enable them in providing the exclusive breastfeeding.

Keywords: early initiation, exclusive breastfeeding, teenage mothers

I. INTRODUCTION

Trend of Exclusive breastfeeding in Indonesia tend to decline (BPS, 2003; BPS, 2007; Badan litbangkes kemenkes RI, 2010). Causes of failure of exclusive breastfeeding varied, such as: poverty, maternal age less than 30 years, women without partner, assumption that breast milk is not enough, pain during breastfeeding, less support from their families and health workers and working mothers (Hastuti, 2002; Kirkland, 2003; Gatti, 2008; Brand, 2011). The result of Qualitative study by Afifah (2007) discovered that default of exclusive breastfeeding due to factors of knowledge, attitudes and practices of mothers and birth attendants (Afifah, 2007). Qualitative study conducted by Fikawati & Syafiq (2009) revealed that knowledge and experience in early initiation affects the failure of exclusive breastfeeding. Mothers who perform early initiate have the possibility of two to eight times more likely to provide exclusive breastfeeding than mothers who don't breastfeed the baby immediately after they have birth (Fikawati, 2003).

Only 7,9% teenage mothers who give early initiate and continue to provide exclusive breastfeeding (Gulo, 2002). National surveys in the United States between 2004 and 2008 resulted that The number of mothers who perform breastfeeding until their babies reach six month of age was only 19% in teenage mother group, compared to 34% in group of women aged 20-29 years and 49% in a group of women over 30 years (Scanlon, 2009).

A Decision to give breastfeeding in adolescent mothers' is dilemma. This is because teenage mothers are still influenced by their feeling as an attractive young woman, who still want to look beautiful and sexy. While on the other hand, teenage mothers have feelings to take their babies care. Therefore this research needs to explore the experiences of adolescent mothers who implement early initiation and decide to give exclusive breastfeeding.

The purpose of this study is to describe the meaning of the experience of teenage mothers in implementing early initiation and providing the exclusive breastfeeding.

II. METHODS

This study is a qualitative study with phenomenological approach. Eight participants participated in this study came from two districts in Denpasar. Participants was selected by using purposive sampling

method with inclusion criteria which were teenage mothers aged 15-18 years, have a baby less than six months and still breastfeeding when the interviews were conducted. The data collection began with a survey to search for teen mothers according the inclusion criteria. Collecting data used in-depth interviews and field notes.

This study received ethical approval from the review team of the Faculty of Nursing, University of Indonesia. During the process of data collection, all participants received the research explanation, the study procedures and the rights of participants.

The data were analyzed using thematic content analysis. Transcripts of interviews were analyzed in conjunction with specific analysis based on the data analysis stage by Colaizzi (1978).

III. RESULTS

Characteristics of Participants

Participants age are around 17-18 years and living in Denpasar. The background of education are Elementary school, do not pass junior high, junior high and high school graduated. All the participants are married and as a housewife. Breast-fed children aged are between 3 to 6 months. Six participants have provided supplementary food to their children. Thye first time while the start to give supplementary feeding for children was varied between 1 week to 3 months. All the

participants had spontaneous vaginal birth. Seven participants gave birth in midwifery clinics and one in the hospital.

Thematic analysis

1. Understanding of the Early Initiation

Most of the participants understand that the early initiation as a method to introduce the baby to her mother, to stimulate baby suckle and start to breastfeed. Early initiation is also a part of routine procedure birthing. But there were two participants who understand that the early breastfeeding as a method to strengthen the attachment between mother and baby. Such a statement one of the following participants:

“...sebenarnya sih saya gak tahu itu untuk apa... tapi kalau menurut saya sih itu mungkin... buat pengenalan buat ibunya terus buat... apa namanya... buat... buat... apa biasa untuk menyusui.....” (P7)

2. Responses when Implementing Early Initiation

Teen mother responses during implementing early initiation were expressed. Most of the participants expressed happiness when doing early initiation. In addition to feeling happy, participants also expressed the fear response will fall when the baby was placed in the chest because it was slippery.

“...rasanya geli tapi juga takut dan senang. Gelinya karena masih licin-licin dan basah bergerak di dada, saya takut juga karena takut jatuh, ia kan kecil ya mbak...” (P7)

3. Understanding of exclusive breastfeeding

Understanding of teenage mothers on exclusive breastfeeding was divided into two sub-themes, namely an understanding of the definition of exclusive breastfeeding and the benefits of breastfeeding. Most of the participants understood that the exclusive breastfeeding is implemented without supplementary food until sixth months.

Teenage mothers understood that exclusive breastfeeding is more useful to children health. Furthermore, exclusive breastfeeding is also useful to increase baby's immun system, practice, no hassle and financially efficient. Most of the participants also expressed that breastfeeding can strengthen mother attachment to her baby. As expressions of the following participants:

“...ya senang.. tiap kali nyusu itu rasanya lebih dekat dengan sekali dengan anak... kita dapat selalu mendekapnya, ngajak becanda saat menyusui, itu dah mbak yang enakya kalo menyusui....” (P5)

Teen mothers received the knowledge about exclusive breastfeeding from health workers either directly or indirectly. Knowledge also comes from the mass media, both printed and electronic. In addition, the participants received information about breastfeeding comes from their parents.

4. Decisions to give exclusive breastfeeding

Teenage mothers decided to start exclusive breastfeeding since the prenatal period. Some participants expressed reasons to give exclusive breastfeeding include: mothers aren't working, previous child care experience, self-awareness to breastfeeding, and imitate those who have been closest to breastfeed exclusively. As expressions of the following participants:

"...berhubung saya kan endak kerja... anak sudah dua, nggak ada yang ngajak, ibu saya kan sudah meninggal, ya udah jadinya saya mau kasih asi saja..." (P8)

5. Difficulties teenage mothers in exclusive breastfeeding

The problem faced by teenage mothers in exclusive breastfeeding was made them to provide supplementary food to children. The obstacles included maternal perception of insufficient breast milk, children who are fussy even after feeding, and mothers try to give food to their children.

"...Maunya gitu saya, ndak dikasi pisang sampe 6 bulan, tapi kadang gini...habis kadang...apa air susunya kurang...dikit...habis...makanya saya kasi pisang anaknya..." (P2)

6. Barriers to exclusive breastfeeding because of the culture and myths

Culture and myths which are believed by the teenage mother as an obstacle in exclusive

breastfeeding. For example, the tradition of giving extra food to the newborn, culture abstain from food, and the tradition of herbal medicine. These cultures can inhibit teenage mothers in exclusive breastfeeding because the mother felt unable to oppose the traditions that have been handed down.

"...banyakan sih seperti itu (memberikan makan pada bayi sebelum usia 6 bulan)... jarang mereka yang memberikan asi eksklusif itu, jarang mereka itu yang memberikan asi eksklusif itu bener-bener itu jarang, kebiasaannya rata-rata semuanya itu seperti itu..." (P8)

7. Problems in exclusive breastfeeding

Problems in exclusive breastfeeding faced by teen mothers such as maternal physical and psychological problems. Teenage mothers revealed their problems such as nipples sore, swollen breasts and mother sickness. Depressed and stressed were also considered problems. One of the participants revealed that stress can reduce the amount of breast milk which made children become fussy despite feedings. Like the participants following statement:

"...masalahe disaat iki punding susu catu kuwi kan panas dingin rasane mbak... waktu kuwi lecet pernah... adem panas... adem panas kuwi rasane yak diencut kuwi... pokok e sakit lah..." (disaat ini puting susu lecet itu rasanya panas dingin...waku lecet puting susunya, panas dingin rasanya saat disusu... pokoknya sakit lah....) (P4)

8. Efforts are made to maintain exclusive breastfeeding

Various efforts were done by teenage mothers in order to be able in maintaining exclusive breastfeeding, such as breast care, pain management, and strive to increase milk production. They did various efforts because of their desire to breastfeed their children were very high.

“...ya itu... pembersihan, dipompa... dipompa ada alatnya itu terus dikompres sama air hangat, dikasih minyak putingnya biar tidak lecet....terus dikerik putingnya....” (P1)

9. Efforts to increase breast milk production

All participants did efforts to increase milk production in order to continue providing breast milk to their children. For example, participants consumed asifit, special milk for lactating mothers and herbal medicine. Eat extra meals, eat bengkoang, consume lots of vegetables were also done to improve milk production. Such as the participants following statement:

“....kalo itu (mengatasi hambatan air susu sedikit), saya biasanya minum banyakin...makan banyakin. Banyak makan dan minum.... iya...air susunya jadi tambah banyak....” (P2)

10. Support for teenage mothers

Teenage mothers expressed the support of family and health care workers to provide exclusive breastfeeding. In addition, teen mothers were also getting support to provide additional food and drink both from their

families and health care workers. Such as the participants following statement:

“....bidannya selalu ngomong, Sudah dikasi ASI anaknya...sudah. terus kasih ASI jangan kasih makan...iya. saya ikutin semua saran-sarannya....” (P1)

11. Needs and expectations of teenage mothers in the practice of exclusive breastfeeding

Improving the quality of health services is needed and expectatad by adolescent mothers in order to support exclusive breastfeeds. With improved service quality will make mothers more motivated to give exclusive breastfeeding. Support from family is also expected by teenage mothers to exclusively breastfeed their children.

Family support which received by the mothers were mostly support to provide supplementary food rather than support to breastfeeding. Teen mothers hoped that health workers provide knowledge to the families so that they would understand and can provide exclusive breastfeeding support to mothers. such as the following statement:

“.....Seharusnya saya menjelaskan pada orang tua bahwa ASI itu bagus agar keluarga dapat mendukung pemberian ASI eksklusif....” (P8)

IV. DISCUSSION

This study found that teen mothers had a high motivation to breastfeed although had gave extra food to their children. This motivation

was only had if the mother has received her role as a teenage mother. As parents, teens should be able to accept the existence of the baby and to take the responsibility. Success in achieving parenthood can not be separated from the support from parents and husband. This is consistent with the statement of Murray (2007) which states that the closeness and satisfaction with partner relationship can enhance the role of teenage mothers to infants.

Support from parents both materially and emotionally will assist teens in receipt of parenthood. This is according to research conducted by Tucker (2011) which revealed that the support of family and the people closest to can affect the decision to continue breastfeeding. In addition to this, culture and myths about breastfeeding which were believed by participants also affected the implementation of exclusive breastfeeding.

Teenage mothers who really believed in myths about breastfeeding or culture, would reveal behaviors that tend to follow the culture. There were positive culture that can increase motivation in breastfeeding and there were negative cultures which can inhibit breastfeeding exclusively. This is consistent with the statement Diharjo (1998), which revealed that the environmental and cultural background in where mothers live will greatly affect the behavior of the mothers exclusively breastfeed their children.

Various problems encountered by teenage mothers in exclusive breastfeeding was found in this study. This finding is consistent with studies Hannon (2000) and Tucker (2011) which revealed that the pain is a major problem for teenage mothers who exclusively breastfeed their children.

Needs and expectations of adolescent mothers to get support from health workers and families according to research Nelson (2005) which states that the experience of teenage mothers in exclusive breastfeeding is not much different than adult mothers. The thing that differentiate them is that teens need more social support either from health professionals, families, couples and friends than adult (Nelson, 2005).

Teen mothers need support in the form of detailed information about how to implement exclusive breastfeeding. This is possible because teenagers who still have limited knowledge about the role of a mother to care for the baby. According Notoadmodjo (2003) that the information provided will increase the awareness of knowledge can cause people to change behavior. The nature of this behavior will be more lasting when compared with the changes due to coercion (Notoadmodjo, 2003).

V. NURSING IMPLICATIONS

This study gives an overview to the nurse that teenage mothers who are breastfeeding need information or knowledge about IMD and exclusive breastfeeding in more detail and operational. Support from health and family services are needed by teenage mothers in order to perform exclusive breastfeeding. Teenage mothers still believe the culture and myths affecting practice of exclusive breastfeeding.

VI. CONCLUSION

Knowledge, occupation and success story of performing exclusive breastfeeding from closest people affects teenage mothers in deciding to breastfeed. It is not much different from adult mothers who breastfeed.

Participants' expectations of health workers and families is to be fully supported in performing exclusive breastfeeding.

VII. SUGGESTIONS

Health workers provide information about early initiation and exclusive breastfeeding to mothers and families from the prenatal period. It is because a good understanding of the early initiation and exclusive breastfeeding will affect mother decision to breastfeed. Further research is expected to study both quantitative and qualitative method that can endorse this.

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