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THE RELATIONSHIP BETWEEN A HISTORY OF EXCLUSIVE BREASTFEEDING AND THE DEVELOPMENT OF BABIES AGED 6-12 MONTHS

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ABSTRACT
Having healthy children who develop well according to their age is every parent's dream. Breastfeeding babies from an early age is the right decision because breast milk is the best food for babies. To find out the relationship between the history of exclusive breastfeeding and the development of babies aged 6-12 months. Mother's milk (ASI) is the main source and must be given to all babies. To achieve optimal growth and development, babies should be given exclusive breast milk. until the age of six months and may continue until the child is 2 years old. The aim of the research is to determine the relationship between a history of exclusive breastfeeding and the development of babies aged 6-12 months In this research, we use a type of quantitative research that is analytical surveys. In this study, the crazy approach is Cross Sectional. The sampling used in this study is Total Sampling by taking samples of the entire population of mothers who have babies aged 6-12 months. Data collection techniques use questionnaires then data is analyzed with bivariate analysis and univariate analysts. The results of the chi-square test research with a probability value of α = 0.05, from the research results it is known that the p-value is 0.040 < from the value of α 0.05, which can be concluded that there is a relationship between the history of breastfeeding and the development of the baby.

Keywords: baby development; breast milk; exclusive breastfeeding

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INTRODUCTION

Breastfeeding babies from an early age is the right decision because breast milk is the best food for babies. Breast milk is the exclusive food for babies. The nutritional value of breast milk is very high, so there is no need to add any external ingredients. Breast milk alone, which is sufficient to meet the baby's needs for the first 6 months, will provide immunity against various diseases because breast milk is a liquid that contains immune substances that can protect against various bacterial, viral, fungal and parasite infectious diseases (Prasetya et al. 2019). Breast milk in particular is food for small children, the nutritional value of breast milk is very high, so there is actually no need to add any external ingredients. Mother's milk (ASI) is the main source and must be given to all babies. Development is very important and is an aspect that must be taken seriously from a young age. Development is a process that never stops (M Dwi 2019). To achieve optimal growth and development, babies should be given exclusive breast milk, which needs to be given to newborns up to six months of age and may continue until the child is 2 years old.

According to data from the World Health Organization (WHO), in 2018 the rate of exclusive breastfeeding for children aged 0-6 months worldwide was only 47.8%. The prevalence is still

low, this is because the habit of giving children additional water or food such as tea, sugar water or fruit juice when the child is 1 month old is common in many countries such as Nigeria, Zambia, Turkey, India, including Indonesia (WHO 2018). The impact of not being given exclusive breast milk or not giving breast milk and replacing it with formula/non-exclusive milk is that the baby will not get immunity and the baby will be malnourished. If there are no antibodies in the baby's body, the baby will be susceptible to various diseases and can increase the infant mortality rate. Many people still don't know the importance of early detection of baby development. The public also still does not understand whether the baby is To find out the relationship between the history of exclusive breastfeeding and the development of babies aged 6-12 months.

METHOD

In this research, we use a type of quantitative research that is analytical surveys. In this study, the crazy approach is Cross Sectional. The sampling used in this study is Total Sampling by taking samples of the entire population of mothers who have babies aged 6-12 months. Data collection techniques use questionnaires then data is analyzed with bivariate analysis and univariate analysts. The results of the chi-square test research with a probability value of α = 0.05, from the research results it is known that the p-value is 0.040 < from the value of α 0.05, which can be concluded that there is a relationship between the history of breastfeeding and the development of the baby.

RESULTS

Table 1.
Frequency Distribution of Characteristics of Respondents for Mothers Who Have Babies Aged 6-12 Months at the Neni Midwife Clinic December 2023

Respondent Characteristics	f	%
Mother's Age		
16-25 years old	15	50
26-35 years old	13	43,3
Mother's Job		
Bekerja	10	33,3
Doesn't work	20	66,6

Table 1, it is known that the majority of respondents aged 16-25 years are 15 people (50%), and the minority of mothers aged 36-45 years is 2 people (6.6%). The majority of mothers' occupations are mothers who do not work as many as 20 people (66.6%), and the minority are mothers who work as many as 10 people (33.3%).

Table 2.
Frequency Distribution of Characteristics of Babies Aged 6-12 Months Clinic at Midwife Neni December 2023

Respondent Characteristics	f	%
Gender		
Man	18	60
Woman	12	40
Age		
6	4	13,3
7	3	10
8	3	10
9	3	10
10	3	10
11	12	40
12	2	6,6

Table 2, it is known that the majority of baby respondents whose sex was male were 18 people (66.6%), and the minority of babies were female, 12 people (33.3%). The majority of babies aged 11 months were 12 people (40%), and the minority were 12 month old babies as many as 2 people (6.6%).

Table 3.
Frequency Distribution of Respondents Based on History of Breastfeeding at the Neni Midwife Clinic

History of Breastfeeding	Amount	
	f	%
Exclusive breastfeeding	17	56,7
Exclusive non-ASI	13	43,3
Amount	30	100

Based on this table, it can be seen that from 30 respondents, the results showed that 17 respondents (56.7%) were exclusively breastfeeding and 13 respondents (43.3%) were non-exclusive breastfeeding.

Table 4.
Frequency Distribution of Respondents Based on Baby Development at the Neni Midwife Clinic

Development	Amount	
	f	%
Abnormal	11	36,7
Doubtful	13	43,3
Normal	6	20,0

Based on this table, it is known that from 30 respondents, the results showed that the majority of babies' development was abnormal as many as 11 respondents (36.7%), then the majority's development was doubtful in babies as many as 13 respondents (43.3%) and the majority's development was normal as many as 6 respondents (20.0%).

Table 5.
Cross Tabulation Between History of Breastfeeding and Baby Development at Neni Midwife Clinic

		History of Breastfeeding								
No.	Development	Abnormal		Doubtful		Normal		Amount		*P (Sig)*
		f	%	f	%	f	%	f	%	
1.	Exclusive breastfeeding	8	61,5%	4	30,8	1	7,7	13	100	0,040
2.	Exclusive non-ASI	3	17,6%	9	52,9	6	29,4	17	100	
	Amount	11	36,6	13	43,3	5	20,0	30	100	

Based on this table, it is known that from 30 respondents the results were obtained, babies who were given non-exclusive breast milk with normal development were 1 respondent (7.7%), 4 respondents (30.8%) had questionable development and 8 respondents (61) had abnormal development. 5%). Meanwhile, 5 respondents (29.4%) had exclusively breastfed babies with normal development, 9 respondents (52.9%) had questionable development, and 3 respondents (17.6%) had abnormal development. Based on the results of the chi-square test with a probability value of α = 0.05, from the research results it is known that the p-value is 0.040 < from the value of α 0.05, which can be concluded that there is a relationship between the history of breastfeeding and the baby's development.

DISCUSSION

Exclusive breastfeeding not only functions to provide nutrition for babies, but also has a great meaning in the development of babies because it is as if the relationship between child and mother is not lost when they are born into the world. Likewise, giving breast milk as early as possible, immediately after the baby is born, is an early stimulation of the child's growth and development (Hidayah, 2021). Milk is the best food for babies, so milk should be given to babies at least up to the age of 6 months and can be continued until 2 years of age. The milk contains all the nutrients they need for the baby's development. (Umi Salamah & Philipa Hellen Prasetya, 2019).

Based on the research results, it was found that the development of the baby out of 30 respondents who gave exclusive breast milk was normal as many as 5 respondents or 29.4% , doubtful development was 9 or 52.9%, and abnormal development was 3 respondents or 17.6%. Meanwhile, 1 respondent or 7.7% of respondents did not provide exclusive breastfeeding with normal development, 4 respondents or 30.8% had doubtful development, and 8 respondents or 61.5% had abnormal development. Based on the test results using Chi-Square with a significance limit of sig-α (0.05), the result was a P value of 0.040 < sig-α 0.05, which means there is a relationship between the history of breastfeeding and the development of the baby. Breast milk is the best food for babies, therefore breast milk must be given to babies at least until the age of 6 months and can be continued until the age of 2 years. There is not a single study that rejects the benefits of breast milk for babies, this is because breast milk contains substances that are very beneficial for babies as well as nutritional substances. Breast milk contains all the nutrients they need for the baby's development (Prasetya et al. 2019).

Stimulating the development of children's movement skills is very important in honing children's psychomotor aspects. And of course the child's psychomotor aspects play a very important role in the child's cognitive and affective aspects. Because by training children's movement skills, children will become active, their thinking patterns will develop, and their bodies will become healthy. If it is healthy, of course the child will be intelligent (Novitasari, D.2020). One effort to improve the development of babies is by providing exclusive breast milk. Exclusive breastfeeding is breastfeeding only without the addition of other fluids such as formula milk, water, and additional solid foods such as bananas, papaya, milk porridge, biscuits and team porridge. Mother's milk is the best nutrition for babies because breast milk contains all the nutrients in ideal quantity and composition and the nature of breast milk which is very easily absorbed by the baby's body is very useful for helping the baby's optimal growth and development and protecting against various diseases. Therefore, it is important for mothers to provide the best nutrition for children from the start of life (WHO 2018).

According to researchers, babies who receive exclusive breast milk have more optimal development, while babies who are not given exclusive breast milk have less good development. This is because exclusive breast milk has good nutritional value for baby development. Not only to increase body weight, but nutrition also stimulates adequate development for the baby. To prevent developmental disorders in children, it is recommended that mothers give their children exclusive breast milk. If the mother cannot provide breast milk exclusively, then parents must provide stimulation more often and teach the child to socialize with the surrounding environment so that the child can develop well according to the child's age.

CONCLUSION

The distribution of the frequency of breastfeeding in infants can be known from 30 respondents obtained the result that the infants who received exclusive milk were 17 respondents (56.7%) and the non-exclusive milk was 13 respondents (43.3%). The Chi-Square test results obtained a p value of 0.040, where $p < 0.05$ means Ha received and Ho rejected, so there is a relationship between the history of breastfeeding and the development of the baby.

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