

LITERATURE REVIEW: FACTORS AFFECTING THE SUCCESS OF EXCLUSIVE BREASTFEEDING - CASE STUDY

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Abstract. Exclusive breastfeeding is beneficial for both the baby and the parents (mother). According to research conducted in developed countries, babies who are exclusively breastfed have fewer problems with lower respiratory tract disorders, ear infections, diarrhea, otitis media, and urinary tract infections. The benefits of exclusive breastfeeding for breastfeeding mothers are preventing bleeding after childbirth, delaying pregnancy, accelerating the process of uterine contractions, and reducing the possibility of breast cancer (Type et al. 2017). The purpose of this study was to determine the factors that influence the success of exclusive breastfeeding. Method: The research was compiled using the method of literature study or literature review. Search for related articles sourced from the Sinta Kemedikbud database, Google Scholar, and PubMed. The number of journals reviewed was 5 international journals using journals published from 2013 to 2018. The keywords in the data search (or, and) in this study used the keywords this study, namely, "breastfeeding" and "case study". Results: Based on the results of a review of case study articles about the factors that influence exclusive breastfeeding the characteristics of the mother such as age, education, and occupation, which influence exclusive breastfeeding. Confidence must be possessed by husband and wife and the energy to equally provide for each other to care for the baby, including breastfeeding the baby. Husband support, family support, health worker support, and policy support are factors that influence exclusive breastfeeding.

Keywords: [Case Study, Breastfeeding]

INTRODUCTION

In the Global Strategy on Infant and Child Nutrition, the World Health Organization (WHO) and the International Children's Federation (UNICEF) define optimal infant feeding from birth to two years of age as breastfeeding immediately after birth until the child is 6 (six) months old and continued breastfeeding up to 24 months. (World Health Organization 2018)

Exclusive breastfeeding is beneficial for babies and parents (mothers). According to research conducted in developed countries, babies who are exclusively breastfed have fewer problems with lower respiratory tract disorders, ear infections, diarrhea, otitis media, and urinary tract infections. The benefits of exclusive breastfeeding for breastfeeding mothers are preventing bleeding after childbirth, delaying pregnancy, accelerating the process of uterine contractions, and reducing the possibility of breast cancer (Type et al. 2017).

The infant mortality rate (IMR) is an important indicator to see the health status that occurs in the community. In 2020, of 28,158 deaths in children under five, 72.0% (20,266 deaths) occurred in the neonatal period. Of all reported neonatal deaths, 72.0% (20,266 deaths) occurred between 0 and 28 days of age. Meanwhile, 19.1% (5,386 cases of death) occurred between 29 days and 11 months. In 2020, the main cause of newborn death is low birth weight (LBW). The World Health Organization (WHO) reports that about two-thirds of infant deaths between the ages of 0 and 12 months occur when children between the ages of 0 and 12 months are not breastfed earlier than the first hour through 6 months (IMD). Cessation of breastfeeding is the leading cause of infant death. Globally,

Other causes of death include asphyxiation, infection, congenital malformations, and neonatal tetanus. Infectious diseases cause death in the age group of 29 days to 11 months. This condition is the same as the previous year, respiratory tract infections and diarrhea will remain a major problem in 2020 with 73.9% of deaths (pneumonia) and 14.5% of deaths (diarrhea). The importance of breastfeeding, especially exclusive breastfeeding for babies is very important. The right benefits for babies are the best foods whose nutritional composition best suits the needs of babies and can protect babies from various diseases such as diarrhea and ARI (RI Ministry of Health 2022). Nationally, exclusive breastfeeding

coverage data in Indonesia for 2020 is 66.1% and in 2021 it is 71.58%. This figure has reached the national target of 40%. (RI Ministry of Health 2022).

Based on research conducted by (Lestari, 2018), the factors that are related to exclusive breastfeeding are the level of education, level of knowledge, competence, and role of health workers. Factors that are not related to exclusive breastfeeding are the mother's occupation and age.

According to (Arintasari 2016) Factors that influence exclusive breastfeeding are education, work, knowledge, the role of the midwife, and the mother's age. According to research (Cohen et al. 2018), knowledge is the dominant factor in exclusive breastfeeding. Mothers who easily receive good information are 13 times more likely to provide exclusive breastfeeding compared to mothers with less understanding of information. According to Lawrence Green (1980) in Notadmodjo (2015), several factors influence exclusive breastfeeding. These include the mother's information about breastfeeding, exclusivity, parenting, psychology, infant abnormalities, breast abnormalities, availability of resources/facilities, affordability of facilities, attitudes, and behavior of health workers. (Haurissa, Manueke, and Kusmiyati 2019). The purpose of this study was to determine the factors that influence the success of exclusive breastfeeding.

METHODS

The research was compiled using the method of literature study or literature review.

In collecting data, this study uses secondary data obtained from previous research articles. The selected articles are articles related to research topics that are taken and selected according to the topic. Search for related articles sourced from the Sinta Kemedikbud database, Google Scholar, and PubMed.

The number of journals reviewed was 5 international journals using journals published from 2013 to 2018. The keywords in the data search (or, and) in this study used the keywords this study, namely, "breastfeeding" and "case study".

Inclusion and exclusion criteria

Table 1. Inclusion and exclusion criteria with PICOS format

Criteria	inclusion	exclusion
Population/problems	National and international journals or articles related to research topics from different databases, namely case studies with exclusive breastfeeding	National and international journals that are not related to research topics and from different databases
Interventions/indicators	No intervention	No intervention
comparison	There is no comparison factor	There is no comparison factor
Outcomes	What are the factors that affect lactation	There aren't any
Study design	<i>Case study on lactation problems and exclusive breastfeeding</i>	<i>Literature Review</i>
Publication Year	Journal articles published in 2017	Journal articles published before 2017
Language	English and languages Indonesia	Except for Indonesian and English

Study selection and quality assessment

The use of study uses Mendeley bibliographic software with the first step of screening abstracts and then continuing with a screening of the full text in selecting journal articles. Irrelevant journal articles were excluded by reviewing their relevance and suitability for the literature review.

Based on the results of a literature review search using the PubMed, Google Scholar, and Research Gate databases using the keywords specified in this study, namely, "exclusively breastfeeding" AND "case study", the researcher obtained 18 journals that matched the keywords. The journals that have been obtained are then selected and there are 5 journals published in the last 5 years that use Indonesian and English. After the journals were selected by checking the suitability of the inclusion criteria determined by the researcher according to the topic by identifying the abstracts and keywords in the journal 5 journals were obtained according to the topic for review by researchers.

Draw a journal flowchart

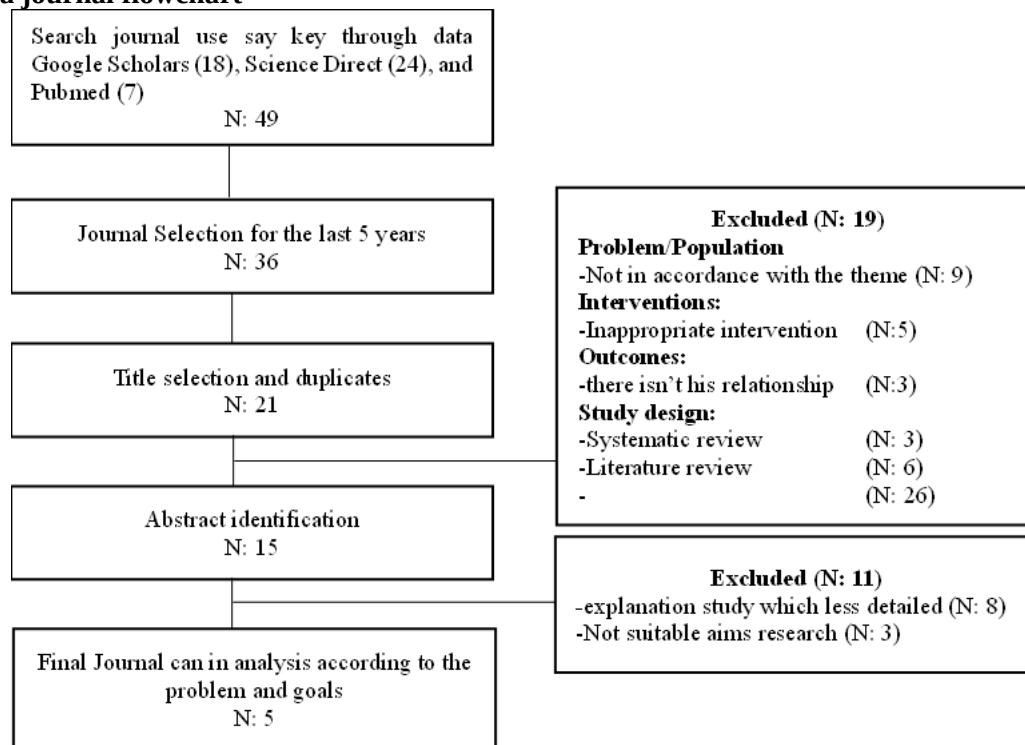


Figure 1. Journal review flowchart

RESULTS AND DISCUSSION

Factors influencing the success of exclusive breastfeeding based on the results of an analysis of 5 case study journals. A summary of the analysis can be seen in the following table:

Table 2. Summary of analysis

No	Writer	Year	Design	Sample	Results
1	Samantha Charlicka, Andrea Fielderb, Jan Pincombe, Lois McKellar	2017	Qualitative Research retrospectively through a face-to-face, semi-structured interview	1 primiparous mother	Violet's determination to achieve her goal of exclusive breastfeeding, combined with her belief in her ability to breastfeed, underpins her breastfeeding decisions and actions. She discovered the social norms surrounding public breastfeeding and the early introduction of solid foods and realized that breastfeeding practices and intentions were influenced by these. In addition, Violet finds that verbal and physical support from important people goes a long way; whether it was encouraging or challenging, she noticed a stronger determination to achieve her goal of exclusive breastfeeding for six months.
2.	Jennifer Ayton and Emily Hansen	2016	Qualitative Research and FGDs with New Dads	New family (young father)	A young father feels very heavy when suddenly they have to take care of their children and help their wife in breastfeeding, so a commitment from the couple is needed to support each other's success in exclusive breastfeeding for the future of their child.
3	Sara Moukarzel,	2018	Qualitative	Medical	Although interns and residents have

	Christoforos Mamas, Melissa F. Warstadt, Lars Bode, Antoine Farhat, Antoine Abi Abboud & Alan J Daly		Research with structured interviews	School Student	positive beliefs about the benefits of breastfeeding, they do limited knowledge and low self-efficacy related to psychosocial and clinical aspects of breastfeeding promotion and support. They don't seem to have a well-connected professional network about breastfeeding knowledge and practice. Some tend to rely on their informal/non-professional networks, such as their mothers, spouses, and sisters, for knowledge and practice.
4.	Paula P. Meier, Ph.D., RNa,b, *, Aloka L. Patel, MDa, Harold R. Bigger, MDa, Beverly Rossman, Ph.D., RNb, Janet L. Engstrom, PhD, RN, CNM, WHNP-BCb,c	2013	Qualitative Research with Observations and interviews	A mother whose child is being cared for in the PICU room	Mothers who depend on breast pumps in the PICU room must receive good support as soon as possible after the birth of the baby. The Club 'Rush' program supports exclusive breastfeeding support and assists new mothers using a breast pump in the delivery room, as it is recommended that a healthy full-term baby suckle at the breast within the first hour after birth. That freshly expressed colostrum is taken to the NICU and 0.2 mL is given orally to the infant as soon as possible. Thereafter, effective and frequent pumping of milk is essential, and protocols should be specifically followed. types of breast pumps, installation of breast shields, and instructions for using the pump.
5	Jacqueline Nkrumah and Fred Yao Gbagbo	2018	Qualitative research with case studies (focus group discussions) and direct interviews	Mothers who are studying in the education sector	The findings show that although the University as an institution does not have a formal system to support breastfeeding among student mothers, an impact on student mothers breastfeeding in places that are not feasible and cause illness and infection. so that policy support is needed for breastfeeding under the maternity protection section of the Labor Code (UU, 651) for its employees.

From the results of the analysis of the selected journals, it can be seen that all the case studies taken included qualitative research with observation, direct interviews, and focus group discussions. The research design uses qualitative and quantitative methods. The process of identifying data is obtained from factors that influence the success of exclusive breastfeeding.

The predictor results of the journals studied on the success of exclusive breastfeeding, namely empirical evidence from qualitative and quantitative studies reveal that maternal characteristics, such as age,(Asfaw et al. 2015)Healthy reproductive ages between 25-35 years have 8.9 times the chance of breastfeeding compared to mothers aged less than 25 years. The level of education also influences exclusive breastfeeding, according to(Alyousef 2021)that mothers with higher education and high socio-economic levels are at risk of not giving exclusive breastfeeding, this is because the mother is busy so there is no time to breastfeed her baby. occupation, parity, type of family, religion, place of residence, and standard of living all play a role in influencing the practice of exclusive breastfeeding(Arusei, Etyang, and Esamai 2011). Occupation also affects exclusive breastfeeding to infants, and for housewives/not working, it is more likely that the mother will provide exclusive breastfeeding. Meanwhile, most working mothers have less time to breastfeed their babies, mothers cannot breastfeed their children exclusively. However, according to Cohens 2018 working mothers can still provide exclusive breastfeeding to their babies by expressing or expressing breast milk, storing it, and giving it

to their babies when they get home later (Cohen et al. 2018).

Confidence is an attitude or belief in one's abilities so that one is not too afraid of one's actions, dares to act according to one's wishes and is responsible for one's actions, is polite in dealing with others, and one's desires and abilities are achieved. To do this, identify your strengths and weaknesses. A mother's high self-confidence is characterized by her confidence in breast milk production, making it possible to exclusively breastfeed (Naranjo et al. 2016). Self-efficacy is a mother's belief about breastfeeding, which can predict whether a mother decides to breastfeed, how much she breastfeeds, and whether she has a positive attitude to build or respond to various problems and difficulties during breastfeeding (Pradanie, 2015). This research is in line with (Ayton, Tesch, and Hansen 2019) that a young couple must have the confidence to care for the baby, including breastfeeding the baby. A man who changes the role of being a father needs the process and confidence to support each other in the success of exclusive breastfeeding. A study (Moukarzel et al. 2018) mentioned that a health worker in providing education to breastfeeding mothers must also have high trust and provide mutual support for the success of exclusive breastfeeding.

In addition, family support is very influential in supporting mothers to breastfeed. For breastfeeding to run smoothly, family support is needed. If the father supports breastfeeding and knows the benefits, then the success rate of exclusive breastfeeding is 90%. In contrast, the success rate of exclusive breastfeeding without male support is 25%. (Charlick et al. 2017).

Research conducted by (Bürger et al. 2022) said that what was very beneficial in terms of the duration of exclusive breastfeeding from the second week onward was breastfeeding support. If breastfeeding women received support, the risk was significantly lower. Breastfeeding support also had a significant impact on the total duration of breastfeeding in both time groups. Mothers who felt supported had a 60% lower risk of weaning in the first eight weeks. The current results confirm that mothers receive breastfeeding support primarily from medical personnel, midwives, and partners. Trained peer counselors can be employed in health facilities to advise mothers. The average total breastfeeding duration showed that supported mothers breastfed twice as long as unsupported mothers. According to (Meier et al. 2013) breastfeeding support provided to mothers is very meaningful for the continuation of exclusive breastfeeding.

Research by (Gbagbo and Nkrumah 2022) In addition to husband support, family support, and support from health workers, it turns out that policy support influences the success of exclusive breastfeeding so that mothers can have time to breastfeed safely, calmly and can provide optimal breastfeeding.

CONCLUSION

Based on the results of a review of case study articles about the factors that influence exclusive breastfeeding are:

Mother's characteristics such as age, education, and occupation, influence exclusive breastfeeding. Confidence must be possessed by husband and wife and the energy to equally provide for each other to care for the baby, including breastfeeding the baby. Husband support, family support, health worker support, and policy support are factors that influence exclusive breastfeeding.

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