

Factors Related to the Success of Exclusive Breastfeeding: A Cross Sectional Study among Mothers in Cirebon City, Indonesia

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Abstract : WHO recommends breastfeeding exclusively for infants aged 0 to 6 months because breast milk is the best nutrition. There are several factors associated with the success of exclusive breastfeeding. This study aims to determine the factors associated with the success of exclusive breastfeeding. A cross-sectional study was conducted at 6 community health centers in Cirebon City, Indonesia. Primary data were obtained from a validated questionnaire given to mothers who have children aged 6 to 24 months. A total of 326 mothers participated in this study. Two hundred and eighteen (66.9%) mothers gave exclusive breastfeeding to their babies, and 108 (33.1%) did not give exclusive breastfeeding. The baby gender ($p=0.240$), birth weight ($p=0.436$), and place of birth (0.137) were not related to exclusive breastfeeding. Mode of delivery ($p=0.029$) and early initiation of breastfeeding ($p=0.001$) were significantly associated with exclusive breastfeeding. Infants with early initiation of breastfeeding are three times more likely to get exclusive breastfeeding compared to those who do not get breastfeeding early ($p=0.001$; OR=3.696 [95% CI 1.764 - 7.746]). Early initiation of breastfeeding is the most important factor in determining the success of exclusive breastfeeding. Promotion and education on the importance of early breastfeeding initiation to prospective mothers, families, and health workers are expected to be improved.

Keywords : early initiation of breastfeeding, exclusive breastfeeding, mode of delivery, Indonesia

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