

# Factors influencing early initiation of breastfeeding (IMD) in postpartum mothers: A scoping review

Irma Febriyani<sup>1\*</sup>, Dewi Rokhanawati<sup>2</sup>

Midwifery Program, Faculty of Health Sciences, 'Aisyiyah University Yogyakarta, Indonesia.  
irmaf8225@gmail.com\*  
\*corresponding author



## ARTICLE INFO

### Article history

Received, 1<sup>st</sup> May 2024  
Revised, 12<sup>nd</sup> December 2024  
Accepted, 29<sup>th</sup> July 2024

### Keywords

*Post Partum Mother;*  
*Early Initiation of Breastfeeding;*

## ABSTRACT

Implementation of early initiation of breastfeeding (IMD) is the act of giving breast milk to babies within one hour after birth. In postpartum mothers, there are various factors that influence the implementation of IMD, such as the level of knowledge, education and support from the surrounding environment. A deeper understanding of these factors is essential to improve IMD implementation and promote optimal breastfeeding practices. To map evidence related to factors that influence the implementation of IMD in postpartum mothers. This type of research, namely Scoping Review, refers to the steps of Arksey and O'maley, the framework used is PEOS, the articles selected are articles from 2019 to 2023, articles in English and Indonesian and articles that focus on the factors that influence implementation Early initiation of breastfeeding, in selecting articles using the Prisma Flow Chart Checklist, data sources from journals were accessed via the Pubmed, Wiley, and Google Scholar databases with the keywords (influencing factors) AND (early initiation of breastfeeding) which resulted in 295 journals, after going through several stage obtained 5 journals. This research carried out a Critical Appraisal according to the design in the research journal, namely cross-sectional Critical Appraisal. Based on 295 selected journals, only 5 articles were reviewed based on the inclusion criteria, Early Breastfeeding Initiation Has Various Factors that Influence the Success of Early Breastfeeding Initiation, namely Knowledge, Education, Attitude and Family Support. It is expected that this scope review will include further tracing of accessible databases to support this.

## 1. Introduction

According to *the World Health Organization (WHO)*, 44% of babies aged 0–6 months receive exclusive breast milk (Hendaus et al., 2018). The importance of maximizing breastfeeding is very significant, considering that it has the potential to save the lives of more than 820,000 children under the age of 5 every year (World Health Organization, 2018). According to the Indonesian Health Profile, the percentage of newborn babies who receive early initiation of breastfeeding (IMD) is around 82.7%. DKI Jakarta has the highest figure, namely 98.5%, while Bali has the lowest figure, namely 59.8%. The percentage of babies receiving exclusive breast milk is 56.9%, exceeding the 2021 program target of 40%. The highest rate of exclusive breastfeeding occurred in West Nusa Tenggara Province, namely (82.4%), while the lowest was in Maluku Province, namely (13.0%) (Janmohamed et al., 2020).

Failure to initiate early breastfeeding (IMD) for babies can have serious consequences, including failure to breastfeed. As a result, the baby does not get the vital benefits of colostrum, which is the first fluid produced by the mother's breasts after giving birth. Colostrum is rich in essential nutrients and antibodies that provide initial protection for babies against infections and diseases. Therefore, the inability to implement IMD can increase the risk of infant death due to reduced immunological protection provided by colostrum (World Health Organization Regional Office for the Eastern Mediterranean, 2022). Apart from the risk of failure to breastfeed, the baby's non-participation in Early Initiation of Breastfeeding (IMD) can also result in an increased risk of developing respiratory

and digestive tract infections ((WHO), 2024; Alahmed et al., 2023b; Organization., 2024). In addition, there is the possibility of deficiencies in nutrients that are important for optimal growth and development (Bruggemann et al., 2007). When babies do not undergo Early Breastfeeding Initiation (IMD), they are at risk of dying within the first hour after birth. This is caused by the baby's inability to adapt to their new environment optimally. Meanwhile, for mothers, failure to initiate early breastfeeding (IMD) will affect the mother's breast milk production (Richter et al., 2019).

The level of public knowledge about IMD depends on several aspects, including the level of education and access to health information and community culture. Often mothers have incorrect understanding, for example there is no need to breastfeed the baby because the breast milk has not yet come out or because the milk that comes out first and is yellow is dirt and stale (Adam et al., 2016a; Idayanti et al., 2019; Imdad et al., 2011). Other things that delay breastfeeding include the mother feeling thirsty and needing to rest first because she is tired, still feels sick, or thinks the baby needs to be bathed first (Adam et al., 2016b). Public knowledge, especially pregnant women, about IMD has a significant impact on the successful implementation of IMD and exclusive breastfeeding (Janmohamed et al., 2020).

State Of The Art, research conducted by Avriana with the title mother's Experiences Regarding Early Breastfeeding Initiation (IMD), the results show from 7 articles that mothers' experiences regarding IMD are influenced by husband's support, family support, and support from health workers (Alahmed et al., 2023a). Various factors that have a significant impact on the implementation of IMD (Early Initiation of Breastfeeding) in postpartum mothers can be classified, including individual attitudes, level of knowledge, educational background, work undertaken, level of support from the family environment, and also assistance provided by health workers (Gianni et al., 2019).

The main aim of this Scoping Review was to carry out a comprehensive mapping of scientific evidence in the field of obstetrics relating to factors that influence the implementation of Early Breastfeeding Initiation (IMD) in postpartum mothers (Richter et al., 2019). With this approach, various factors that can influence the IMD process will be identified and thoroughly explored, providing a deeper understanding of the factors that influence the implementation of IMD in postpartum mothers (Anatolitou, 2012; Damayani et al., 2023; United Nations Children's, 2020).

## 2. Method

### 2.1. Identify Research Questions or identify Review Focus Using the PEOS Framework

His study uses a scoping review study. A scoping review was chosen in this study because of its more flexible approach and allows for broader exploration of existing literature. In this review process, the PEOS Framework (Population, Exposure, Outcome, Study Design) was used. This framework helps in the journal search stage, determining inclusion and exclusion criteria, as well as identifying articles that are relevant to the topic being researched. The question that is the focus in this scope is: "What is the scientific evidence in midwifery regarding the factors that influence the implementation of IMD in post-partum mothers?" By using this approach, we can gain a more comprehensive understanding of the factors involved in implementation. IMD in the postpartum stage.

**Table 1.** PEOS Framework

Framework	Keywords
Population	Post Partum Mother
Exposure	Various things have an impact on the implementation of the initiationearly breastfeeding (IMD)
Outcomes	There is a relationship between things that have an impact on the implementation of early initiation of breastfeeding (IMD)
Study Design	Cross Sectional

### 2.2. Identify Relevant Articles

Researchers identified inclusion criteria and exclusion criteria in selecting journals, namely journals published within 5 years, international and national journals, and articles focusing on variables that influence the practice of Early Breastfeeding Initiation (IMD) in postpartum mothers. Exclusion criteria included articles that were not available in full text form as well as articles that did

not discuss several factors related to IMD. Article search using Boolean keywords: (influencing factors) AND (early initiation of breastfeeding) with four database sources namely Pubmed, Wiley and Google Scholar

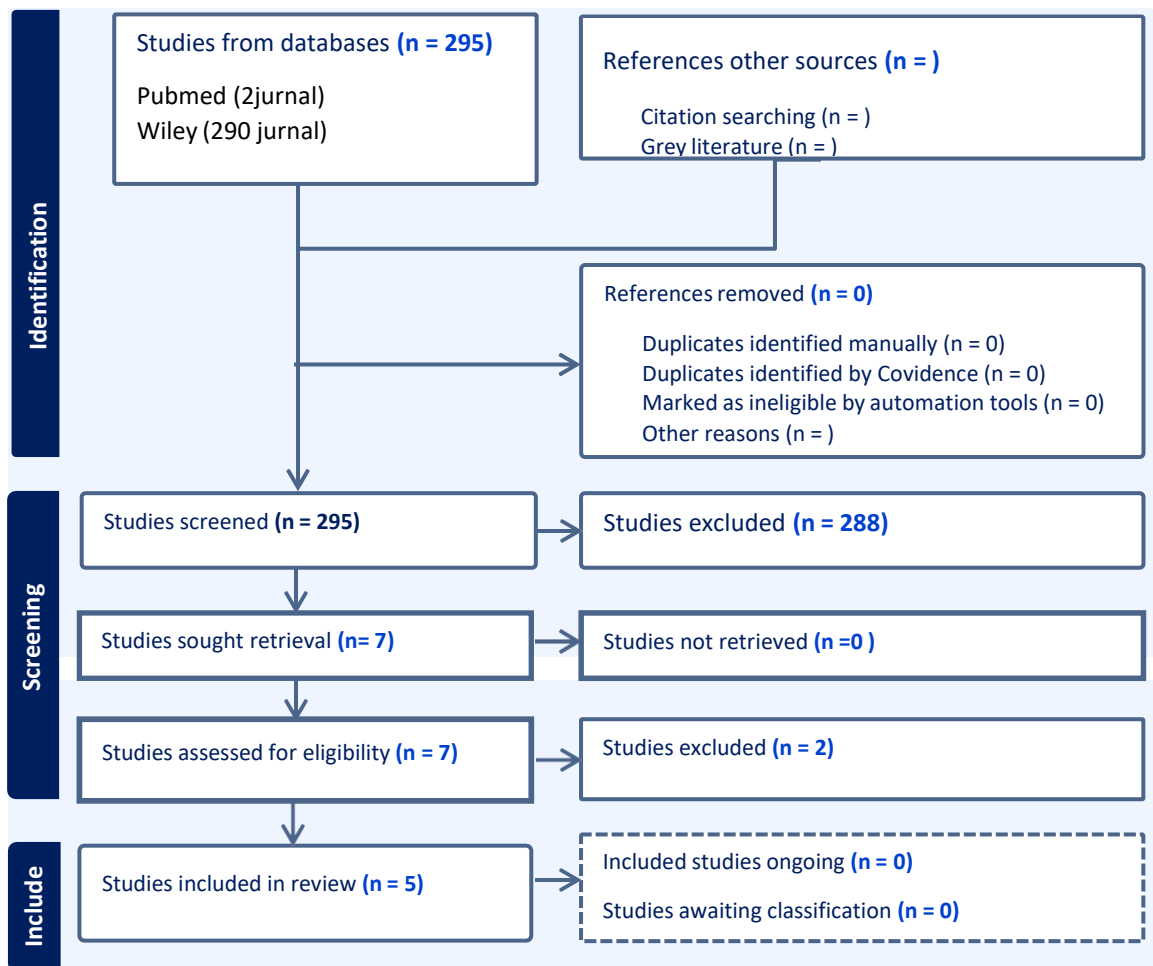
**Table 2.** Article Search Keywords

Population	Exposure	Outcomes	Study Design
-	(influencing factors) AND (early initiation of breastfeeding)	-	-

**2.3. Article Selection or Library Identification Using PRISMA Flow Charts**

Articles were selected through eliminating duplicate articles, screening journals based on title and abstract, and reading articles thoroughly with the aim of suitability for research articles in conducting a Scoping Review (Munn et al., 2018).

The Prisma Flow Chart Checklist is needed to provide an overview of the process of searching for scientific articles, compiling review reports, and presenting information related to research procedures that have been carried out (Peters et al., 2017).



**Fig. 1.** Prism Flow Diagram

Based on search results using keywords in the database, there are 295 journals. All articles were entered into Mendeley, in Export to Covidence there were no duplicate journals, 295 journals were filtered, 288 journals were excluded, 7 articles were taken based on title and abstract, 7 journals were assessed for suitability, 2 were excluded because they did not meet the inclusion and exclusion criteria, the journal was included in the review 5 who meets the requirements. In the process of

synthesizing article data using Data Charting, each element recorded becomes an important part of understanding the context and substance of the research. The author and year provide information regarding chronological aspects and who is responsible for the research. Countries reinforce the geographic and cultural dimensions in which research is conducted. The title is the gateway to finding out the main focus of the research. Details related to Research Design provide an overview of the methodological approach used, while Data Collection Methods and Instruments explain how data was collected and the tools used. Information about sampling techniques and number of respondents provides context regarding the samples taken in the study. Data Analysis Methods provide an overview of the approach used in analyzing the data obtained, and Data Mapping Results highlight the main findings that emerged from the research.

#### **2.4. Data Charting**

Five articles that had been critically appraised in their entirety were then extracted to include the main article. Criteria include author, year, country, research title, objectives, research design, data collection methods and instruments, sampling technique and number of respondents, data analysis methods, and results. Data mapping was created through discussions with parties where the second author adopted the Joanna Briggs Institute (JBI) modification. The author recorded and compared the extracted data, which can be seen in the following table:

Table 3. Data Charting

No	Writer/ Year/ Country	Title	Research design	Data Collection Methods and Instruments	Sampling Techniques and Number of Respondents	Data analysis method	Results
A1	Yılmaz/2018/Türkiye (Yılmaz et al., 2017)	Early initiation and exclusive breastfeeding: factors influencing the attitudes of mothers who gave birth in a baby-friendly hospital	Cross-sectional	Interview with questionnaire	Purposive sampling was 350 mothers who gave birth	Multivariate logistic regression analysis	Research findings indicate that there are several factors that influence the practice of early initiation of breastfeeding: <ul style="list-style-type: none"> <li>a. Maternal education is significantly correlated with early breastfeeding initiation (<math>p = 0.165</math>). <math>p &gt; 0.05</math> indicates that this relationship is not statistically significant.</li> <li>b. Maternal employment status significantly affects early breastfeeding initiation (<math>p = 0.130</math>). <math>p &gt; 0.05</math> indicates that this result is not statistically significant.</li> <li>c. Family support does not have a significant effect (<math>p = 0.494</math>). <math>p &gt; 0.05</math> indicates no strong effect from family support.</li> </ul>
A2	Ulandari, /2018/Indonesia (Utami & Luthfiana, 2018)	Factors influencing the implementation of IMD in Postpartum patients	Cross-sectional	Interview with questionnaire	Accidental sampling of 32 respondents	Chi square test	From the research results, it appears that several factors influence the implementation of early breastfeeding initiation, namely: <ul style="list-style-type: none"> <li>a. Maternal knowledge level significantly correlates with early breastfeeding initiation (<math>p = 0.007</math>). <math>p &lt; 0.05</math> shows a statistically significant relationship.</li> <li>b. Maternal education level also has a significant relationship (<math>p = 0.023</math>). <math>p &lt; 0.05</math> means this relationship is statistically significant.</li> <li>c. Maternal attitude significantly influences early breastfeeding initiation (<math>p = 0.022</math>). <math>p &lt; 0.05</math> indicates a significant effect.</li> </ul>
A3	Melissa F. Young/India/2019 (Nguyen et al., 2019)	An empirical analysis of how husbands, mothers-in-law, health workers, and mothers' influence	Cross-sectional	Interview with questionnaire	two-stage cluster sample of 1,194 husbands and 1,353 mothers	Bivariate logistic regression analysis	The results show that there are variables that influence the practice of early initiation of breastfeeding, namely: <ol style="list-style-type: none"> <li>1. Maternal Factors: <ol style="list-style-type: none"> <li>a. Knowledge significantly influences early breastfeeding initiation (<math>p = 0.001</math>). <math>p &lt; 0.05</math> indicates a statistically significant effect.</li> </ol> </li> </ol>

		breastfeeding practices in Uttar Pradesh, India					<p>b. Confidence and self-efficacy (<math>p = 0.062</math>) have an indirect effect but are not statistically significant. <math>p &gt; 0.05</math> shows no significant effect.</p> <p>2. Husband Factors: Education (<math>p = 0.0547</math>) is not significant. <math>p &gt; 0.05</math> indicates no significant relationship.</p> <p>3. Health Services: Pregnancy counseling (<math>p = 0.0001</math>), breastfeeding support during delivery (<math>p = 0.0001</math>). <math>p &lt; 0.05</math> indicates a significant impact from health services.</p>
A4	Musni, /2022/Indonesia (Musni et al., 2022a)	Relationship of Mother's Knowledge and Family Support with Early Initiation of Breastfeeding Implementation in Post Partum Mothers	Cross-sectional	Interview with questionnaire	Purposive Sampling 45 post partum mothers	Paired t test	Family support significantly influences early breastfeeding initiation ( $p = 0.047$ ). $p < 0.05$ indicates that family support plays an important role in successful breastfeeding initiation
A5	Ulfa, /2022/Indonesia (Ulfah & Rachman., 2022)	Factors Associated with Post Partum Mothers' Knowledge of Early Breastfeeding Initiation	Cross-sectional	Interview with questionnaire	Purposive Sampling 59 people	Chi-square test	<p>a. Maternal education correlates with knowledge of early breastfeeding initiation (<math>p = 0.047</math>). <math>p &lt; 0.05</math> shows a significant relationship.</p> <p>b. Maternal age is significantly related to knowledge (<math>p = 0.009</math>). <math>p &lt; 0.05</math> indicates a significant effect.</p> <p>c. Maternal employment does not significantly correlate with early breastfeeding knowledge (<math>p = 0.174</math>). <math>p &gt; 0.05</math> shows no significant relationship</p>

## 2.5. Presenting data/result, discussion, and conclusion

Critical evaluation refers to a detailed and structured assessment process regarding the results of scientific research with the aim of evaluating the quality of an article (Al-Jundi & Sakka, 2017). Article quality evaluation was carried out using Critical Appraisal for quantitative research. 5 research articles were evaluated using Critical Appraisal, and the assessment criteria used included:

2: Questions are answered well and explained in detail

1: Question has been answered but without detailed explanation  
0 : Question not answered or not explained in the article

Then an assessment of the article is carried out and continues by grouping the quality of the article into 4 criteria/values, namely:

A: Final Score 16-20

B: Final Score 11-15

C: Final Score 6-10

D: Final Score 0-5

**Table 4.** Critical Appraisers Using Cross Sectional Tests to Select Articles Based on Inclusion Criteria

No	Component	Articles				
		A1	A2	A3	A4	A5
1	Are clear definitions applied to establish the criteria for samples to be included in the study?	2	2	2	2	2
2	Is a detailed explanation given regarding the research subject and its background?	2	2	2	2	2
3	Are exposure measurement methods valid and reliable?	2	2	2	2	2
4	Are the criteria used to measure conditions standard and objective?	2	2	2	2	2
5	Have influencing or interfering factors been identified?	2	2	2	2	2
6	Have there been any strategic efforts described to overcome disruptive or inhibiting factors?	2	2	2	2	2
7	Are the achievements or data produced measured using methods that are recognized as valid and reliable?	2	2	2	2	2
8	Is the statistical analysis used appropriate?	2	2	2	2	2
	TOTAL	16	16	16	16	16
	WHOLE	A	A	A	A	A

Based on the quality evaluation of five articles, all of them received an A rating, which shows that the articles are of good quality and explained in detail.

## 3. Result/ Findings

### 3.1 Characteristics of Articles by Country

The research articles used in this Scoping Review came from several countries such as Turkey with 1 article, Indonesia with 3 articles, and India with 6 articles. The characteristics of the articles by country can be seen in Figure 2.



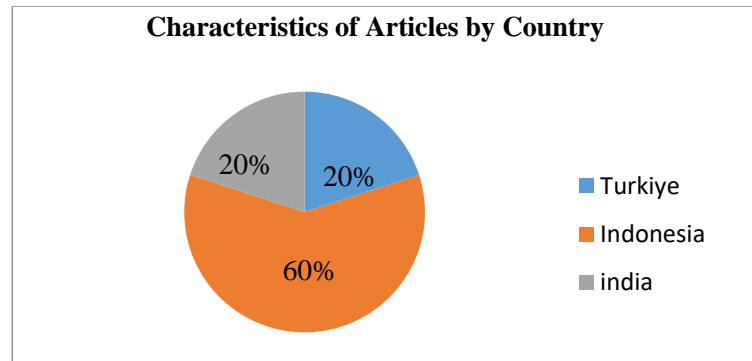


Fig. 2. Characteristics of articles by country

3.2 Characteristics of Articles Based On Publication Year

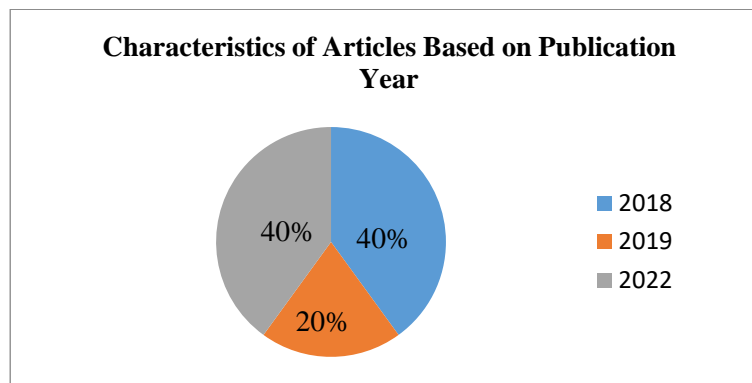


Fig. 3. Characteristics of Articles Based on Publication Year

Characteristics of Articles Based on Year of Publication in 2018, there were 2 articles, in 2019 there were 1 article and in 2022 there were 2 articles.

3.3 Theme Analysis

After analyzing the themes and evaluating the quality of the journal through data extraction, the main themes of the selected journals are as follows:

Table 5. Analysis and Mapping of Research Article Themes

No	Theme	Sub Theme	Research Articles
1	Factors influencing early initiation of breastfeeding (IMD)	Knowledge	A2, A3, A5
		Education	A1, A2, A3, A5
		Attitude	A2
		Family support	A1, A3, A4

4. Discussion

1) IMD Practices in Indonesia

The World Health Organization (WHO) recommends Early Initiation of Breastfeeding (IMD) as a standard practice that should be carried out within the first hour after birth. The early initiation of breastfeeding (IMD) rate also decreased from 58.2 percent in 2019 to 48.6 percent in 2021. Optimal breastfeeding practices are key to reducing stunting in children under five years of age, in order to achieve the global and national targets to reduce stunting by 40 percent. Early initiation of breastfeeding and exclusive breastfeeding for six months provide protection against gastrointestinal infections and the nutritional content needed to prevent stunting. (WHO, 2024)

Indonesia has generally established IMD as a standard practice in baby-friendly hospitals, which is regulated in Government Regulation Number 33 of 2012 concerning Exclusive



Breastfeeding. However, the implementation of IMD in Indonesia still faces several challenges, such as low levels of knowledge among mothers, as well as limited facilities in some areas.

### 2) Comparison of early breastfeeding initiation between countries

Comparison of the prevalence of early initiation of breastfeeding in low- and middle-income countries (LMICs) and high-income countries. Of the 68 low- and middle-income countries for which data were available, 49% reported that more than half of infants were breastfed within one hour and only one country (the Kyrgyz Republic) recorded 80%. It is noteworthy that 50% of low- and middle-income countries had no data on early initiation of breastfeeding. However, in high-income countries, data were much less available: only 6 of the 27 countries studied had data on early initiation of breastfeeding (4), with the highest rates reported in Italy (94%) and the lowest in Saudi Arabia (23%). (WHO, 2024)

### 3) Factors Influencing Early Initiation of Breastfeeding (IMD)

The low level of IMD practice can be influenced by several factors (attitude, knowledge, education) (Tupitu et al., 2023). The success of Early Breastfeeding Initiation (IMD) is a complex process and is influenced by a number of factors, including the level of education. The level of education is the last level of education achieved, someone with a high level of education will find it easier to understand information so that their knowledge will be better (Musni et al., 2022b).

The higher a person's level of education, the more likely they are to carry out IMD. A higher level of education allows a person to get a better job and higher income (Kyu et al., 2018).

Then Knowledge, Knowledge is an impression in the human mind as a result of using the five senses (Nathalia et al., 2019). Then the factor that influences the success of IMD is that the mother's knowledge about IMD is very important because it can influence the mother's attitudes and actions in implementing IMD (Ministry of Health, 2019; Wallace et al., 2018). Mothers who have good knowledge about IMD will be more likely to implement it, because they are aware of the benefits and importance of IMD for their babies (Nguyen et al., 2021).

Family support is proven to have an important role in helping mothers in the breastfeeding process (P=0.047).

### Research Limitations

This research has limitations, namely that data collection was not carried out directly because this research is an analysis of previous research articles.

## 5. Conclusion

Based on 295 selected journals, only 5 articles were reviewed based on the inclusion criteria, Early Breastfeeding Initiation Has Various Factors that Influence the Success of Early Breastfeeding Initiation, namely Knowledge, Education, Attitude and Family Support. It is expected that this scope review will include further tracing of accessible databases to support this.

### Acknowledgment

Thank you to the Universitas 'Aisyiyah Yogyakarta

### References

- Adam, A., Alim, A., & Sari, N. P. (2016a). *Pemberian inisiasi menyusui dini*. 2, 76.
- Adam, Alim, & Sari. (2016b). Providing early initiation of breastfeeding. *Journal of Maternal and Child Health*, 2(1), 76. <https://jurnal.poltekkesmamuju.ac.id/index.php/m/article/view/19%0A>
- Al-Jundi, & Sakka. (2017). *Critical Appraisal of Clinical Research*. *Journal Of Clinical And Diagnostic Research*. <https://doi.org/10.7860/JCDR/2017/26047.9942>
- Alahmed, Meedya, Mutair, & Fernandez. (2023a). Saudi Women's Breastfeeding Knowledge, Attitude, and Practices: A Systematic Review and Meta-analysis. *Journal of Transcultural Nursing: Official Journal of the Transcultural Nursing Society*, 34(1), 62–86. <https://doi.org/10.1177/10436596221129228>

- Alahmed, S., Meedy, S., Mutair, A. Al, & Fernandez, R. (2023b). Saudi Women's Breastfeeding Knowledge, Attitude, and Practices: A Systematic Review and Meta-analysis. *Journal of Transcultural Nursing: Official Journal of the Transcultural Nursing Society*, 34(1), 68–82. <https://doi.org/10.1177/10436596221129228>
- Anatolitou. (2012). Human milk benefits and breastfeeding. In *Pediat Neonat Individual Med*, (pp. 11–18).
- Bruggemann, O. M., Parpinelli, M. A., Osis, M. J. D., Cecatti, J. G., & Neto, A. S. C. (2007). Support to woman by a companion of her choice during childbirth: A randomized controlled trial. *Reproductive Health*, 4, 1–7. <https://doi.org/10.1186/1742-4755-4-5>
- Damayani, Harsanti, & Delilah. (2023). Exclusive Breastfeeding Coverage Increase Using Breastfeeding Readiness Scale. *Journal of Health and Medical Sciences*, 6(2). <https://doi.org/10.31014/aior.1994.06.02.264>
- Gianni, Bettinelli, Manfra, Sorrentino, Bezze, Plevani, Cavallaro, Raffaelli, Crippa, Colombo, Morniroli, Liotto, Roggero, Villamor, Marchisio, & Mosca. (2019). Breastfeeding Difficulties and Risk for Early Breastfeeding Cessation. *Nutrients*, 11(10), 2266. <https://doi.org/10.3390/nu11102266>
- Hendaus, M. A., Alhammadi, A. H., Khan, S., Osman, S., & Hamad, A. (2018). Breastfeeding rates and barriers: a report from the State of Qatar. *International Journal of Women's Health, Volume 10*, 467–475. <https://doi.org/10.2147/IJWH.S161003>
- Idayanti, Indriyanti, & Anggraeni. (2019). The Effect of Early Breastfeeding Initiation (IMD) on New Born Baby Temperature in BPS Heppy Rina, S.St, Seduri Village-Mojosari and Bps Fifit, S.St, Panjer Village-Mojosari. Nurse and Health. *Jurnal Keperawatan*, 8(1), 28–35. <https://doi.org/10.36720/nhjk.v8i1.59>
- Imdad, Yakoob, & Bhutta. (2011). Impact of maternal education about complementary feeding and provision of complementary foods on child growth in developing countries. *BMC Public Health*, 11(3), S25--S25.
- Janmohamed, A., Sohani, N., Lassi, Z. S., & Bhutta, Z. A. (2020). The effects of community home visit and peer group nutrition intervention delivery platforms on nutrition outcomes in low and middle-income countries: A systematic review and meta-analysis. *Nutrients*, 12(2). <https://doi.org/10.3390/nu12020440>
- Kyu, H. H., Abate, D., Abate, K. H., Abay, S. M., Abbafati, C., Abbasi, N., Abbastabar, H., Abd-Allah, F., Abdela, J., Abdelalim, A., Abdollahpour, I., Abdulkader, R. S., Abebe, M., Abebe, Z., Abil, O. Z., Aboyans, V., Abrham, A. R., Abu-Raddad, L. J., Abu-Rmeileh, N. M. E., ... Murray, C. J. L. (2018). Global, regional, and national disability-adjusted life-years (DALYs) for 359 diseases and injuries and healthy life expectancy (HALE) for 195 countries and territories, 1990–2017: a systematic analysis for the Global Burden of Disease Study 2017. *The Lancet*, 392(10159), 1859–1922. [https://doi.org/10.1016/S0140-6736\(18\)32335-3](https://doi.org/10.1016/S0140-6736(18)32335-3)
- Ministry of Health, L. and W. (2019). *Support guide for breastfeeding and weaning*. <https://www.mhlw.go.jp/content/11908000/000496257.pdf>
- Munn, Z., Peters, M., Stern, C., Tufanaru, C., McArthur, A., & Aromataris, E. (2018). *Systematic review or scoping review? Guidance for authors when choosing between a systematic or scoping review approach*. 143.
- Musni, Fatimah, & Malka. (2022a). Relationship of Mother's Knowledge and Family Support with Early Initiation of Breastfeeding Implementation in Post Partum Mothers. *Journal La Medihealthico*, 3(1), 1–5. <https://doi.org/10.37899/journallamedihealthico.v3i1.538>
- Musni, M., Fatimah, S., & Malka, S. (2022b). Relationship of Mother's Knowledge and Family Support with Early Initiation of Breastfeeding Implementation in Post Partum Mothers. *Journal La Medihealthico*, 3(1), 1–5. <https://doi.org/10.37899/journallamedihealthico.v3i1.538>

- Nguyen, Kress, Atuchukwu, Onotu, Swaminathan, Ogbanufe, Msungama, & Sumner. (2021). Disclosure of sexual violence among girls and young women aged 13 to 24 years: Results from the violence against children surveys in Nigeria and Malawi. *Journal of Interpersonal Violence*, 36(4), NP2188-2204NP.
- Nguyen, P. H., Kachwaha, S., Avula, R., Young, M., Tran, L. M., Ghosh, S., Agrawal, R., Escobar-Alegria, J., Patil, S., & Menon, P. (2019). Maternal nutrition practices in Uttar Pradesh, India: Role of key influential demand and supply factors. *Maternal & Child Nutrition*, 15(4), e12839. <https://doi.org/https://doi.org/10.1111/mcn.12839>
- Organization., W. H. (2024). *Early initiation of breastfeeding*. <https://www.who.int/tools/elena/commentary/early-breastfeeding>.
- Peters, Godfrey, McInerney, Munn, Tricco, & Khalil. (2017). 2017 Guidance for the Conduct of JBI Scoping Reviews Chapter 11 : Scoping Reviews Scoping Reviews. Understanding Scoping Reviews. *Definition, Purpose, and Process*, 18(10), 2119–2126.
- Richter, D., Krämer, M. D., Tang, N. K. Y., Montgomery-Downs, H. E., & Lemola, S. (2019). Long-term effects of pregnancy and childbirth on sleep satisfaction and duration of first-time and experienced mothers and fathers. *Sleep*, 42(4), 1–10. <https://doi.org/10.1093/sleep/zsz015>
- Tupitu, N., Apriningsih, Agustina, & Istanti., N. (2023). Early Initiation Breastfeeding Determinant Among Postpartum Mother in Tangerang City. *Jurnal Kesehatan Reproduksi.*, 14(1), 29–38. <https://doi.org/10.58185/jkr.v14i1.86>
- Ulandari, D. (2018). Faktor-Faktor Yang Mempengaruhi Pelaksanaan Imd Pada Pasien Pasca Persalinan Di Bpm Ratna Wilis Palembang Tahun 2016. *Gaster*, 16(1), 64. <https://doi.org/10.30787/gaster.v16i1.234>
- Ulfa, Fuaziah, & Nora, S. (2022). Faktor-Faktor yang Berhubungan dengan Pengetahuan Ibu Post Partum Terhadap Pelaksanaan Inisiasi Menyusui Dini di Rumah Sakit Umum Daerah Kota Sabang. *Journal of Healthcare Technology and Medicine*, 8(2), 2615–109.
- Ulfah, & Rachman., M. (2022). *Factors Associated with Perineal Wound Healing in Postpartum Mothers . Vol 3.; 2022*. <http://ojs.cahayamandalika.com/index.php/jomla/issue/archive>
- United Nations Children’s. (2020). *Breastfeeding during the COVID-19 pandemic | UNICEF East Asia and Pacific*. <https://www.unicef.org/eap/breastfeeding-during-covid-19>
- Utami, & Luthfiana. (2018). Factors Influencing the Incidence of Diarrhea in Children. *Majority*, 5(4), 101–106.
- Wallace, Ma, Qian, & Dunn. (2018). Nurse Education in Practice Educational videos for practitioners attending Baby Friendly Hospital Initiative workshops supporting breastfeeding positioning , attachment and hand expression skills : E ff ects on knowledge and con fi dence. *Nurse Education in Practice*, 31(4), 7–13. <https://doi.org/10.1016/j.nepr.2018.04.005>
- World Health Organization. (2018). *The Ten Steps to Successful Breastfeeding: New Guidance for Increasing Support in Health Facilities*.
- World Health Organization Regional Office for the Eastern Mediterranean. (2022). *Exclusively breastfeed*. <http://www.emro.who.int/nutrition/breastfeeding/index.html>
- World Health Organisation. (2024). *About the World Health Organization*. Retrieved from <https://www.who.int/indonesia/id/news/detail/01-08-2024-mothers-need-more-breastfeeding-support-during-critical-newborn-period>.
- Yılmaz, Öcal, D., Yılmaz, V., Ceyhan, Kara, F., & Küçüközkan. (2017). Early initiation and exclusive breastfeeding: Factors influencing the attitudes of mothers who gave birth in a baby-friendly hospital. *Turkish Journal of Obstetrics and Gynecology*, 14(1), 1–9. <https://doi.org/10.4274/tjod.90018>