

Working status is not related to exclusive breastfeeding

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Abstract

Breast Milk is known as the best food for babies and contains many nutritious substances. Many factors influenced successful breastfeeding, especially for working mothers. This study is intended to explore the relationship between mothers' employment status and breastfeeding status using a cross-sectional design that utilizes secondary data collected from the implementation of the "Sleman Health Demographic Surveillance System". Other variables collected were education attainment and living location. Data used in this study was 297 by direct interviews with mothers of infants/toddlers or their caregivers. Chi-square analysis was used to determine the relationship between employment status and breastfeeding with a significance level of 95%. The percentage of basic education attainment in the sample did not differ from the national figure, while women who can complete high school and college education are higher than the national figure. More than half of the respondents are not working. No relationship was found in the analysis of relationships between mothers' employment status and breastfeeding status (p-value > 0.05).

Keywords: exclusive breastfeeding; working status; Sleman

INTRODUCTION

Exclusive breastfeeding as written in Government Regulation Number 33 of 2012 is breast milk that is given to babies from birth to six months, without any additional and/or replacements with other foods or drinks except for drugs, vitamins, and minerals (Indonesian Government, 2012). Breast milk contains many antibodies because it contains protein for the immune system development, immunoglobulins, protein, lactose, fat, and calories. There are certain enzymes in the breastmilk that function as absorbent substances that will not interfere with other enzymes in the intestine (Gidrewicz & Fenton, 2014).

The success of exclusive breastfeeding is influenced by many factors. In the group of working mothers, education background, family support, and boss support are several factors that influence it (Marwiyah & Khaerawati, 2020). Another research found that the support of health workers was the most dominant factor associated with exclusive breastfeeding (Permatasari & Sudiartini, 2020). A study in Ghana Abekah-Nkrumah, Antwi, Nkrumah, and Gbagbo (2020) found that exclusive breastfeeding practice and workplace factors (maternity leave duration, family work-life balance, closing time, the existence of maternity policy in institutions, and inadequate organizations support) were two major factors influencing exclusive breastfeeding among working mothers.



Respondents in a qualitative study (De Souza & Venancio, 2021) stated that breastfeeding support rooms contribute to prolonged breastfeeding, physical and emotional well-being improvement, and women's professional appreciation for the excellent relationship between employees and employers.

The Indonesian Ministry of Health (2020) reported that the exclusive breastfeeding coverage in 2019 was 67.7%, exceeding the Strategic Plan target of 50%. West Nusa Tenggara Province has the highest percentage of exclusive breastfeeding coverage (86.3%), while the lowest is West Papua Province (41.1%). Four provinces (Gorontalo, Maluku, Papua, and West Papua) have not yet reached the 2019 Strategic Plan target. The Special Region of Yogyakarta is included in the top 5 highest coverage of exclusive breastfeeding nationally with an achievement of 77.5%.

Analysis of worker data in Indonesia (Dihni, 2021) there were 50.70 million people aged 15 years and over who work are women. A total of 27.55% of female workers are sales force. Women workers who are farm, garden, livestock, fish, forest, and hunting workers reached 26.65%. Female workers who become production workers, transportation equipment operators and unskilled workers are 19.65%. As many as 9.8% of female workers are professionals, technicians and other personnel. Female workers who are in service business positions are 9.22%. Female workers who become implementing officials, administrative staff and the like are 6.37%. As many as 0.65% of female workers are leadership and management personnel.

RESEARCH METHODS

This study was conducted using a cross-sectional design that utilizes secondary data collected from the implementation of the "Sleman Health Demographic Surveillance System" developed by the Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada Yogyakarta in 2015 (Dewi, Lestari, Niamilah, & Wulandari, 2020). The data was taken from the implementation of the 2nd cycle which collected information about complementary feeding. The amount of data used in this study was 297 which were obtained by direct interviews with the mothers of infants/toddlers or their caregivers. The variables used in this study were: Mother's highest education which was categorized into basic, middle and high (Indonesian Government, 2003); mother's employment status (work: government employee, private employee, entrepreneur, services, farmer, labor and not-working: doesn't have a job, housewife); location of residence (village and city); first age when given food other than breast milk (<6 months: Non-Exclusive breastfeeding and >=6 months: Exclusive breastfeeding). Chi-square analysis was used to determine the relationship between employment status and breastfeeding with a significance level of 95%.

RESULTS AND DISCUSSION

This study uses data obtained from 297 respondents. Data regarding the characteristics of respondents can be seen below.

Table 1. Respondents Characteristics

Variable	n (%)
Education	
Basic	56 (18.9)
Middle	178 (59.9)
High	63 (21.2)
Working status	
Not working	190 (64.0)
Working	107 (36.0)
Area	
Rural	247 (83.2)
Urban	50 (16.8)

Most of the respondents in this study could reach a middle education level (senior high school). The Indonesian government has a national program where all citizens should reach minimum junior high school for their education. The percentage of basic education attainment in the sample is not different from the national figure of 46.7% in 2018 (Kementerian Pemberdayaan Perempuan dan Perlindungan Anak, 2020). Meanwhile, women who can complete high school and college education are higher than the national figure (38.6% vs 32.5%). More than half of respondents are not working. In general Indonesia's unemployment rate in February 2020 reached 4.99 percent, decreased by 0.29 percent points compared to the condition in August 2019 and decreased by 0.02 percent points compared to the condition in February 2019 (BPS, 2020). Typically, in Sleman district most of the area is considered as rural area according to the national bureau of statistics.

Table 2. Bivariate Analysis

	Breast feeding status		χ^2	P-value
	Exclusive	Non-exclusive		
Working status				
Not-working	76 (40%)	114(60%)	2.53	0.112
Working	53 (49.5%)	54 (50.5%)		

The results of the analysis from table 2 show that there is no statistically significant relationship between the mother's employment status and breastfeeding. It appears that the proportion of mothers who exclusively breastfeed is higher in working mothers compared to mothers who do not work.

The success of exclusive breastfeeding is not only determined by the availability of time for mothers to be able to directly provide breast milk to their babies. The success of exclusive breastfeeding cannot be separated from the role of the government. The government regulates procedures for providing special facilities for breastfeeding and or expressing breast milk (Indonesian Government, 2012). For working mothers, the success of exclusive breastfeeding is also determined by the mother's ability to provide breast milk in bottles or known as expressed breast milk (Rosida & Putri, 2020). or privately owned (Hesteria, Putra, & Duarsa, 2016; Pratiwi, 2016; Septiani, Budi, & Karbita, 2017).

The success of exclusive breastfeeding for workers through increasing the quantity of expressed breast milk with the help of an electric breast pump (Khayati & Sulistiyowati, 2019). In a study in Mataram, the duration of a trip to work less than 15 minutes also affected the success of exclusive breastfeeding (Wiguna, Yuliani, Affarah, & Reditya, 2016). A different result found in a study using Indonesia demographic data (Sari, 2016), nationally mothers who worked were more likely not to give exclusive breastfeeding compared to those who did not. An intervention study among women working at agricultural area in Kenya which applied workplace support policies and program interventions including providing day-care centers; breastfeeding flexible time and breaks for mothers indicate keeping EBF while working is more likely when employers provide the support that women need to do so (Kimani-Murage et al., 2021). Research using the similar data in the Sleman area showed that mothers who held health insurance are 2.14 times more likely to exclusively breastfeed compared to those who do not have (Dwicahyani & Prabandari, 2017).

Breast milk donation is an alternative to support exclusive breastfeeding. Breast milk donation activities in Indonesia can be seen on Instagram social media with the hashtag #donorasi. Research by Hilman (2021) found that the hashtag had reached 80,373 posts. A study of Islamic law regarding breast milk donation has been carried out by Nofitasari (2021) where it is said that the law is permissible and can be classified as *mashlahah dharuriyat* if the baby's mother is suffering diseases and premature or sick babies. Considered as *mashlahah hajiyyat* if she dies, or her existence are unknown, not because of her work status.

CONCLUSION

This study only explores the relationship between mothers' working status and exclusive breastfeeding. The result showed that there is no relationship among those two variables. Since Indonesia only gives 3 months maternity leave for working women, this result should be interpreted carefully. The Indonesian government should increase the duration of maternity leave and keep the regulation that supports exclusive breastfeeding among workers in various jobs and institutions. Working mothers should always provide breast milk that has been expressed and stored in bottles to be given to their babies when the work leave period is over.

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