

## Research Article

# Baseline study on postpartum mothers' parity and attitudes toward exclusive breastfeeding in Pakutandang Health Center Gunung Leutik, Bandung Regency

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**Abstract:** Background: Factors that can affect exclusive breastfeeding include maternal characteristics consisting of knowledge, education, employment, age, and parity. Parity is one of the influencing factors in exclusive breastfeeding. In mothers with their first child, they will experience problems when breastfeeding because they do not know the right way to breastfeed and if mothers hear other people's experiences about breastfeeding that is not good, it allows mothers to hesitate to breastfeed their babies. Therefore, this will affect the mother's attitude in exclusive breastfeeding. Objective: To find out the relationship between parity of postpartum mothers and the attitude of exclusive breastfeeding in the working area of the Pakutandang Health Center Ds. Gunung Leutik, Ciparay District, Bandung Regency. Research Method: The research method used in this study is a quantitative correlation method, with a *Cross Sectional* research design. In this study, the independent variable is parity, while the dependent variable is Attitude. The sampling technique used was a *total sampling* with a total of 38 samples. The data analysis used was univariate and bivariate analysis with *chi square test*. Research Results: The results showed that 38 postpartum mothers (100%), primipara mothers as many as 20 people (52.6%) who had a positive attitude as many as 6 people (15.8%) and who had a negative attitude as many as 14 people (36.8%). Mothers with multiple pariparas were 17 people (44.7%) who had a positive attitude as many as 14 people (36.8%) and who had a negative attitude as many as 3 people (7.9%). Meanwhile, mothers with grandemultipara amounted to 1 person (2.6%) with a positive attitude. Conclusion: There is a relationship between parity of postpartum mothers and the attitude of exclusive breastfeeding in the working area of the Pakutandang Health Center Ds. Gunung Leutik, Ciparay District, Bandung Regency

**Keywords:** Attitude; Exclusive Breastfeeding; Health center; Parity; Puerperium

## 1. Introduction

The postpartum period is the period that a woman goes through starting after giving birth to the result of conception (baby and placenta) and ending until 6 weeks after giving birth. (Azizah and Rosyidah, 2021). One of the things that postpartum mothers must do is to give exclusive breast milk to their babies.

Exclusive Breastfeeding is the giving of breast milk (breast milk) as early as possible after childbirth until the baby is 6 months old. Breast milk is the best food for the growth and development of babies. The nutritional content contained in breast milk is very perfect and beneficial for the baby. (Sari, Arif and Amalia, 2023). In addition, breast milk provides benefits for mothers, namely it can reduce the risk of bleeding, improve maternal health, reduce the size of the uterus, accelerate the recovery of maternal health, reduce the risk of developing breast cancer and delay pregnancy. (Aninda Vita, 2022)

According to WHO, exclusive breastfeeding coverage in 2022 was recorded at only 67.96%, a decrease from 69.7% in 2021, indicating the need for more intensive support so that this coverage can increase. In West Java Province in 2022, babies who received exclusive breastfeeding reached 80.08%. In Bandung Regency in 2022, babies who received Exclusive Breastfeeding reached 65.58%, a decrease from 66.16% in 2021. At the Pakutandang Health Center, in 2022 65.12% of babies received exclusive breast milk. The Pakutandang Health Center consists of several villages, namely the villages of Pakutandang, Gunung Leutik,

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Sagaracipta, Cikoneng, and Babakan. Based on data obtained from the Pakutandang Health Center, the coverage of exclusive breastfeeding according to parity in Pakutandang Village reached 99.4%, Gunung Leutik Village 81.1%, Sagaracipta Village 90.2%, Cikoneng Village 82.2%, and Babakan Village 100%. From the data above, the village with the lowest exclusive breastfeeding coverage is in Gunung Leutik Village. Factors that can affect exclusive breastfeeding include maternal characteristics consisting of knowledge, education, occupation, age, and parity. (Assriyah et al., 2020). Parity is one of the influencing factors in exclusive breastfeeding. Parity is the number of children ever born to a mother. Parity classifications can be differentiated into primipara, multipara and grandemultipara. (Prawirohardjo, 2016). In mothers with their first child, they will experience problems when breastfeeding because they do not know the right way to breastfeed and if mothers hear other people's experiences about breastfeeding that is not good, it allows mothers to hesitate to breastfeed their babies. (Purnamasari and Khasanah, 2020).

The success of exclusive breastfeeding is also influenced by the role of the government and health workers. The government through its policies can help achieve the Exclusive Breastfeeding program. Health workers play a role in providing counseling and support to mothers. Knowledge enhancement programs by providing education to related parties can help the success of exclusive breastfeeding for babies up to the age of 6 months. In addition, mothers-to-be also need to obtain information related to exclusive breastfeeding. This is because new mothers usually still have little experience and understanding related to Exclusive Breastfeeding so that it can be a factor that inhibits the success of Exclusive Breastfeeding. (Ministry of Health, 2018). Mothers with less understanding and experience will influence the mother's attitude in exclusive breastfeeding.

Attitude is the mental and neural state of readiness, which is regulated through experiences that exert a dynamic or directed influence on the individual's response to all objects and situations that relate to it. (Rika et al., 2018). Attitudes arise from various assessments, namely conditions, and behavioral tendencies. Attitudes can also change from experience and innate factors or persuasion, for example with counseling or health education. (Beturu, 2021).

## 2. Preliminaries or Related Work or Literature Review

### A. Definition of Parity

Parity is a classification of women by looking at the number of live or stillborn babies born at a gestation age of more than 20 weeks. (Ringgo et al., 2022). Meanwhile, according to Manuaba (2018), Parity is the number of live births that a woman has. The amount of parity is one of the components of the parity status which is often written with the notation G-P-Ab, where G denotes the number of pregnancies (gestation). P denotes the amount of parity, and Ab denotes the number of abortions. For example, a woman with a parity status of G3P1Ab1. This means that the woman has been pregnant twice, with one parity and one abortion, and is currently pregnant for the third time. (Dwi et al., 2022)

Education means guidance given by a person towards the development of others towards a certain goal. The higher a person's level of education, the easier it is to obtain and receive information, so that the mother's ability to think is more rational. Mothers who have higher education will think more rationally that the ideal number of children is 2 people. (Prawirohardjo, 2016)

Work is a symbol of a person's status in society. Bridge work to earn money in order to meet the needs of life and to get the desired health care place. There are many assumptions that a person's high job status is allowed to have many children because they are able to meet the needs of daily life. (Prawirohardjo, 2016) The family's high economic condition encourages mothers to have more children because the family feels capable of meeting the needs of life. (Prawirohardjo, 2016).

Without realizing it, culture has instilled an influence line of attitude towards various problems. Culture has colored the attitude of its community members, because it is also the culture that gives the pattern of the experience of individuals who are members of their community groups. Only established and strong individual beliefs can fade the dominance of culture in the formation of individual attitudes. Cultural backgrounds that affect parity include the assumption that the more children, the more sustenance. The higher a person's level of knowledge, the more lasting the

behavior will be. In other words, mothers who know and understand the ideal number of children, then mothers will behave according to what they know.

The *puerperium* period is the period after the birth of the placenta until all reproductive organs, especially the uterine organs, recover as they were before pregnancy. The postpartum period begins from 2 hours after the birth of the placenta until 6 weeks or 42 days after that. Breast milk is the most perfect source of food for babies because it contains various substances and antibodies that are important for the growth and development of babies. Breast milk contains colostrum which is rich in antibodies because it contains high amounts of protein for immunity and germ killers, so exclusive breastfeeding can reduce the risk of death in babies. Breast milk is the main food for babies and is the main source of life for babies until the age of 6 months. Formula milk does not contain enzymes so the absorption of food depends on the enzymes present in the baby's intestines

## B. The Role of Midwives in Supporting Breastfeeding

Mothers in labor must adapt their nipples where the small holes that are the place where the *ductus lactiferus* flows are not fully opened so that in the early stages of breastfeeding the nipples will feel sore. At times like this, mothers usually give up on breastfeeding, especially coupled with suggestions from the family around them who do not fully understand breastfeeding

## 3. Proposed Method

Descriptive research methods are research that is directed to describe or describe a situation in a community or society. This study uses a Cross Sectional survey design, which is a study to study the dynamics of the correlation between risk factors and effects through approaches, observations or data collection where variables that include risk factors and variables that include effects are observed at the same time. (Notoatmodjo, 2018). In this study, the aim is to determine the relationship (correlation) between Parity of postpartum mothers (independent variables) and Exclusive breastfeeding attitudes (dependent variables). The population in this study is 38 postpartum mothers in Gunung Leutik village, Ciparay District, Bandung Regency in June 2024. The sample technique used in this study is *total sampling*, which is a sampling technique where the number of samples is equal to the population, so the sample used in this study is 38 respondents.

### A. Algorithm/Pseudocode

After the data that the author needs is collected, the next step is to analyze the data. The data analysis used in this study is a univariate analysis. Univariate analysis aims describe or explain the characteristics of each research variable. (Notoatmodjo, 2018). The analysis in this study consists of independent variables, namely parity of postpartum mothers and dependent variables, namely the attitude of exclusive breastfeeding.

Calculated by the formula:

$$P = \frac{f}{n} \times 100\%$$

$n$

Information:

$P$  = percentage of respondents' answers

$f$  = number of correct answers  $n$  = number of all questions (Notoatmodjo, 2018).

### B. Formatting of Mathematical Components

The research method used in this study is a quantitative correlation method, with a *Cross Sectional* research design. In this study, the independent variable is parity, while the dependent variable is Attitude. The sampling technique used was a *total sampling* with a total of 38 samples. The data analysis used was univariate and bivariate analysis with *chi square test*. The results showed that 38 postpartum mothers (100%), primipara mothers as many as 20 people (52.6) who had a positive attitude as many as 6 people (15.8%) and who had a negative attitude as many as 14 people (36.8). Mothers with multiple pariparas were 17 people (44.7%) who had a positive attitude as many as 14 people (36.8%) and who had a negative attitude as many as 3 people (7.9%). Meanwhile, mothers with grandemultipara amounted to 1 person (2.6%) with a positive attitude

#### 4. Results and Discussion

**Table 1. Parity of Postpartum Mothers**

Parity	F	%
primipara	15	39,5
multipara	12	31,6
LargeMultipara	11	28,9
Total	38	100,0

Based on table 1, it can be seen that most of the respondents had primipara status as many as 15 people (39.5%), multipara as many as 12 people (31.6%) and grandemultipara as many as 11 people (28.9%).

**Table 2. Mother's Attitude in Exclusive Breastfeeding**

Attitude	F	%
Positive	20	52,6
Negative	18	47,4
Total	38	100,0

From table 2., it can be seen that 20 mothers who had a positive attitude (52.6%), while mothers who had a negative attitude were 18 people (47.4%).

**Table 3. The Relationship between Parity of Postpartum**

**Mothers and Exclusive Breastfeeding Attitudes**

**Exclusive Breastfeeding Attitude**

	Negative	Positive	Total	P	
Paritas					Value
		F	%	F	%
Primipara		12	31,6	3	7,9
Multipara		1	2,6	11	28,9
Grandemultipara		5	13,2	6	15,8
Total		18	47,4	20	52,6
				38	100

Based on table 3, it shows that 12 mothers who have a negative attitude to primipara are 12 people (31.6%), multipara as many as 1 person (2.6%) and Grandemultipara as many as 5 people (13.2%). The results of the chi square test obtained a P Value = 0.001 which means <0.05 so that it can be concluded that there is a meaningful relationship between Parity of Postpartum Mothers and Exclusive Breastfeeding Attitude in Gunung Leutik Village, Ciparay District, Bandung Regency.

#### 5. Comparison

Based on table 4.1, it can be seen that primipara mothers are 15 people (39.5%), multipara 12 people (31.6%) and multipara are 11 people (28.9%). The majority of parity of postpartum mothers in the village of Gunung Leutik, namely Primipara. This is in line with research conducted by Desy Purnamasari and Rima (2020) entitled Parity Relationship with Exclusive Breastfeeding at Banyuwangi Counseling Houses in 2020, with the results of 27 multipara mothers, more than 23 primary mothers. So that many mothers give exclusive breastfeeding in this study

Based on table 4.2, most of the respondents had a positive attitude as many as 20 people (52.6%) and negative attitudes as many as 18 people (47.4%). The majority of

postpartum mothers in Gunung Leutik Village, Ciparay District, Bandung Regency have a positive attitude. Attitude is the mental and neural state of readiness, which is regulated through experiences that exert a dynamic or directed influence on the individual's response to all objects and situations that relate to it. This is in line with research conducted by Isnaini et al (2023) entitled The Relationship between Maternal Attitudes and Exclusive Breastfeeding at Posyandu Cut Nya'Dien and Posyandu Dewi Sartika Banyu Putih Kidul Village with the results of mothers who had a positive attitude as many as 85 people (85%), and who had a negative attitude as many as 15 people (15%).

Based on table 4.3, it shows that most of the respondents who have a negative attitude are primipara, namely 12 people, 1 multipara, and 5 multiparapara. Meanwhile, respondents who had a positive attitude for primipara were 3 people, multipara 11 people and grande multipara as many as 6 people. The results of the chi square test were obtained with a P value = 0.001 which means  $<0.05$  so that it can be concluded that there is a meaningful relationship between Parity of Postpartum Mothers and Exclusive Breastfeeding Attitudes in Gunung Leutik Village, Ciparay District, Bandung Regency. This is in line with a study conducted by Purnamasari and Khasanah (2020) entitled Parity Relationship with Exclusive Breastfeeding at Banyuwangi Counseling House 2020, it was concluded that there is a relationship between parity and exclusive breastfeeding with a p-value of  $0.005 < 0.05$ . From the results of the research carried out, it is proven that mothers who have more than one child are more likely to give exclusive breastfeeding compared to mothers who have just had one child, so there is a need for support from families or health workers to increase the coverage of exclusive breastfeeding

## 6. Conclusions

The majority of parity of postpartum mothers in Gunung Leutik village, namely Primipara, is 15 people (39.5%). The attitude of postpartum mothers in exclusive breastfeeding had a positive attitude of 20 people (52.6%) with the majority of multiparapara. The results of the study showed that there was a significant (meaningful) relationship between Parity of Postpartum Mothers and Exclusive Breastfeeding Attitude in Gunung Leutik Village, Ciparay District, Bandung Regency with a P value of 0.001.

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