

Sociodemographic Factors Influencing Exclusive Breastfeeding in Indonesia

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ABSTRACT

Background: Exclusive breastfeeding is breastfeeding without any additional food for six full months. Not all mothers breastfeed exclusively to their babies. This is influenced by various factors, including sociodemographic factors such as occupation, education, parity, and age.

Aim: This study employed scoping review methodology. This study combined current alleged knowledge and information related to factors that influence exclusive breastfeeding.

Method: This study emphasizes sociodemographic factors such as occupation, education, parity, and age, especially the failure to provide exclusive breastfeeding, and identifies as a whole of the total 18 articles found, which are reviewed and summarized narratively.

Results: The findings in this study indicate that factors of occupation, education, parity, and age affect exclusive breastfeeding, especially in working mothers, mothers with low education, mothers with prim parous parity, and mothers with the young generation.

Conclusion: This study is expected to improve results and be used as an input for policymakers, health workers, and service users.

Keywords: Factors, Sociodemographic, Determinants, Influence, Breastfeeding, Exclusive Breastfeeding,

INTRODUCTION

Exclusive breastfeeding is breastfeeding for the full six months without additional fluid such as infant formula, orange, honey, tea, water, and solid foods such as bananas, papaya, pulp, milk, biscuits, rice porridge, and teams [1]. According to the World Health Organization (WHO) (2016), exclusive breastfeeding coverage in the world is only 38%. Indonesia has reached the target (54%), according to the fifth global target proposed by WHO (50%). Nevertheless, out of 34 provinces, three provinces have not reached the mark: Gorontalo (32.3%), Riau (39.7), Central Kalimantan (40%). Meanwhile, the highest coverage is located in East Nusa Tenggara (NTT) of (79.9%). Following the purpose of the third Sustainable Development Goals (SDGs) (ensuring a healthy life and encouraging the welfare of all people of all ages) that is by 2030 people should live healthy and promote well being for all, by reducing Maternal Mortality Rate (MMR) and Infant Mortality Rate (IMR). The provision of exclusive breastfeeding is also listed in the Al-Qur'an of the word of God which reads:

"Mothers should suckle their children for two full years, which is for those who want to perfect breastfeeding" (Al-Baqoroh: 233).

Araujo de Franca, indicate that mothers who have higher education background, working mothers, young age mothers and primiparous parity are factor that influence exclusive breastfeeding [2]. While other studies show otherwise. Paramashanti, Hadi, &Gunawan (2016) show that maternal young age and higher education background factors have no effect on exclusive breastfeeding [3]. Similarly, other studies have shown that maternal parity has nothing to do with breastfeeding exclusively. Thus, this study aims to summarize and synthesize factors that affect exclusive breastfeeding in Indonesia.

METHOD

Researchers' methodological framework in this research was supported and enforced by advocates of a systematic review stating that all methods are used in stages and carried out by rigorous and transparent selection. This research followed the scoping review methodology as presented by Arksey and O'Malley [4]. In this process, it was documented in detail so that others could replicate this research. An explicit approach can increase the findings' reliability and respond to any suggestions that this research does not cause problems in the methodology [5].

The method adopted was used as a guideline to identify literature in scoping studies to achieve deep and broad results. Scoping study methods were guided by the need to identify all relevant literature. In this study, researchers intended to identify literature searches specifically and deeply. This study aimed not to place limits that were too narrow or small in literature search, identification of relevant studies, or selection in the initial stages. Following are the stages of the methodology framework adopted to conduct a feasibility study:

Stage 1: identifying the research question

Stage 2: identifying relevant studies

Stage 3: Study selection

Stage 4: charting the data

Stage 5: collating, summarizing, and reporting the results.

Framework Stage 1: Identifying the Research Question:

As with a systematic review, the starting point for identifying research questions discussed is based on literature search guidelines. Thus, it is essential to identify aspects of the research question, such as the study population, intervention, or outcome.

This study's research question is: what is known from the existing literature on the factors of occupation, education, parity, and age that influence exclusive breastfeeding?

Defining the types of parameters and considering the implications of adopting is very important at the beginning of the feasibility study. Extensive keywords are relevant searches, such as reducing the possibility of missing articles, but can also produce many unmanageable references. In this study, researchers used a broad approach to do literature searches.

Framework Stage 2: Identifying Relevant Studies: As explained, all scoping points are as comprehensive as possible in identifying the main study (published and not publicized), and the right review answers to research questions can be centralized. To achieve this, researchers adopted a strategy that involved searching for research evidence through various sources.

- ✓ Electronic databases
- ✓ Reference lists
- ✓ Hand-searching of key journals

From a practical point of view, the results obtained must be made in advance about the review's scope in terms of time and language. This study included a study published between March 2008 and April 2018. The beginning of 2008 was chosen because the literature search was considered sufficient to represent the research objectives. A literature search was at the limit of the last ten years of research. Language material in research is preferred study in the form of English. In this study, the researcher translated the article so that it took a long time. Also, researchers must use criteria limits for practical reasons to show relevant results and answer research questions.

The electronic database, the internet The electronic database contains bibliographic details and abstracts of published material. Researchers need to consider before carrying out the critical stages of this process, such as databases used, types or terms related to literature search; develop a search strategy to enable improvements; whether technical search skills can help literature search; and the necessary costs related to online access using electronic databases, loan between libraries and full photocopies of articles available locally.

Search strategies for electronic databases are developed from research questions and terms from predetermined keyword boundaries. In this study, the skills needed to design or create and carry out in-depth search strategies owned through librarian sources have been carried out. This study was assisted and guided by counselors where researchers work together to identify relevant keywords; the adviser also suggested searching the database used so that it was most likely to produce the type of research that the researcher wanted. Then, the researchers formulated an initial search strategy, which was further refined. The first results of the database used were Pubmed, Science Direct, and Cochrane.

In this study, the search was carried out using three databases found through electronic databases. There were large variations in the number of references generated by each database using the three databases. The Pubmed database found 1,495 articles, and the Science Direct database found 1,847 items, and the Cochrane database found seven pieces. Hence, the total number of articles found was 3,349. It was not known how effective these different databases could produce 84 items which were finally included in the final selection, and for successful

articles, 18 articles were reviewed. The information found is expected to be used as a reference for further research.

Reference list: In this study, researchers conducted bibliographic examinations through search-especially data-based scoping reviews and guidelines. This process identified the references first and reached the point of saturation where no new research was being recognized. Citation search also produced further studies, but in this study, researchers did not use this technique.

Hand-searching of key journals: Searching for journals using keywords was very important to identify articles that have been answered in the database and search reference lists. This can happen because the electronic database may be incomplete, not up to date, or because the number of abstracts can vary, index, and depth of information. In this study, the proportion of language used is an English-language journal. In this study, researchers' keywords consisted of factors, sociodemographic, determinants, influence, breastfeeding, and exclusive breastfeeding.

Framework Stage 3: Study Selection: In this study, researchers have selected the articles found where the search strategy used was mostly irrelevant. It is essential to define terminology at the beginning of the feasibility study. In the case of this study, researchers experienced specific difficulties such as different state terminology in describing exclusive breastfeeding and other facts that researchers have tried to expand the keyword search literature.

Researchers needed a way to eliminate studies that did not answer research questions. Scoping review methods developed inclusion and exclusion criteria based on specific research questions in the initial stages of research to ensure consistency in the literature search. Scoping studies conducted by researchers used similar methods based on predetermined criteria. Based on the improvement of literature, that researchers could do all quotations to determine their relevance. Inclusion criteria used in this study were: types of research in qualitative or quantitative literature; research samples in this study were mothers who breastfed or have been breastfeeding; the language in literature research was English; in full-text research.

Then, the inclusion and exclusion criteria were applied for all articles. A complete report was obtained for the research that appeared and represented "best suited" to the research question. If the relevance was not clear from the abstract, the full article had omitted. The time limit for searches was also determined after it was agreed that researchers would not include more in-depth studies prioritizing analysis. This was an important decision when experiencing time constraints; however, a good practice is shown in the attachment to each article that has not been reviewed; this might attract other researchers. The next stage required a review to read the full report to decide the research selected and included in the study. Badger et al. (2000) note that the abstract cannot represent the full article or capture the whole article [6].

There were 3,349 articles, 2 articles through the library, and 1 article that was available locally for photocopying from the original article references. After reading the item in full, there were 84 selected articles. Then, it was obtained 18 articles to be included in the review.

Framework Stage 4: Charting the Data: The next stage was charting keywords from information obtained from the preliminary research report. 'Charting' is a technique for synthesizing and interpreting qualitative data by sorting, charting, and sorting material according to the issues of keywords and themes, the same process that uses researchers [7]. The charting approach in this study was more of a 'narrative review,' which used a broader view that included recording information about the 'process' of each program or intervention had in the study so that the 'results' were contextual and better understood by the reader [8]. The information taken must be recorded from the primary research and, most importantly, consider how the comparison between different interventions can be achieved. The summary was made quite briefly from each study, but it did not guarantee that it could help readers make their conclusions based on the study findings [8]. The method used in this study was 'description analytics in the narrative tradition, which involved the application of a general analytical framework for all primary research papers and collected standard information in each research.

The researchers' data to do the mapping was included in the 'data charting form' using the Word database program. What should be filled out in the data charting form? In general, this will be public information about more specific studies and information, for example, the study population, type of intervention, research design, and research findings. The researcher records all information as follows:

- ✓ Author(s), year of publication, study location
- ✓ Intervention type; duration of the intervention (if any)
- ✓ Study populations
- ✓ Aims of the study
- ✓ Methodology
- ✓ Research results

The researchers sought a uniform approach for all 84 articles obtained and 18 items included in the review. However, it was impossible to attach all the necessary information in practice, where the research was omitted to be included in the relevant results; following Badger, not all data information is always presented in a data format [6].

Framework Stage 5: Collating, Summarizing, and Reporting the Results: The next feasibility study phase is by compiling, summarizing, and reporting on the results. The feasibility study in this study presents an overview of all the review material. It results from problems regarding sociodemographic factors that affect exclusive breastfeeding, namely employment, education, parity, and age. This study's weakness is that researchers only use two primary sources: the review literature is limited only to identify the overall shortcomings of all literature by comparing or adjusting from all available research (the type of research and research design). The implementation of consultations is essential to identify problems related to the current trends.' in this framework is the final step of scoping review

Sociodemographic factors that influence breastfeeding

Occupation: Based on the results of a review of 18 literature, it was found that job factors influence exclusive breastfeeding, especially in working mothers. Some of

these studies were conducted in Spain, Ethiopia, Pakistan, and Saudia. Mothers who returned to work more often did not breastfeed exclusively than mothers who did not work. This was because mothers who worked have job demands, breastfeeding-friendly work environments, mothers did not join breastfeeding support groups even though mothers who did not work have more time to breastfeed their babies.

Education: From the reviews that have been carried out, the education factor influenced the exclusive breastfeeding of infants. Educational factors in this study were categorized as low education and higher education. Based on the journal, mothers with soft education background tend not to give exclusive breastfeeding to their babies. This is different for mothers with higher education. One such study was carried out in Ethiopia, Saudia.

Parity: The results of several reviews that have been conducted found that maternal parity affected exclusive breastfeeding. As in this study, it was found that mothers with primiparous parity were more likely not to give exclusive breastfeeding to their babies compared to mothers with multiparous parity.

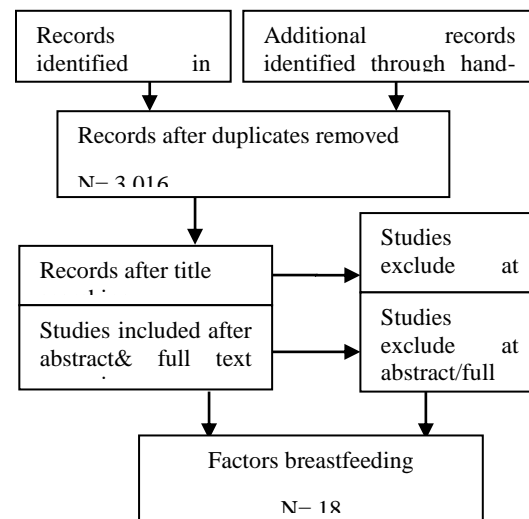


Fig 1. Flow diagram for scoping review Age

From the results of the review, it was known that the mothers' age influenced exclusive breastfeeding. As in the journal, which stated that young age was more likely not to provide exclusive breastfeeding. This was different from older mothers who were more likely to give exclusive breastfeeding. Some of the researches were conducted in Spain, Saudia, and Ethiopia.

DISCUSSION

Working mother: From some literature, it was found that working mothers were likely not to breastfeed their babies exclusively. This was because working mothers had less time to stay with their children, not to breastfeed exclusively. Other findings found in many studies confirmed that working mothers had a negative perception of exclusive breastfeeding.

The duration of exclusive breastfeeding in working mothers also shorter. Based on three databases, no other

literature stated that working mothers were successful in exclusive breastfeeding. Similar research conducted in Jakarta stated that mothers who worked as employees had working hours more than eight hours a day; thus that the practice of exclusive breastfeeding was not achieved. Although policymakers in Indonesia have issued regulations with numbers: 48 / Men.PP / XII / 2008, Number: per 27 / Men / XII / 2008 and number 1177 / Menkes / PB / XII / 2008 concerning increasing breastfeeding at work. However, this did not provide evidence of the achievement of breastfeeding for working mothers. The same thing was in line with the findings in Sweden, Spain, and Pakistan. As in Pakistan, the workplace arrangement was less conducive for breastfeeding mothers; for example, there was no facility to breastfeed. Although, policymakers have developed programs to achieve exclusive breastfeeding.

Low education level: Research conducted in Arab Saudi, Ethiopia, stated that mothers' low education level affected breastfeeding exclusively for infants. One's education was closely related to the level of knowledge. Breastfeeding mothers who had low education levels, in other words, have less knowledge about exclusive breastfeeding. This was different from highly educated mothers. Socio-culture in the local area played a role in breastfeeding, such as providing complementary foods for babies in less than six months. However, other studies explained that the family's support, especially the husband's support, helped to breastfeed mothers in knowing the source of information related to breastfeeding by giving breastfeeding motivation to the mother. From several studies conducted in Indonesia, it was stated that mothers with low or high education levels did not affect the success of exclusive breastfeeding. Although a policy was issued by the Government of the Republic of Indonesia Number 33 of 2012 regarding exclusive breastfeeding, exclusive breastfeeding has not been fully achieved according to the target in each region.

Based on the Indonesian Health Profile (2016), although the average length of time to pursue higher education was urban than in rural areas, it did not affect exclusive breastfeeding. According to the Indonesian National Education Department, women of university graduate from year to year increased. The increase should be followed by a better understanding of the importance of exclusive breastfeeding. Higher education level background owned by breastfeeding mothers did not guarantee that mothers succeeded in breastfeeding exclusively. Higher education did not always reflect good knowledge about exclusive breastfeeding. Such limited maternal knowledge often had different perceptions about breastfeeding practices. As in Ethiopia (Northwest), Sweden, Saudi Arabia, and Spain, it was found that low maternal education was more at risk of giving up exclusive breastfeeding. However, this compared with other studies such as in Brazil, Korea, and Greece, which stated that higher education mothers were more likely to provide exclusive breastfeeding. This was because interventions were more directed by Hospital staff in promoting breastfeeding, and breastfeeding mothers did not receive

nipples for their babies so that it was very effective in communicating to all breastfeeding mothers.

Primiparous Parity: Based on the literature, parity influenced exclusive breastfeeding. Moreover, a study conducted in Kenya and Spain stated that mothers with primiparous parity were more likely not to give exclusive breastfeeding. This was because mothers with primiparous parity had new experiences in breastfeeding. Young mothers in breastfeeding were very dependent on their parents, where young mothers did not have expertise in breastfeeding. Parents of young mothers were more adherent to the culture, such as providing additional food to babies. This was a form of maternal behavior that affected exclusive breastfeeding. While the young mother's husband only followed what the parents said.

Young age: The mother's age in breastfeeding was very influential on exclusive breastfeeding. Based on the literature that has been found, young mothers were more likely not to breastfeed exclusively. Mother's age was closely related to the experience she has. Mothers of young age and having primiparous parity were more likely not to give exclusive breastfeeding. At a young age, mothers were more at risk of giving up exclusive breastfeeding such as research conducted in Sweden, Ethiopia, and Saudi Arabia. This was because young age mothers were more likely to have unbalanced feelings or uncomfortable feelings. This would result in maternal attitudes, maternal thinking, and inconsistent maternal behavior, one of which was exclusively breastfeeding.

Different things were found in Indonesia's literature, which stated that maternal age did not affect exclusive breastfeeding. The same thing is explained in the study: young age is more likely to provide exclusive breastfeeding because maternal dwellings supported it in urban areas (metropolitan) and high maternal education. Thus, young mother's age correlated with exclusive breastfeeding. Also, the national policy on introducing supplementary food and a paradigm shift significantly affected breastfeeding practices in Korea.

CONCLUSION

Complete understanding and information about whether the factors of education, occupation, parity, and age affect exclusive breastfeeding. A study is needed to examine the causes and other characteristics of exclusive breastfeeding. This study shows that working mothers, low education, primiparous parity, and young age are factors that are more likely not to provide exclusive breastfeeding. The effect found in this research was a form that must be a concern by all policymakers, health workers, and the surrounding community in all regions regarding the importance of exclusive breastfeeding. The results of this study can be used as input for policymakers, especially the Government, health workers, and the surrounding community, as a form of attention to the importance of exclusive breastfeeding, which has been identified based on factors such as working mothers, low education level, young age, and primiparous parity affected exclusive breastfeeding. Further research is indispensable, such as conducting research related to other factors that affect exclusive breastfeeding, for example, in socio-cultural factors in Indonesia.

Ethical Statement: Not applicable for a literature review.

Author Agreement: This article is the original work of Wulan Wijaya and Ismarwati. The authors abide by the copyright-terms applicable in an international conference. This article has not been published or submitted for publication elsewhere

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