

## THE EFFECT OF SOCIALIZATION OF GRANDMA CLASS WITH GRANDMA KNOWLEDGE ON EXCLUSIVE BREASTFEEDING

Indriyani Makmun<sup>1\*</sup>, Ana Pujiyanti Harahap<sup>2</sup>, Rizkia Amilia<sup>3</sup>, Aulia Amini<sup>4</sup>, Catur Esty Pamungkas<sup>5</sup>

<sup>1</sup>University of Muhammadiyah Mataram (INDONESIAN)

<sup>2</sup>University of Muhammadiyah Mataram (INDONESIAN)

<sup>3</sup>University of Muhammadiyah Mataram (INDONESIAN)

<sup>4</sup>University of Muhammadiyah Mataram (INDONESIAN)

<sup>5</sup>University of Muhammadiyah Mataram (INDONESIAN)

\*Corresponding author: ndry.ani88@gmail.com

### Abstract

Breastfeeding can save 1.5 million babies a year from infant morbidity and mortality. Grandma's class can have an effect on exclusive breastfeeding and MP-breastfeeding. The grandmother class program is an effort to empower the community and support stunting prevention during the golden period of toddlers. The research method used is descriptive with a cross-perspective approach. Objective: To find out the relationship between the socialization of the grandmother class and the attitude of grandmothers towards exclusive breastfeeding in Babakan Village, Sandubaya District, Mataram City in 2022. The results of the study of respondents based on age, most of the respondents were in the early elderly category, namely 18 people (60%) aged 46-55 years, 22 people with low education (73.7%) and the number of respondents who worked and did not work was the same, namely 15 people each (50%). The socialization of the grandmother class participated in the full activity as many as 24 respondents (80%). Grandma's knowledge of exclusive breastfeeding was 28 people (93.3%). The effect of socialization of grandmother class with grandmother's knowledge on exclusive breastfeeding was obtained from the results of statistical tests there was a significant relationship between the socialization of grandmother's class and grandmother's knowledge on exclusive breastfeeding with a p-value of  $0.049 < 0.05$ . Recommendation: Health workers should be able to provide support and motivation in a continuous manner to be able to achieve the success of the grandmother's class program

**Keywords:** Grandma class socialization, Knowledge, Exclusive breastfeeding

### 1. INTRODUCTION

Breast milk (breast milk) is a liquid that comes out of the breast secretion after the mother gives birth. The first liquid that comes out is called Colostrum which functions to increase antibodies higher than mature breast milk. Breast milk is very easy to get and ready to drink without special preparation with a temperature that suits the baby, the quality is very good and free from bacterial contamination so as to reduce the risk of gastrointestinal disorders. According to Law No. 33 of 2012, exclusive breastfeeding is given until the age of 6 months, and there needs to be support from family, health workers, the government and the

community. Community support, both individually, group and organizational, in the form of contributions to related programs. Exclusive breastfeeding has a great influence on the practice of exclusive breastfeeding. The role of the family is very important, especially the motivation, perception, emotions and attitude of the mother in breastfeeding her baby [1] The benefits of breastfeeding are very important for babies, Breastfeeding can save 1.5 million babies per year from infant morbidity and mortality, many parties admit that overcoming infant mortality from a point of view is not difficult compared to overcoming non-medical problems such as social and cultural aspects [2].

According to [3], exclusive breastfeeding is a process in which mothers breastfeed exclusively without giving any complementary foods other than breast milk. Exclusive breastfeeding can help babies to promote optimal growth, development and health because breast milk contains important nutrients and is perfect for babies. Exclusive breastfeeding in Indonesia has been regulated in Government Regulation No. 33 of 2012, but the practice of breastfeeding is still relatively low. According to the results [4], the proportion of exclusive breastfeeding for infants aged 0-5 months in Indonesia is 37.5%. Meanwhile, the lowest proportion is in West Nusa Tenggara Province (NTB) at 20.3%. From the data obtained at the Ministry of Health of the Republic of Indonesia in 2017, the coverage of exclusive breastfeeding in the NTB region is 77%, still lagging behind the national coverage of 80%. The highest coverage in the West Lombok Regency area is 95.8%, and based on data from the NTB Provincial Health Office in 2018 the coverage of Exclusive Breastfeeding in the city of Mataram is only 70.5%.

Based on data obtained by the Mataram City Health Office (2018) [5], in the Tanjung Karang area, the number of postpartum visits coverage is the highest compared to other regions at 90.3%. From the results of the study [6], in 2015 it is still seen that the number of early marriages in Mataram City is still very high, which is 1293 cases, and in 2016 there are 574 cases of isbat nikah applications from January to September, where in January the number of isbat nikah applicants amounted to 41 cases of marriage dispensation applications received and determined by the Mataram Religious Court. Thus, postpartum mothers in the Mataram city area are still many in adolescence.

According to [7], in his research it was found that the family, especially the grandmother of the baby, was very effective in increasing the success of exclusive breastfeeding. Grandma's class can have an effect on exclusive breastfeeding and MP-breastfeeding. Exclusive ASI has a 5,882 chance for a success rate and a 4-star MP-ASI balanced menu has an 11,970 times chance of improvement. The grandmother class program is an effort to empower the community in an effort to support stunting prevention during the golden period of toddlers [7]

## 2. METHODOLOGY

The method used in this study is descriptive analytical, which is a method that functions to describe or give an overview of the object being studied through data or samples collected [8] with a cross sectional approach. The population in this study is Grandma who is in Babakan Village, Sandubaya District, Mataram City, West Nusa Tenggara in 2022. The total population is 68 people. The sample in this study was 30 people, namely grandmothers who had grandchildren aged 0-6 months in Tanjung Karang Village, Sekarbela District, Mataram City, West Nusa Tenggara in 2022. The sampling technique with Purposive Sampling is a criterion based on the selection of inclusion and exclusion criteria. The data analysis used used Univariate and Bivariate analysis with the Chi Square Statistical Test.

### 3. RESULTS

#### 1. Respondent Characteristics

The respondents of this study are grandmothers who have grandchildren aged 0-6 months in Babakan Village, Sandubaya District, Mataram City, West Nusa Tenggara in 2022 with a sample of 30 grandmothers.

**Table 1:** Frequency Distribution of Characteristics of Respondents Grandmothers who have Grandchildren Age 0-6 Months

No	Characteristics	F	%
1.	Age		
	Early Adulthood (26 – 35 years)	2	6,7
	Late Adulthood (36-45 years)	10	33,3
	Early Elderly (46-55 Years Old)	18	60
	Total	30	100
2.	Education		
	Primary Education (SD-SMP)	22	73,3
	Higher Education (SMA-PT)	8	26,7
	Total	30	100
3.	Work		
	Not Working	15	50
	Work	15	50
	Total	30	100

Based on the table above, the most respondents are respondents who are elderly (46-55 years old) years old, which is (60%). Based on the level of education, most of the education levels of grandmothers who have grandchildren aged 0-6 months in Babakan Village, Sandubaya District, Mataram City, West Nusa Tenggara in 2021 are 22 people (73.3%). Based on employment, the average between working and not working is almost the same by 50%.

#### 2. Socialization of Grandma Classes

The socialization of the grandmother class in Babakan Village, Sandubaya District, Mataram City, West Nusa Tenggara in 2022 is categorized into 2, namely Not fully participating and Fully following. The results of the analysis can be seen in the following table:

**Table 2:** Distribution of Frequency of Socialization of Grandmother Class in Babakan Village, Sandubaya District, Mataram City, West Nusa Tenggara in 2022

Socialization of Grandma Classes	Frequency	%
Not following full	6	20
Follow in full	24	80
Total	30	100

Based on the table above, it can be seen that the socialization of the grandmother class in Babakan Village, Sandubaya District, Mataram City, West Nusa Tenggara in 2021 shows that most of them are in the category of full participation of 24 people or 80%. Meanwhile, the socialization of the grandmother class in Babakan Village, Sandubaya District, Mataram City, West Nusa Tenggara in 2021 which was included in the category of not participating until the end was 6 people or 20%.

#### 3. Grandma's Knowledge of Exclusive Breastfeeding

Grandma's knowledge about Exclusive Breastfeeding is categorized into 2, namely good and bad. The categorization of the grandmother's knowledge variables is calculated based on the frequency distribution. The calculation results can be as follows:

**Table 3:** Distribution of the Frequency of Grandma's Attitude to Exclusive Breastfeeding in Babakan Village, Sandubaya District, Mataram City, West Nusa Tenggara in 2022

Grandma's Knowledge	Frequency	%
Unfavorable	2	6,7
Favorable	28	93,3
Total	30	100

Based on table 3 above, it can be seen that the Favorable category dominated grandmothers' knowledge about Exclusive Breastfeeding in Tanjung Karang Village, Sekarbela District, Mataram City, West Nusa Tenggara in 2021 by 28 people or 93.3% and the Unfavorable Category by 2 people or 6.7%.

#### 4. The Effect of Socialization of Grandma Classes with Grandma Knowledge on Exclusive Breastfeeding in Babakan Village, Sandubaya District, Mataram City, West Nusa Tenggara in 2022

The relationship between these two variables was tested by chi square statistical test analysis. For more details, please see table 4. The following

**Table 4:** Effect of Grandmother Class Socialization on Grandmother's Knowledge about Exclusive Breastfeeding in Babakan Village, Sandubaya District, Mataram City, West Nusa Tenggara in 2022

Grandma's knowledge about Exclusive Breastfeeding						$\chi^2$	Korfesien Kontingensi	p-value
Socialization of Grandma Classes	Favorable		Unfavorable		Total			
	f	%	f	%				
Not following full	4	13,3	2	6,7	6	4,021	0,312	0,049
Follow in full	24	80	0	0	24			
Total	29	96.7	1	3.3	30			

Based on table 4 it can be seen that mostly. The socialization of the Grandma class who participated in full in Babakan Village, Sandubaya District, Mataram City had good knowledge about exclusive breastfeeding, which was 24 people (80%). Respondents who did not take the grandmother class fully had good knowledge of 4 people (13.3%), respondents who did not take the grandmother class in full had a negative attitude of 2 people (6.7%). Respondents who participated in the socialization of grandmothers were full and had negative knowledge were not present (0%).

Furthermore, to find out whether there is a relationship between the two variables, a statistical test was carried out between the variable of Socialization of the grandmother's class and the knowledge of grandmothers about Exclusive Breastfeeding in Babakan Village, Sandubaya District, Mataram City, the results of the analysis obtained a chi square value of 4.021 and The significance value is 0.049. This means that there is a significant relationship between the socialization of the Grandma Class and grandmothers' knowledge about Exclusive Breastfeeding in Babakan Kecamatan Sandubaya Village, Mataram City in 2022.

To see the close relationship or influence between the Socialization of the Grandma Class variable and the grandmother's knowledge about Exclusive Breastfeeding in the Tanjong Karang Village, Kecamatan Babakan, Mataram City in 2022 is seen based on the interpretation of contingencies by [8] The result was 0.312. Based on the interpretation table,

the contingent coefficient value of 0.598 is included in the value interval of 0.20 – 0.4 with sufficient tightness.

#### 4. DISCUSSION

The results of the study in table 1 show that most of the grandmothers who have grandchildren aged 0-6 months are aged at the early elderly stage, namely 46-55 years old as many as 18 samples (60%). During the elderly stage, one of the tasks of elderly development is more related to the personality of others than the sense of self. This is often interpreted as a form of improvement and change in the role that he has done inside or outside the home. Including in terms of playing the role of a grandmother, at an elderly age they will pay more attention to their grandchildren [9] Characteristics of respondents based on education, most of the respondents were at a low education level of 22 samples (73.3%).

According to [10], people with low education usually have lower knowledge and information than people with secondary and higher education. A positive or negative attitude that a person gives is based on knowledge or information obtained. In this study, grandmothers Those who have low education will have low information or knowledge about Exclusive Breastfeeding. Based on the work of the respondents, the number of grandmothers who work with the same number is 15 people (50%) each. At the age of 46-55 years, grandmothers are in early old age, so they are still able to work. Status is the affairs of a person in a group or in an organization, the formal status of a person in a group or in an organization. A person's work will be able to show a socioeconomic level that can affect the ability to absorb information [11]

The results of the study in table 2 show that most of the respondents have participated in the full socialization activities as many as 24 people (80%). Concern from all elements will be very helpful in the grandmother's class program, including in the grandmother's concern to participate in socialization activities until the end. Elements related to the success of the grandmother class program include policy makers at the district level, including the Regents of the relevant cross-sectors, namely the District Government Welfare Section, the Health Office, the Social Service, BKKBN, the PKK and from the Legislatures who can provide budget support for the implementation of the Program, Policy makers at the sub-district level (Camat) and the Village level (Village Head), PUSKESMAS (Head of Puskesmas, Coordinator Midwives, Village Midwives, Managers, Elderly Programs, etc.), District Elderly Komda, from the community (Community Leaders), Elderly Posyandu Cadres who develop the Grandma – Grandpa program Foster and no less important is the community's own concern to participate [5]

The results of the study in table 3 show that almost 100% of respondents have good or favorable knowledge as many as 28 people (93.3%). According to [12], good knowledge can increase the manifestation of paying attention to things that have a positive impact. An atmosphere that prioritizes creative activities rather than boring activities, joy rather than sadness, hope rather than despair. Something beautiful will bring a person to always be remembered, valued and respected by others. To express a positive attitude, a person not only expresses it through his face, but can also be through the way he speaks, meets others, and how he deals with problems. The grandmother's positive attitude showed that the respondents agreed to Exclusive Breastfeeding.

The results of the study in table 4 show that most of the Grandmother class socialization that was fully attended in Babakan Village, Sandubaya District, Mataram City had a positive attitude about exclusive breastfeeding, which was 24 people (80%). The socialization material provided during the research was in the form of information about exclusive breastfeeding for



babies. With the provision of information in the form of socialization, it is hoped that respondents will gain knowledge about Exclusive Breastfeeding so that it can provide a positive response. One of the things behind the existence of the class program Grandma is until now Grandma is a role model in both her speech and behavior. by changing the understanding of grandmothers/grandfathers how to take care of pregnant women, maternity mothers and newborns, this is able to transmit and change behavior to the family, especially to their children[13]

The results of the statistical test show that the p-value is  $0.049 < 0.05$ , which means that there is a significant relationship between the socialization of the Grandma Class and the knowledge of grandmothers towards Exclusive Breastfeeding in Babakan Village, Sandubaya, Mataram City in 2022. Grandma's class can have an effect on the provision of Exclusive Breastfeeding and MP-ASI. Exclusive ASI can have a 4,021 chance of success and a 4-star MP-ASI balanced menu has an 11,970 chance of increase. The grandmother class program is used as an effort to empower the community and support the prevention of stunting during the golden period of toddlers [7]. This is in line with research [14], which states that there is a significant relationship between grandmother support for exclusive breastfeeding.

## 5. CONCLUSIONS

Characteristics of respondents based on age, most of the respondents were in the early elderly category, namely 18 people (60%) aged 46-55 years, 22 people with low education (73.7%) and the number of respondents who worked and did not work was the same, namely 15 people each (50%). The socialization of the grandmother class participated in the full activity as many as 24 respondents (80%). Grandma's knowledge of exclusive breastfeeding was 28 people (93.3%). The effect of socialization of grandmother's class with grandmother's knowledge on Exclusive Breastfeeding was obtained from statistical test results There was a significant relationship between the socialization of the Grandma Class and the knowledge of grandmothers towards exclusive breastfeeding with a p-value of  $0.049 < 0.05$ .

## Acknowledgements

The researcher expressed his gratitude to the entire team who assisted in the implementation of the research

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