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Age And Knowledge to Early Weaning In The Muara Fajar Health Center

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Abstract - Breast milk is very important for the growth of babies, because it can increase antibodies and prevent stunting. Breastfeeding can be given until the baby is 2 years old. The purpose of this study was to find out whether there is a relationship between age and mother's knowledge of early weaning in the working area of the Muara Fajar Health Center. This study used a cross sectional study approach. The population in this study were mothers who had toddlers aged less than 3 years, sampling was carried out by accidental side to 47 respondents. Data analysis using chi square. Statistical test results showed that there was no relationship between age and early weaning ($P = 0.965 > 0.05$), there was a relationship between knowledge and early weaning ($P = 0.018 < 0.05$), odds ratio/OR = 0.186 meaning mothers who had knowledge lack of early weaning 0.186 times.

Key Word : Early Weaning, Age, Knowledge

I. PRELIMINARY

Around 10 million babies in developing countries die, 60% of them can be suppressed in one way, namely breastfeeding, 1.3 million babies can be saved by breastfeeding because it is proven that breastfeeding can improve the health status of babies [1]. Breast milk is very important for a baby's growth, because it can increase antibodies and prevent stunting, fulfillment of nutrition during the golden age of the baby is very important, where the baby's golden period is the first 1000 days of life, from the time the baby is in the womb to the age of 2 years. One of the nutrients that the baby needs at that time is breastfeeding, therefore it is necessary to understand the mother to give breast milk to her baby. Exclusive breastfeeding is given until the baby is 6 months old, and continued until the baby is 2 years old, because breast milk is the first, main and best food for babies, scientifically [1]

Breast milk is the best food for babies. Breast milk is a fat emulsion in a solution of protein, lactose and organic salts secreted by both sides of the mother's breast glands, so that breast milk is the main food for babies, especially up to 2 years of age [2] However, currently there are still many mothers who carry out early weaning of their babies before the age of 2 years with various debts. Weaning from breast milk is the process of stopping breastfeeding for babies [3].

Several factors influence early weaning of less than 2 years in infants, including babies consuming a lot of complementary foods such as breast milk and formula milk so that babies feel full and do not want breast milk anymore, working mothers do not have time to give breast milk to their babies, and the mother's health condition does not allow to breastfeed their babies [4] With this early cleaning, many babies experience stunted growth, for this reason it is necessary to hold counseling about the importance of breastfeeding and the right weaning period. The purpose of this study was to determine the relationship between age and mother's knowledge about early weaning in the working area of the Muara Fajar Health Center.

II. RELATED RESEARCH

Based on research by [5] that one of the factors that influence weaning is knowledge. Mothers who have knowledge will give breast milk to their children and will influence the right time for mothers to wean off breast milk from their children. The results of the study found that the majority of toddlers aged 2 years had been weaned.

Research conducted by [6] shows that the average weaning of babies is carried out in the seventh month after delivery. The mother does not breastfeed her baby anymore due to illness or lack of milk production at the beginning or immediately after

delivery. Mothers who work formally wean their children at the age of 6-9 months while mothers who work informally when their babies are 7-9 months old.

This research is in line with research conducted by [4] in his research conducted on 50 respondents regarding the impact of early weaning on infants 0-24 months showing that most of the respondents had sufficient knowledge of 22 respondents (44%). This shows that most of the respondents have not implemented or applied good and correct weaning methods to their children. Respondents' knowledge about the impact of early weaning can be obtained from several sources, including health workers, print media, electronics, and school education. Therefore, it is necessary for the active role of health workers to increase education about the effects of early weaning so that people understand better the effects of early weaning.

III. RESEARCH METHODS

This research uses quantitative research with correlation analysis research, and uses a cross-sectional approach, namely when the research and data collection are carried out at the same time. The population in this study were all mothers who had toddlers aged less than 3 years in the working area of the Muara Fajar Health Center in Pekanbaru, totaling 104 people. Sampling was carried out by accidental sampling, namely taking samples that accidentally came to the research site, the number of samples in this study were 47 respondents.

At the time of the research the respondents gave consent forms to become respondents, then the respondents gave a questionnaire which was filled in directly during the research. The questionnaire was then processed through an editing process to see if there were data that were not filled in, then coding was done to make data processing easier, then data tabulation and processing was carried out. Bivariate data analysis used the Chi Square test with an error degree of 0.05% to determine whether there was a relationship between maternal age and early weaning and knowledge of mothers with early weaning.

IV. RESULTS AND DISCUSION

RESULT

Univariate analysis

Table 1.1 Frequency Distribution Based on Respondent Characteristics in the Working Area of the Muara Fajar Health Center

No	Characteristics	Amount	Percentage (%)
1	Age		
	< 20 or >35 years	4	9
	20-35 years	43	91
	Total	47	100
2	Knowledge		
	Less	34	72,7
	Good	13	27,7
	Total	47	100

Based on table 1.1, it was found that the majority of respondents were aged 20-35 years, namely 43% of respondents (91%). The majority of respondents had less recent educational knowledge, namely 34 respondents (72.7%).

Table 1.2. Frequency Distribution of Respondents Based on Weaning Age in the Work Area of the Muara Fajar Health Center

No	Weaning Age	Amount	Persentase (%)
1	< 2 years	23	49
2	\geq 2 years	24	51
	Total	47	100

Based on table 1.2, it was found that the majority of respondents carried out weaning at the age of \geq 2 years, namely 24 respondents (51%).

Bivariate Analysis

Table 1.3 Age Relationship in Weaning Breastfeeding in the Work Area of the Muara Fajar Health Center

Age	Milk Weaning				Amount	P _{value}	OR	
	< 2 tahun		≥ 2 tahun					
	N	%	N	%				
< 20 or >35 Years	2	50	2	50	4	100	0.965	1.048
20-35 Years	21	49	22	51	43	100		
Total	23	49	24	51	47	100		

Based on table 1.3. It was found that out of 43 respondents aged 20-35 years, 22 respondents (51%) weaned from breast milk for ≥ 2 years and 21 respondents (49%) weaned from breast milk < 2 years. Meanwhile, out of 4 respondents aged < 20 or > 35 years, 2 respondents (50%) weaned < 2 years and 2 respondents (50%) weaned ≥ 2 years.

Statistical test results showed ($P = 0.965 > 0.05$). This means that there is no significant relationship between mother's age and weaning behavior. This means that age does not necessarily affect mothers in weaning early breastfeeding. The results of the analysis obtained the Odd Ratio value ($OR = 1.048$) meaning that mothers aged 20-35 years are 1x more at risk of weaning from breastfeeding in infants < 2 years.

Table 1.4 Relationship of Knowledge in Weaning Breastfeeding in the Work Area of the Muara Fajar Health Center

Knowledge	Milk Weaning				Total	P _{value}	OR	
	< 2 tahun		≥ 2 tahun					
	N	%	N	%				
Less	13	38	21	62	34	100	0.018	0,186
Good	10	77	3	23	13	100		
Total	23	49	24	51	47	100		

Based on table 1.4. The result showed that of the 34 respondents who had less knowledge, 21 respondents (62%) weaned from breast milk for ≥ 2 years and 13 respondents (38%) weaned from breast milk < 2 years. Meanwhile, out of 13 respondents who had good knowledge, 10 respondents (77%) weaned < 2 years and 3 respondents (23%) weaned ≥ 2 years.

The results of the statistical test found that the value of $P = 0.018 < 0.05$, this shows that there is a significant relationship between knowledge and weaning from breastfeeding in infants. The results of the analysis obtained the Odd Ratio value ($OR = 0.186$) meaning that mothers who had less knowledge of 0.186 carried out weaning of breast milk in infants aged < 2 years.

Discussion

A. Age Relationship in Weaning Breastfeeding

The results of the Chi-square test proved that there was no significant relationship between weaning age where $P = 0.965 < \alpha = 0.05$. This means that there is no significant relationship between mother's age and weaning behavior. This means that age does not necessarily affect the mother in weaning from breast milk. The results of the analysis obtained an odds ratio ($OR = 1.048$). This means that mothers aged 20-30 years are at risk of 1 time weaning from breastfeeding in infants < 2 years.

In this study, the majority of mothers were aged 20-30 years. At this age, it is usually easier for mothers to get and receive information, especially about the importance of breastfeeding and when is the right time to wean their babies. However, in this study, no relationship was found between age and early weaning. This means that many mothers at this age do early weaning of their children. This is not because mothers do not understand the benefits of breastfeeding, but it could also be due to other reasons so that mothers wean their babies early, such as working mothers who do not have time to express breast milk, mothers with certain illnesses or mothers who are pregnant so they have to stop breastfeeding their babies, or because breast milk production is reduced as a result of the baby consuming complementary foods for breast milk and formula milk. For this reason, it is necessary to provide counseling to mothers about the best solution so that mothers can provide breast milk up to 2 years of age from the time the mother is pregnant until giving birth, and health workers routinely conduct postpartum visits to control and assist if the mother experiences problems during the postpartum and breastfeeding periods.

B. The Relationship of Knowledge in Doing Weaning

Chi-square test results prove that there is a significant relationship between knowledge in carrying out weaning where $P\text{value} = 0.018 < \alpha = 0.05$. This means that there is a significant relationship between knowledge and weaning behavior. This means that work can affect the mother in doing weaning. The results of the analysis obtained the odds ratio ($OR = 1.048$). This means that mothers who have good knowledge are at risk of 1.048 times weaning babies < 2 years.

This is in accordance with a study by [5] which states that mothers who have high knowledge carry out weaning from breastfeeding < 2 years because they understand the importance of breastfeeding up to 2 years of age, but due to busy activities of mothers at work so mothers do not have time to breastfeed for up to 2 years. Whereas mothers who have high knowledge and do weaning of breast milk ≥ 2 years because these mothers know the importance of breastfeeding and do not have busy activities so they can provide breast milk either directly or indirectly, namely by expressing milk for working mothers who have time to express their milk. Also mothers who work from home or mothers who don't work and only stay at home so that it is possible to give ASI until the age of 2 years.

This research is in line with research conducted by [7] who said that mothers who are in the maternity ward in the Wallonia region, they do early weaning of babies aged 3, 6 and 12 months because mothers feel that their milk is not sufficient, this is because mothers have a low level of education and mothers return to work.

The results of the [8] study showed that most mothers worked earlier in weaning (67.9%) with (p-value 0.01), most mothers with sufficient knowledge did early weaning (47.5%) with (p-value 0.00), most mothers with low education do weaning earlier (64.3%) with (p-value 0.00), there is an influence between work factors, sufficient knowledge, and low education with cleaning time.

According to [9] the lower the mother's education, the higher the risk of early weaning. According to the assumptions of educational researchers can be associated with the acquisition of knowledge of respondents, if education is low then knowledge is also low. The results of this study indicate that the majority of mothers have less knowledge. the majority of mothers who have this lack of knowledge do weaning at the age of ≥ 2 years, this can be caused by other factors so that mothers have a lot of time and opportunity to breastfeed their babies up to 2 years of age. A small number of mothers who have less knowledge do early weaning on babies aged < 2 years, this can be caused because mothers really don't benefit from breastfeeding and when to understand the right time to give breast milk, apart from that the busy factor of working mothers is also the reason why mothers do early weaning. Therefore counseling from health workers is very necessary, starting from providing information when pregnant women carry out third trimester pregnancy visits, counseling at puskesmas, posyandu and distributing brochures to breastfeeding mothers, this is done so that early weaning is reduced, so that nutrition is given to babies can be fulfilled and the baby avoids growth retardation.

V. CONCLUSION

Based on the results of this study it was known that the majority of respondents were aged 20-35 years, namely 43 respondents (91%), the majority of respondents had low knowledge, namely 34 respondents (72.7%), the majority of respondents weaned from breastfeeding at age ≥ 2 years, namely 24 respondents (51%). Bivariate test results show that there is no relationship between the age of the mother in carrying out early weaning with $P\text{value} = 0.965 > 0.05$. And there is a relationship between mother's knowledge of early weaning with $P\text{value} = 0.018 < 0.05$.

Mother's knowledge related to early weaning in infants. Mothers who have less knowledge will be more likely to do early weaning because mothers do not know the benefits of breastfeeding until 2 years of age and the negative effects if breastfeeding is not given until 2 years of age. For this reason, it is necessary for the role of health workers to provide counseling to mothers, starting from when pregnant women are often given health education, including about the benefits of breastfeeding and when is the right time to wean from breastfeeding. Health workers also need to make postpartum visits to postpartum mothers and breastfeeding mothers, provide guidance on whether there are any problems with breastfeeding.

It is suggested to future researchers to conduct research with different variables and different research methods so that other factors can be found that cause mothers to carry out early weaning.

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