

Research Article

The exclusive breastfeeding experiences of working mothers in West Sumatera (Sumbar) Peduli ASI community

Yanti P. Sari^{1*}, Yosi S.², Nella V.³

¹Department of Maternity and Child Nursing of Faculty of Nursing Andalas University

²Faculty of Nursing Andalas University

³Department of Nursing Poltekkes Indonesia

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***Correspondence:**

Yanti P. Sari, Ners., M.Kep.,

E-mail: rianti200707@gmail.com

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ABSTRACT

Background: Exclusive Breast feeding is one of the world wide programs to prevent a baby from any kind of disease and improve their immunity. Various health promotion efforts are always made to keep this program succeed. However, the result of the surveys in Indonesia showed the achievement of the exclusive breastfeeding is remains low. The aim of this study is to explore the experience of a working mother who succeeded to give exclusive breastfeeding.

Methods: This research used qualitative study with phenomenological approach. Four participants were chosen from "Sumbar Peduli ASI Community" by purposive sampling technic. Data was collected by in-depth interview. Data analyzed used Collaizi method.

Results: Based on the data analysis, it was found three themes, that are "the sacrifice of a working mothers to give exclusive breastfeeding", "provided a good support system" and "encountered problems" and seven sub-themes, that is "sacrifice time", "physical sacrifice", "family support", "social support", "health workers support", "technical problems" and "non-technical problems".

Conclusions: To be successful in providing exclusive breastfeeding, mothers have to sacrifice time and physically, to get the support of family, social and health workers so that obstacles can be solved.

Keywords: Experience, Exclusive breastfeeding, Working mothers

INTRODUCTION

One of the world's efforts to suppress the morbidity and mortality of infants is exclusive breastfeeding program. Unfortunately, exclusive breastfeeding achievement in some developing countries remains low, included Indonesia, only 40.35%, and in West Sumatera, only 40.08%.¹

Exclusive breastfeeding is very important for the baby. Breast milk is the best food that cannot be replaced by other foods. Breast milk contains all sources of nutrients needed by the baby and be able to improve the baby's

immune system. The exact composition of breast milk is very suitable with the conditions of the digestive tract and metabolism of the baby's body.²

In Indonesia, rights for exclusively breastfed infants are protected by the state based on law number 36 of 2009, concerning Health. This law mandates that every baby in entitlated to exclusive breastfeeding from birth until age of 6 month. Mothers who work are also protected to breastfed by law number 13 of 2003 which mandates that women whose children are still breastfeeding should be given proper opportunities to breastfeed, including if it should be done at work.³

Some studies suggest that one of the causes of the failure of exclusive breast-feeding is the return of mothers to work, because mothers only had 12 weeks to leave work. And then, mothers must work again.⁴ Studies by Ekanem, Asuquo dan Eyo found that from 100 mothers, only 24 mothers who succeed to give exclusive breast-feeding.⁵

The practice of exclusive breast-feeding is influenced by several factors such as perception, understanding, and knowledge of mothers about the benefits of breastfeeding, breast milk preservation, and technic that milk production remains good. Various feelings often arise due to leaving the baby at home to go back to work, such as feeling pity, not bear and guilty. Some of the reasons that mothers presented as the cause of the failure of exclusive breastfeeding is the distance between home and office.^{4,6}

The results of previous studies mentioned that working mothers is one of the main points that cause maternal failure to provide exclusive breastfeeding to their babies. But, in “Sumbar Peduli ASI Community”, it was found working mothers who managed to give exclusive breastfeeding to their babies. “Sumbar Peduli ASI Community” was formed on June 26, 2013. Starting from the social media, the community already has 1,454 active members to volunteer as many as 21 people. This community was founded on the basis of the low awareness of exclusive breastfeeding in West Sumatra and the lack of breastfeeding support groups are actively campaigning exclusive breast-feeding.

METHODS

A phenomenological approach design was chosen for this study.^{7,8} This design is useful to find the meaning of mother’s exclusive breastfeeding experience in “Sumbar Peduli ASI Community”

Four mothers chosen from Sumbar Peduli ASI Community used purposive technic sampling. The sample includes working mothers who succeed to give exclusive breast-feeding. All of participants were primiparas; maternal age range from 25 to 32 years.

Ethical approval from the Faculty of Nursing Andalas University was obtained. Potential participant were identified and approached by organization committee of Sumbar Peduli ASI Community. Interested mothers were referred to the researchers, who explained the purpose and procedures of the study in more detail. If a mother agrees to participate, a signed informed consent was obtained, and an interview was scheduled at a time convenient for the participant.

Data were collection through face-to-face in depth interviews, which were audiotaped.⁹ Main guiding, open ended questions were used and encouraged mothers to provide deep-detail about their exclusive breast-feeding experience. The following question guided the interviews is “Can you tell me about your experience in breastfeeding your baby?”

Immediately following all interviews, the interviewer’s made notes detailing the participant non-verbal behavior and any relevant contextual information. Audiotapes were transcribed verbatim. Transcripts were first read, and then categories were created by grouping similar idea generated. Then, categories are grouped into sub-themes and themes. Analysis of research data was using Collaizi method.

RESULTS

In this research was found three themes and seven sub themes. When mothers described their exclusive breastfeeding experience, a predominant themes that their “sacrificed” to give milk for their baby’s.

Table 1: Themes Analysis.

Categories	Sub Themes	Themes
go to the house and back to the office to breastfeed at recess wake up in the morning (dawn) to express milk utilize break time to express milk at work	Time Sacrificed	Working mothers sacrificed to give breastfeed
Feel pain when breastfeeding unstopable and squeezed	Physical Sacrificed	
Husbands help prepare and support breastfeeding	Good and Caring Family	The aviability a good support system
Friends work to understand and provide an opportunity to pump breast milk Companions sharing experiences and encouraging exclusive breastfeeding	Conducive Social Environment	
Midwives provide counseling on how to correct breast pump and give support	Supported Health Workers	
Feeling Hunted Time Milking equipment constraints	Technical Constrains	obstacles encountered
Negative Perceptions of Parents	Non-Technical Constrains	

Their sacrificed is “time sacrificed” and “physical sacrificed”. Mothers explain that there has more time to back to go home and then back to office, just for giving milk to their baby’s. And then feel pain when breastfeeding unstopable and squeezed. Second themes are “the availability a good support system”. Working mother was given support from their husband, friends and health worker. The last themes are “obstacle encountered”. Obstacles that participants encountered are in terms of technical and non-technical constraints.

DISCUSSION

This study aims to explore in depth about exclusive breastfeeding experience that has been passed by the working mothers, and then give meaning to that experience. Working mothers who participated in this study emphasize on their efforts in providing exclusive breastfeeding their babies for six months in the middle of limitations they have.

Working mother sacrifices exclusive breastfeeding

All participants in this study stated about their willingness to sacrifice their free time just too directly breastfeed directly or to perform milking ASI as stock inventory at home. All participants utilize break-time in the office to go home and then return to the office. Participants also always give up free time to express milk such as when the office is in a state of quiet or when the work has been completed at the office.

Participants do not have enough time to breastfeed her baby at recess because the distance between the home and office is far enough so it will take that much time off. Participants are willing to wake up at night or waking up early to pump breast milk only to satisfy stock that will be used the next day the baby.

Efforts are made by participants in this study showed a high motivation to succeed in exclusive breastfeeding. The high motivation of the participants based on their good knowledge about the benefits to the infant if they are exclusively breastfed, infants become more powerful, less sick, and avoided from obesity and other gastrointestinal problems.^{2,10,11} High awareness for exclusive breastfeeding makes the mother give up their time to perform a breast pump that supplies the milk when the mother needs to work adequate for the needs of the baby.

All the participants also revealed the physical sacrifice. The phrase was seen from the efforts of participants who are willing to withstand pain or pain in the breast at the place of work. When the milk has accumulated because of blocked various problems such as no monthly meeting or an important meeting to be followed that spend all day so that participants cannot express the milk. Physical

sacrifices participants who do nothing more than to provide the best for their babies.

Although pumping breast milk is sometimes very painful for the mother, but the desire to provide the best food for infants, making them willing to feel pain. Things had never experienced or imagined when not having children. Sense of responsibility and obligation to be one other factor that increased efforts working mothers to breast feed Exclusive.

Sacrifice is a gift that is based on sincere moral consciousness solely. Sacrifice is the result of devotion. Handed over willingly sacrifice selflessly, without any agreement, without any transactions, whenever needed.

The availability of good support system

Based on the research that has been done, all the participants express the meaning of "availability of a good support system". Support system in the question is a family, closest friends, co-workers, health workers. Participants express thanks to the support from various sources, making the participants managed to give exclusive breastfeeding. Participants get support from family, from the social environment and of health personnel.

Good and caring family

In this study, all participants get support. Family support intended by participants is the support from their husband. The support that participants get from the husband in the form of helping participants seeking information about breastfeeding, helps keep the baby, encouragement and motivation to the participants.

The exclusive breastfeeding mothers are supported by the family, especially the husband. Forms of support provided ranging from simple things like remind mothers to breastfeeding, homework help when breastfeeding mother should be, especially when they were ill to participate providing that special meal to make her milk. In the other research, that describes three important aspects for breastfeeding mothers who wish to remain a career, one of them is the sociological aspects that need the support of her husband, parents, siblings and children greater continuity in the conduct of breastfeeding.¹² Husband played a role in survival of breast-feeding. Husband played a role in supporting or helping his wife work at home, such as the morning his wife had to feed her, bathe her husband can be the first child. During breastfeeding, the husband should take over other domestic duties.

According to Friedman family support is the attitude, action and family acceptance towards people who are sick. Family members saw that the people who are

supporting are always ready to provide help and assistance if required.

Family support, the husband plays a major role in the success of working mothers to breastfeed exclusively. However husbands or parents that support will always give a positive attitude, helping participants when experiencing difficulties, provide motivation and encouragement.^{5,14}

Conducive social environment

Support from social environment that participants get from one of the co-workers, a form of support that participants get from colleagues in the form giving permission for the participants to express milk or breastfeed return and replace the work of the participants when participants express milk at work. While the support of the participants that get from a friend in the form of sharing the success of breastfeeding, provide information, provide motivation.^{10,15,16} One of the participants said that a close friend gives a lot of knowledge and motivation in exclusive breastfeeding, close friends always make time to communicate when no problems were encountered participants to provide a solution.

Rizkianti, Prasodjo, Novianti and Ika (2014) that in breastfeeding mothers who work, work environment became one of the mothers closest neighborhood because most of the time is spent at work.¹⁷ Therefore, the support from the workplace to be one of the important factors in the success of exclusive breastfeeding among working mothers.^{11,18,19}

Social support that is obtained from the supervisor in the office, colleagues, and working conditions are also very important.¹³ The company should tolerate such permission 1-2 hours so that staff can go home just breastfeed or express milk.

In addition to family support, the support of colleagues and close friends greatly influence the success of the participants to give exclusive breastfeeding. Support from co-workers demonstrated on giving permission participants to breastfeed or express milk, give leave to the participants, provide a dedicated space for milking place to work. With mutual help to ease the burden or problem facing the participants.

Supported health workers

All participants received support from health personnel, support obtained in the form of giving opportunity to all participants to breastfeed immediately after birth. Two of four persons also said that the support of health professionals. Health workers teach participants about how to express the milk.

Success factors of Exclusive breastfeeding practices in the workplace that support working mothers is very important: support from superiors and support of health workers. Support health workers can be seen from the efforts made in the company midwife clinics to provide information about exclusive breastfeeding.²⁰

Exclusive breastfeeding low coverage due to health worker to support exclusive breastfeeding is still lacking. The clerk was not too concerned the implementation of exclusive breastfeeding. This resulted in the failure of exclusive breastfeeding.¹²

Support from health workers are needed for the success of exclusive breastfeeding program in the form of providing clear information about exclusive breastfeeding in terms of both theory and practice. Especially if health workers also apply exclusive breastfeeding to him personally, so it could make an example or role model for society.^{14,20}

Obstacles encountered

In this study, all participants reveal the meaning of "obstacles" for the duration of exclusive breastfeeding. Obstacles that participants encountered are in terms of technical and non-technical constraints.

Technical Constraints

In this study, all participants meet the technical obstacles for the duration of exclusive breastfeeding. Technical constraints mean hunted time when expressing milk. Participants expressed frequently haunted if breast milk stock in the refrigerator less. Every morning, rush-participants often expressing milk because the participants had to go to work. Other obstacles are encountered that participants must always prepare milking equipment, participants sometimes, in the middle of the night, awake for forgetting to clean and sterilize equipment dairy that will be used the next day. Participants also said she has accidentally left or forgot to bring home the resulting dairy tool participants cannot express milk at work all day.

Non-Technical Constraints

Two of four participants are participants P1 and P2 revealed the non-technical barriers in the form of negative perception of parent participants. P1 participants said at the beginning of the birth parents and the participants often scold participants and told them to use formula milk. According to the parents of participants, breast milk alone is not enough for the baby. Parents of participants consider that the participant's baby often cry because he/she does not feel full because it is only given breast milk alone. Unlike the P2 participants who says breast milk alone may be sufficient as long as its stock, only when the participants 3 months of age babies elderly participants had persuaded to add to soft food. Parents of

participants together with neighbors often asked participants to add complementary foods in addition to breast milk.

Constraints are factors or circumstances that restrict, hinder, or prevent the achievement of goals or circumstances that forced the cancellation of the execution of a target. Barriers to working mothers who fail to provide exclusive breastfeeding to their babies because they feel uncomfortable, have time-consuming work, often get hungry and have great distance between house and office that does not allow participants to return quickly if you want to breast-feed.

Although all four participants managed to give exclusive breastfeeding to their babies, they also encountered problems during exclusive breastfeeding. Constraints encountered by participants varied widely, ranging from having to chase against time to meet the stock ASI, ASI flushed up at night, sometimes forgot to bring supplies or cleaned and sterilized tools milking equipment. Furthermore, they should listen to the negative perception of people nearby. One of the participants said that she did not mind doing it all for the sake of the success of exclusive breastfeeding for her children.

CONCLUSION

Based on the objectives and results of research that has been conducted against 4 participants, it can be concluded that the experience of exclusive breastfeeding by working mothers encountered three themes, namely:

1. *Providing sacrifice*

Sacrifice that participants provided in the form of sacrifice of time and physical sacrifice. Sacrifices that make them to have to go home and come back again to the work place only for breastfeeding or delivering breast milk and wake up at midnight to express milk for the sake of insufficient stock ASI.

2. *Having support*

Support plays an important role in the success of working mothers to breastfeed exclusively. Support comes from within, from family, from the social environment and of health personnel.

3. *Facing constraints*

It turns out though working mothers are able to provide exclusive breastfeeding; working mothers are also encountered obstacles. These constraints are technical obstacles in the form of pressed for time when expressing milk at home because they have to immediately go to work, as well as milking equipment constraints and hassles that are sometimes left behind sterilize milking equipment. Non-technical obstacle in the form of a negative perception of parents is also an obstacle for working mothers.

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