

Postpartum Mother Behavior 0-3 Days in Providing Colostrum in The working area of the Lubuk Tapi Health Center South Bengkulu Regency

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Abstract- To reduce the infant mortality rate and improve the health quality, it is necessary to give good and appropriate food for babies, one of which is giving colostrum. The purpose of this research is to find out how the maternal attitudes by the postpartum of mother in Colostrum are based on knowledge, attitudes, and actions. The method used in this research is a type of descriptive research method. The population of this research includes all the postpartum of mothers 0-3 days that are in the working area of public health center center in South Bengkulu Regency from September-November 2019 amounted to 36 postpartum of mother. The results of the study can be noted that most of the respondents have knowledge about colostrum less than 26 respondents (72.2%), respondents with a negative attitude of 21 respondents (58.33%), and respondents with actions not correct in the administration of colostrum is as much as 24 respondents (66.67%).

Keywords: **Behavior, Colostrum**

1. Introduction

To reduce infant mortality and improve the quality of health requires good feeding patterns and appropriate for infants, one of which is the provision of colostrum. Indonesi Demographic Health Survey (IDHS) 2017, Neonatal mortality rate (AKN) in Indonesia is 15 per 1000 KH. The cause of the highest neonatal mortality caused by complications of intrapartum events recorded 283%, due to respiratory and cardiovascular disorders 21.3%, 19% of low birth weight and premature birth of congenital 14.8%, 1.2% due to neonatal tetanus, infection 7.3% and 8.2% due to other causes (Rakerkesnas, 2019).

Data from the World Health Organization (WHO) show there are 170 million children suffering from undernourishment worldwide. Including 3 million children die each year from malnutrition. The infant mortality rate is high enough in the real world can be avoided by breastfeeding (breast milk) especially colostrum (Wargiana, et al, 2013).

Colostrum is the first milk produced by the mother's breast yellowish liquid or clear syrup containing higher protein and less fat than mature milk. Colostrum is produced from the first to the third day after birth (Wiji, 2013).

WHO has recommended to all babies to receive the colostrum that mother's milk (ASI) on the first day and the second against a variety of infections and getting exclusive breastfeeding for 6 months. Ministry of Health data record, figures Early Initiation of Breastfeeding (IMD) in Indonesia increased from 51.8 percent in 2016 to 57.8 percent in 2017. Despite the increased number called is still far from the target of 90%. The same increase also occurred in the number of exclusive breastfeeding from 29.5% in 2016 to 35.7% in 2017. This figure is also fairly small when considering the importance of breastfeeding for the child's life (Risksedas, 2018).

ASI since ancient times believed to be the only nutrition for newborns, therefore breast-feeding should be made in full, beginning dengana exclusive breastfeeding and continued breastfeeding until the child is 2 years old is good and right as well as the child gets immune naturally. None of the

formula can replace the body of a baby's immune protection, as derived from colostrum. Colostrum is very beneficial to breastfeeding in the first few weeks have great significance for the development of the next baby (Novita, et al, 2013).

Behavior is an individual person's response or reaction to the stimulation that comes from outside and from within himself, can berifat passive (think, argue, act) or active (act) (Notoadmodjo, 2015). Post partum mothers' behavior in the provision of maternal colostrum is behavior which give colostrum to the baby that can be viewed from the knowledge attitudes and actions of the mother. But in reality there are still artifacts postpartum mothers who do not give colostrum to the baby for postpartum mothers with less or do not know about the importance of colostrum.

According to the Health Department of South Bengkulu profile that the scope of exclusive breastfeeding in the PHC Lubuk but still below target at 62.2% (DHO BS, 2018). From the survey the researchers did in making the initial data there are some mothers who did not give a reason colostrum is colostrum with sour milk and baby fear of starvation because breast milk has not come out. Therefore, the author is interested in studying about the behavior 0-3 days postpartum mothers in the delivery of health centers colostrum in the region of the bottom but Bengkulu southern district in 2019.

2. Research Methodology

The method used in this research is descriptive research method types. The purpose of this study was to determine how the behavior of postpartum mothers in giving colostrum based on knowledge, attitudes, and actions. The research was conducted in Puskesmas Lubuk But South Bengkulu. This study population includes all 0-3 days postpartum mothers who were inPuskesmas working area Lubuk But South Bengkulu from September - November 2019.The sample in this study were obtained using the technique of sampling asidental. The research sample amounted to 36 for women. The research instrument using a format of data collection (questionnaire).

3. Result

a. Knowledge

Table 1
Frequency distribution Postpartum Mothers Day 0-3 Knowledge About Colostrum in Puskesmas Lubuk But South Bengkulu

No.	Knowledg e	amount	Percentage (%)
1.	Well	26	72.2
2.	Less	10	27.8
	amount	36	100

Based on the research results can be known that the majority of respondents have less knowledge as many as 26 respondents (72.2%).

b. Attitude

Table 2
The frequency distribution Postpartum Mothers Day 0-3 Attitudes About Colostrum in Puskesmas Lubuk But South Bengkulu

No.	Attitude	amount	Percentage (%)
1.	Positive	21	58.33
2.	Negative	15	41.67
	amount	36	100

Based on the research results can be known that the majority of respondents have a negative attitude that as many as 21 respondents (58.33%).

c. Action

Table 3.

Frequency distribution Postpartum Mothers Day action 0-3 About Colostrum in Puskesmas Lubu But South Bengkulu

No.	Action	amount	Percentage (%)
1.	Right	24	66.67
2.	Incorrect	12	33.33
	amount	36	100

Based on the research results can be known that the majority of respondents have a less precise measure as many as 24 respondents (66.67%).

4. Discussion

a. Postpartum Mothers Day 0-3 Knowledge About Colostrum

Based on the results of research in PHC Lubuk But South Bengkulu, it is known that the knowledge about colostrum generally less, where an unknown number of respondents who have less knowledge is as much as 26 respondents.

Lack of knowledge of respondents to the provision of colostrum as there are many mothers who did not know beforehand even mother never knew about colostrum, the benefits of colostrum and colostrum content of which is owned by itself. Partum mothers who have less knowledge about colostrum cendrunag will have poor behavior is also against giving colostrum to the baby.

The results are consistent with research Desti (2015) which states that mothers who have a good knowledge of colostrum colostrum motivated high administration and mothers with enough knowledge about the motivation giving colostrum colostrum being.

b. Postpartum Mothers Day 0-3 Attitudes About Colostrum

Based on the results of research in PHC Lubuk But South Bengkulu, it is known that the respondents' attitudes about colostrum generally negative, in which an unknown number of respondents who had a negative attitude is as much as 21 respondents.

Such as lack of knowledge, negative attitudes held by the respondents influenced by several things such as social and cultural factors as well as the lack of information obtained by the respondents about colostrum.

The results are consistent with Anjeli penilitian Ruth (2017) states that the mother's behavior in the provision of colostrum is affected because less resources. Sources of information able to change the behavior of the mother according to the information obtained, including behavior in the provision of colostrum. Post partum mothers who had received information of 0,388 times has the opportunity to give colostrum compared to never getting information. The low rate of breastfeeding mothers is motivated by the lack of awareness of mothers on the importance of breastfeeding for the child's growth.

c. Postpartum Mothers Day 0-3 Knowledge About Colostrum

Based on the results of research in PHC Lubuk But South Bengkulu, it is known that the actions of the respondent about colostrum is generally not appropriate, where an unknown number of respondents who have no permanent action is as much as 24 respondents.

Mothers who commit improper acts where there are many less postpartum mothers know and understand about colostrum as mothers discard colostrum action because it is believed that kolostum it is dirty or stale breast milk and may cause diarrhea.

This concurs with Asrawati (2011) stated that the actions of respondents were less precise in giving colostrum where there are many mothers who are less aware and understand the desired needs of the baby.

5. Conclusion

- a. Partum mothers knowledge about providing less colostrum that is equal to 72.2%
- b. Partum mothers attitude about giving negative colostrum that is equal to 58.33%.
- c. Partum mothers action on granting improper colostrum 66.67%.

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