



Based cultural and religion to education of exclusive breastfeeding for bride[☆]



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Abstract

Objective: This study aims to design and apply modules that are developed based on culture and religion in the event of “mappatemme’ Qur’an” in Exclusive Breastfeeding Education for prospective bride.

Method: The research methodology is qualitative with ethnographic approaches. The study was conducted at the Darul Istiqamah Islamic Boarding School. The informants were 32 participants consisting of 2 community leader, 18 Young Women, 6 Ustadz, and 6 bride. The informants were selected based on purposive sampling. Data was collected through in-depth interviews, Focus Group Discussion, and Observation. Test of data validity uses source triangulation and method. The data was analyzed by using content analysis.

Results: The results show that in the Mappatemme’ Qur’an ustadz used interpersonal communication in delivering module content interspersed with cultural jokes and religious lectures. The contents of the modules that have been developed encompass notion of exclusive breastfeeding, risk of not giving exclusive breastfeeding, steps of breastfeeding, and management of lactation from pregnancy to birth. Toma and young women interested and understood the contents of the module so that they strongly agreed to use it to educate prospective brides. Mothers became more aware of Exclusive Breastfeeding after Ustadz explained the contents of the module based on cultural and religious approaches.

Conclusion: The development of this module at the Mappatemme’ Qur’an’ program was very effective in giving bride an understanding of Exclusive Breastfeeding.

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Introduction

Indonesian failed to reach its exclusive ASI target (>90%) That can be seen in Riskesdas report in 2010.¹ The Ministry of Health data showed the exclusive coverage of breast milk in 2013 in infants 0–6 The month in South Sulawesi is 66.5%. Meanwhile, the report of the health Service of South Sulawesi for Maros Regency shows an exclusive ASI-2012 coverage of 71.6% which is the lowest ranked 6th time while in Takalar County at 22.9% which is the first rank Lowest in South Sulawesi province.

Breastfeeding education and the support of prenatal and postnatal programs can increase the chances of a woman to start and continue feeding her baby until 2 years of age.² The knowledge and attitudes after the lactation counseling have a (specific) influence on the implementation of IMD.³

The results showed, the professional support from physicians and nurses, social support from parents and spouses, cultural and religious values, limitation of occupational economic ability, time, and availability of assistance and home care, Personal challenges such as pain perception, body shape and body changes are some of the main factors in making the decision to breastfeed exclusive breastfeeding or not.⁴

One of the verses in the Qur'an is Surah Al-Baqarah verse 233 whose reading reads "Mothers shall breastfeed his children for the full two years, for those who want to perfect the breastfeeding...".⁵ This research aims to design and apply a module developed with a culture-based and religion in the event "Mappatemme" Qur'an" for exclusive BREAST education to prospective brides.

Methods

Design

This type of research is qualitative research using ethnographic approaches. Ethnography is the description and interpretation of a culture or system of social groups.

Population

The selection of informant by purposive sampling, The informant in this study of 32 consisted of two community leader, 18 young women, 6 Ustadz, and 6 Brides. Research conducted at Pondok Pesantren Darul Istiqamah Maccopa Maros District and implemented from August 24 – November 9, 2015.

Variables

Variables this research is Contents of the modules, Enrichment modules in young women and Community Leader, and *Reverse sheet training to Ustadz*.

Data collection

Data collection through in-depth interviews, Focus Group Discussion, and observation. In data collection is done by extracting data from various sources to further clarify the

information in the field. Some of the data collection methods used in this study were obtained through deep-depth interviews, FGD (Focus Group Discussion), and field observations (observations).

Data analysis

Test the validity of data using the triangulation source and method. Analyzed using content analysis and presented in narrative form. Then for the validity check of data is done using the data triangulation techniques that surround the triangulation of sources, methods and theories.

Ethics

This research was carried out on the permission of the Faculty of Ethics of Unhas with No. Register UH 15100813.

Tools and research materials

Researchers are the main instruments in the study using tools such as: Informed consent, modules, interview guidelines, observation sheets, recording equipment, stationery.

Results

The results showed that in the event Mappatemme' Qur'an ustadz practice interpersonal communication in delivering the contents of modules interspersed with cultural candor and religious lectures. Sanctions when a mother does not breastfeed in Islam is the mother did not run the order of the Qur'an so that his son would be difficult to be educated in accordance with the guidance of the Qur'an.

Contents of the modules that have been developed include

The understanding of Bride in Lau subdistrict on the understanding of exclusive breast milk, which is directly given for 6 months without any other food, is reflected in the following in-depth interview results:

"Susui dengan ASI sendiri selama 6 bulan trus tidak di tambah apa-apa"

(SLM, 20 tahun)

From the results of the interview Bride has an understanding of the steps of breastfeeding correctly that the front body attached to the mother's body, chin and nose attached to the mother's chest, most of the black-the dark does not appear to be referred here is Areola, the baby looks calm and satisfied as well as the nipple mother does not blister. As shown by the following interview:

"klo dipasusu dengan benar itu di kasi' taro bayi di dada ta bru badannya anak ta, ta'tempel di badan ta, baru di kasi masuk sampai keliatan penuh itu mulutnya anak ta"

(RST, 24 tahun)

Understanding of Brides to the management of lactation in the period of pregnancy is expected to always check their

pregnancy to midwife or doctor, check 7T namely weight loss and measuring height, blood pressure measure, high measure of fundus, provision of Complete TT immunization and iron tablets in addition to eating nutritious foods and regulating diet and do not carelessly take medication.

Klo pada masa kehamilan itu sebaiknya ibu memeriksakan 7 T, kan ada itu pertama Timbang berat badan dan ukur tinggi badan, ukur tekanan darah, ukur tinggi fundus, di kasi imunisasi TT lengkap, dikasi tablet besi, masi ada lagi tapi ku lupa mi hehehe. Sama makan ki' makanan yang bergizi supaya sehat

(RTA, 21 tahun)

Enrichment modules in young women and community leader

Community leader and young women like and understand the contents of the module so it is very agreed when used to educate the bride. Suggestions on enrichment of modules should have educational counseling on the exclusive Breastfeeding in the form of seminars or training, suggested education given since at the end of Junior high School (SMP) which contains benefits and constraints in breastfeeding, Because there is already a junior high school student or students who have married in addition, informers advise when education brings props so that the students can see how to breastfeed properly.

Reverse sheet training to Ustadz

In the discussion and feedback session, the trainees are given the instruction and input of the research team with the results of initial understanding and final understanding and simulation observation, among others:

- a. The necessity of emphasis on the understanding of exclusive breast milk and the importance of exclusive breast milk is given to the Bride.
- b. What if a mother does not go out of her? Never think the production of breast milk can not go out, because in the body of the mother there are hormones prolactin and oxytocin that is in charge of milk production and drain breast milk.
- c. About the age of children who are more than 2 years old but still breastfeeding, does it still need breastfeeding? No need, because a mother has enough to give balanced food to fulfill her child's nutritional needs.
- d. Advice from the trainees, whether the sheet material can be made in the form of leaflets so that it can be distributed to the residents in their residence especially Bride, so it can be seen at the time of education in the Bride.

Discussion

This research shows the practice of interpersonal communication Ustadz when implementing the Mappatemme' Quran is judged to have conveyed all the contents of the module well, in addition to the understanding of the Bride on

the understanding of the exclusive ASI, the risk if not give breast Exclusive, understanding of lactation management, proper breastfeeding measures, and lactation management during pregnancy and childbirth increases after the delivery of information from Ustadz.

The selection of local communicators in this study (Ustadz) was appropriate based on the concept of Kotler.⁶ That's is Expertise (expert and experienced), where Ustadz trained in the background as Ustadz Mappatemme previous Quran, the second requirement is trustworthiness (trusted and convincing), Ustadz is a trusted person and has a track record in its environment, in this study, Ustadz who became a research informant is those who are also actively involved in social community activities, the third requirement is likability (preferred and accepted).

In this study, Ustadz has a major role as a local communicator that uses interpersonal communication in implementing exclusive ASI education and lactation management in Bride. According to Rocchi assesses the perceptions about interpersonal communication that are in accordance with Self-Determination Theory in the context of behavior can support autonomy, and competence. This means that interpersonal communication is very effective to influence an individual to make changes in behavior in order to have a better fate, especially in terms of health, but there are still obstacles gained in the implementation of interpersonal communications that do Ustadz such as environmental environment that lacks support during the implementation of Bride education because of the life of the family party.⁷

All that is present in the Forum Ustadz participate actively in the enrichment of the draft module. Some terms in the draft change because it is deemed necessary to use local language that is easy to understand by the community and asked by the community leaders to use the two languages in the module is Indonesian and local languages (Bugienese) and the suggestion of Ustadz to make a leaflet that will be given to the Bride after education.

Conclusion

The development of the religious and cultural-based module on the event "Mappatemme" Qur'an" very effective in giving an exclusive breast milk understanding to Bride. It is recommended that Ustadz be socialized to the wider community. Mothers become more understanding of exclusive breast milk after listening to the entire contents of the module delivered through cultural and religious approaches by Ustadz.

Conflict of interest

The authors declare no conflict of interest.

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