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KNOWLEDGE ABOUT BREASTFEEDING PRACTICES AMONG BREASTFEEDING MOTHERS IN WEST JAVA PRIANGAN

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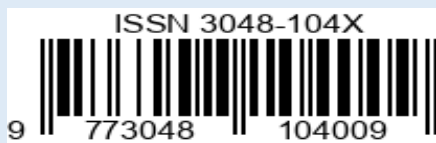
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ABSTRACT

Backgrounds: ASI is Breast milk is produced by the mother and contains all the nutrients needed by the baby for the growth and development needs of the baby. The breastfeeding recommendation recommended by WHO and UNICEF is to initiate early breastfeeding (IMD) one hour after birth, followed by exclusive breastfeeding for the first six months of birth and providing complementary foods until the age of 24 months. Lack of experience and knowledge of mothers about the importance of exclusive breastfeeding, there is no special care for the mother's breast in preparing for the birth of a child, so the baby's mother is more confident with formula milk.¹⁰ Lack of knowledge of mothers about exclusive breastfeeding and correct breastfeeding techniques will result in several problems for the mother such as sore nipples, swollen breasts, mastitis, or breast abscess. While the problem with babies is that babies often cry, which is interpreted by mothers and families that breast milk is not

enough for babies. The purpose of this study was to describe the knowledge of breastfeeding mothers regarding breastfeeding in West Java Region IV Priangan.

Methods: The research design is a descriptive method using a *cross-sectional design*. The data collection technique is primary data obtained through online questionnaires made through google forms. The research subjects were selected by taking non-probability sampling, namely purposive sampling. As for the number of samples to be studied in this study was 384 samples. This research has been approved by the Health Research Ethics Committee of Padjadjaran University.

Results: The description of breastfeeding mother's knowledge is proven to indicate the correct response to the knowledge description item. Most mothers have a good picture of knowledge about breastfeeding for babies. Both from the aspect of the benefits of breastfeeding for babies and mothers, to the factors that influence breastfeeding, the mother's knowledge is good in this regard.

Conclusion: Overall, the description of mother's knowledge about breastfeeding in West Java is good. This is proven by the results of the answers from this study. This happens because the information that mothers get from social media and the surrounding community.

Keywords: Breastfeeding knowledge, Exclusive breastfeeding, Breastfeeding practices, West Java, Mothers

INTRODUCTION

ASI is Breast milk is produced by the mother and contains all the nutrients needed by the baby for the growth and development needs of the baby.¹ Breast milk contains all the nutrients that babies need in the first six months of life, these nutrients include fats, carbohydrates, vitamins, minerals, water, immune substances, growth factors, and other bioactive factors. All of these substances are proportional and balanced with one another so that it is difficult for humans to imitate.² Breastfeeding has benefits from various aspects ranging from health, psychological, to long-term impacts such as socio-economic benefits and environmental sustainability. Breastfeeding itself is the best investment for improving health, social development, and economic growth.³

The breastfeeding recommendation recommended by WHO and UNICEF is to initiate early breastfeeding (IMD) one hour after birth, followed by exclusive breastfeeding for the first six months of birth and providing complementary foods until the age of 24 months.⁴ The practice of exclusive breastfeeding in Indonesian is still relatively low. Even though it has increased from 30.2% in 2013 to 37.3% in 2018, its coverage is still far from the global exclusive breastfeeding target of at least 50% in 2025.⁵

Not only that, many breastfeeding practices are not in accordance with the correct technique in the field. In breastfeeding practice, problems that often arise include delayed initiation of breastfeeding, feeding at fixed times, infrequent feeding, no feeding at night, short feedings, latch on bad, overuse of bottles or pacifiers, and feeding or drinking other than breast milk. In addition, there are also psychological factors from the mother such as lack of confidence, feeling depressed, worried, to rejection from the baby.²

Another problem is the constraints on mother's knowledge including the lack of mother's knowledge about the importance of exclusive breastfeeding, there is no special care for the mother's breast in preparing for the birth of a child, so the baby's mother is more confident with formula milk.¹⁰ Lack of knowledge of mothers about exclusive breastfeeding and correct breastfeeding techniques will result in several problems for the mother such as sore nipples, swollen breasts, mastitis, or breast abscess. While the problem with babies is that babies often cry, which is interpreted by mothers and families that breast milk is not enough for babies.¹¹

Several studies aim to identify a description of the knowledge of breastfeeding mothers regarding breastfeeding. A systematic review Exclusive breastfeeding in Indonesia is still relatively low. Even though it has increased from 30.2% in 2013 to 37.3% in 2018, its coverage is still far from the global exclusive breastfeeding target of at least 50% in 2025. This is also still far below the national target in the 2020-2024 National Medium-Term Development Plan (RPJMN) related to maternal and child health in the field of community nutrition, namely the exclusive breastfeeding coverage target of 60% by 2024.⁷ In West Java Province, the percentage of exclusive breastfeeding for infants aged less than 6 months has reached the global target of 56.61% in 2017.⁸ However, for some areas the percentage is still very small, such as Garut Regency which is only 22.09%, Bandung Regency is 27.58%, and Bekasi City is 15.68% in 2018.⁹

Mother's knowledge plays an important role in the implementation of exclusive breastfeeding, so efforts to increase knowledge must be carried out before delivery.¹² Factors that influence breastfeeding due to lack of knowledge of mothers about exclusive breastfeeding are caused by the lack of delivery of information about exclusive breastfeeding to mothers. Knowledge is also determined by the level of education, age, experience and access to information. Therefore, this study aims to describe the knowledge of breastfeeding mothers regarding breastfeeding in West Java Region IV Priangan.

METHODS

The research design is a descriptive method using a cross-sectional design to determine the level of knowledge of breastfeeding mothers regarding breastfeeding. The data collection technique is primary data obtained through online questionnaires made through google forms. This research is located in Region IV Priangan, West Java which includes Regency Bandung, Bandung City, Cimahi City, Regency West Bandung, Regency Sumedang, Regency Garut, Regency Tasikmalaya, Tasikmalaya City, Regency Ciamis, and the City of Banjaran. This research was conducted online and started from August 2021 to July 2022. The research subjects were selected by taking non-probability sampling, namely purposive sampling. As for the number of samples to be studied in the author's research is 518 samples. The instrument that will be used in this research is an online questionnaire (google form) regarding the knowledge of breastfeeding mothers regarding

breastfeeding which has been tested for validity and reliability tests. The questionnaire used was related to knowledge related to breastfeeding, such as aspects, benefits of breastfeeding for babies, benefits of breastfeeding for mothers, colostrum, effective breastfeeding, expressed breast milk, duration of breastfeeding, complementary feeding, breastfeeding problems, breast engorgement and breastfeeding practices. While the correct answer is given a score of one, the wrong answer is given a score of zero, the answer does not know is given a score of zero. The questionnaire was prepared with a modification from a previous study, namely the Breastfeeding Knowledge Questionnaire (BKQ) developed by Tengku Alina et. al³⁹ which has been validated. The research was conducted through the preparation stage, implementation stage, and final stage. At the implementation stage, problem identification and literature review are carried out in making research proposals to be submitted. At the implementation stage, the validity and reliability of the questionnaire were tested and data were collected in the form of the subject's knowledge of breastfeeding after obtaining ethical approval. Then at the final stage, data analysis, data presentation, and conclusions are carried out. This research uses descriptive statistics of Microsoft Excel and SPSS version 25 program. This research was conducted after obtaining ethical clearance from the Health Research Ethics Committee of Padjadjaran University.

RESULTS

Sociodemographic characteristics

Table 1 shows the 518 characteristics of the participants. With an age range of <19 years 3 (0.65%), 20-24 Years 66 (12.7%), 25-29 Years 142 (27.4%), 30-35 Years 119 (23.0%), > 35 Years 188 (36.3%). All participants came from West Java. With education Basic (elementary/junior high) 92 (17.8%), Intermediate (high school) 254 (49.0%), Bachelor 172 (33.2%). And the work status is not working 315 (60.8%), working 203 (39.2%) with the number of births one 159 (30.7%), the number of births from two to four 159 (30.7%), the number 5 is 24 (4.6%). And various sources of information obtained according to the table.

Table 1. Sociodemographic characteristics

Characteristics	N= 518 (%)
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Age	
• < 19 Years	3 (0.6)
• 20-24 Years	66 (12.7)
• 25-29 Years	142 (27.4)
• 30-35 Years	119 (23.0)
• > 35 Years	188 (36.3)
Origin	
• Regency Bandung	42 (8,1)
• Regency West Bandung	35 (6.8)
• Regency Ciamis	41 (7.9)
• Regency Garut	97 (18.7)
• Regency Sumedang	95 (18.3)
• Regency Tasikmalaya	42 (8.1)
• Bandung City	74 (14.3)
• Banjar City	19 (3.7)
• Cimahi City	43 (8.3)
• Tasikmalaya City	30 (5.8)
Education	
• Basic (elementary/junior high)	92 (17.8)
• Intermediate (high school)	254 (49.0)
• Bachelor	172 (33.2)
Work	
• Doesn't work	315 (60.8)
• Working	203 (39.2)
Number of Births	
• 1	159 (30.7)
• 2-4	335 (64.7)

• 5	24 (4.6)
Resources	
• Doctor since pregnancy	1 (0.2)
• Lecturer while studying in midwifery	1 (0.2)
• Facebook	1 (0.2)
• Facebook, WhatsApp, Instagram, Youtube	1 (0.2)
• Google	1 (0.2)
• Instagram	4 (0.8)
• Instagram, Youtube	1 (0.2)
• Family	65 (12.5)
• Family, Friends	2 (0.4)
• Family, Friends, Facebook, Instagram, Youtube	1 (0.2)
• Family, Friends, Facebook, WhatsApp, Instagram	1 (0.2)
• Family, Friends, Instagram	2 (0.4)
• Family, Friends, Instagram, Youtube	1 (0.2)
• Family, WhatsApp	2 (0.4)
• Family, Youtube	1 (0.2)
• Experience	1 (0.2)
• Everything is available	1 (0.2)
• Friend	5 (1,0)
• Friends, Instagram, Youtube	1 (0.2)
• Health workers	182
• Health Workers, Facebook	1 (0.2)
• Health Workers, Facebook, WhatsApp	1 (0.2)

● Health Workers, Facebook, WhatsApp, Instagram	1 (0.2)
● Health Workers, Facebook, WhatsApp, Youtube	1 (0.2)
● Health Workers, Instagram	3 (0.6)
● Health Workers, Instagram, Youtube	2 (0.4)
● Health Workers, Family	45 (8.7)
● Health Workers, Family, Facebook	13 (2.5)
● Health Workers, Family, Facebook, Instagram	1 (0.2)
● Health Workers, Family, Facebook, WhatsApp	6 (1,2)
● Health Workers, Family, Facebook, Youtube	1 (0.2)
● Health Worker, Family, Instagram	3 (0.6)
● Health Worker, Family, Instagram, YouTu	6 (1,2)
● Health Workers, Family, Friends	24 (4.6)
● Health Workers, Family, Friends, Facebook	4 (0.8)
● Health Workers, Family, Friends, Facebook,	43 (8.3)
● Healthcare Workers, Family, Friends, Google	2 (0.4)
● Health Workers, Family, Friends, Instagram	21 (4,1)

● Health Workers, Family, Friends, Media chat	1 (0.2)
● Health Workers, Family, Friends, WhatsApp	3 (0.6)
● Health Workers, Family, Friends, WhatsApp	16 (3.1)
● Health Workers, Family, Friends, Youtube	5 (1,0)
● Health Workers, Family, WhatsApp	6 (1,2)
● Health Workers, Family, WhatsApp, Youtube	2 (0.4)
● Health Workers, Family, Youtube	7 (1,4)
● Health Workers, Friends	2 (0.4)
● Health Workers, Friends, Facebook	5 (1,0)
● Health Workers, Friends, Instagram, Youtube	1 (0.2)
● Health Workers, WhatsApp	1 (0.2)
● Health Workers, WhatsApp, Instagram, Youtube	3 (0.6)
● Health Workers, Youtube	1 (0.2)
● Health Workers, Youtube, Google	1 (0.2)
● General	1 (0.2)
● WhatsApp	6 (1,2)
● WhatsApp, Instagram, Community Groups	1 (0.2)
● Youtube	2 (0.4)

Overview of Breastfeeding Mother's Knowledge

Table 2 overview of knowledge overall, average score overview of knowledge of breastfeeding mothers regarding breastfeeding higher than the wrong answer. Table 2 shows the correct responses to the knowledge description items by included participants. Most mothers have a good picture of knowledge about breastfeeding for babies and mothers. Mother knows knowing the baby's position, with 67.8% correctly answered that the baby's neck and head were spinning. And the benefits of breastfeeding for babies are higher, mother's knowledge and breast milk prevent infections and allergies in babies.

Benefits of breast milk for mothers 90.9% breastfeeding has a lower risk of developing breast and ovarian cancer. The benefits of breastfeeding for the country are: Breastfeeding can reduce child morbidity and mortality by 88.6% and breastfeeding increases subsidies for hospitals by 79.7%. The benefits of breastfeeding for families, breastfeeding adds to the close relationship between family members by 85.9%.

Knowledge of breastfeeding problems and management shows that mothers have good knowledge to overcome breastfeeding problems. In knowledge about spirituality, the figure is quite high, i.e. 98.1% know that Breastfeeding is a mother's nature and instinct, and 84.4% of mothers are not ordered to breastfeed their babies for 2 years by religion.. And the practice of breastfeeding for good mothers is proven to be the correct answer above 80%. Next, the factors that influence breastfeeding are also high, which is more than 80%.

Table 2. Overview of Knowledge of Breastfeeding Mothers

Question	Right		Wrong	
	N	%	N	%
Baby Position				
Baby's neck and head are twisted	351	67.8	167	32.2
The baby's face is down, the chin is facing the nipple	246	47.5	272	52.5
Baby Attachment				
Baby's mouth wide open	435	84	83	16

Looks like more areola under baby's mouth	269	51.9	249	48.1
Baby's chin pressed against the breast	473	91.3	45	8.7
Benefits of breast milk for babies				
Breastfeeding increases the incidence of gastroenteritis in infants	334	64.5	184	35.5
Breastfeeding can help prevent infections and allergies in babies	486	93.8	32	6.2
Breast milk is not related to the development of the baby's teeth and gums	369	71.2	149	28.8
Benefits of breast milk for mothers				
Women who breastfeed have a lower risk of developing breast and ovarian cancer	471	90.9	47	9.1
Benefits of breastfeeding for the country				
Breastfeeding can reduce child morbidity and mortality	459	88.6	59	11.4
ASI can increase subsidies for hospitals	413	79.7	105	20.3
Benefits of breastfeeding for families				
Breastfeeding increases the closeness of the relationship between family members	445	85.9	73	14.1
Breastfeeding adds to family expenses	478	92.3	40	7.7
Breastfeeding and breastfeeding is practical, hassle-free, and saves time	506	97.7	12	2.3
Milk Milk Management				
Expressed breast milk can be stored for 3 months in the freezer or double door refrigerator	372	71.8	146	28.2
Expressed breast milk can be stored for 24-48 hours in the bottom of the refrigerator	373	72	145	28
Expressed breast milk can be warmed over a fire	380	73.4	138	26.6

Expressed breast milk can be warmed in the microwave	309	59.7	209	40.3
Breastfeeding Problems				
The use of cabbage can help reduce breast engorgement	261	50.4	257	49.6
Mothers with cracked nipples should express their milk and rest the nipples for 24 hours	310	59.8	208	40.2
Indicator of Enough Breast Milk				
Babies defecate (BAB) with baby feces/stool is still dark, small, and dry at the age of 6 months	331	63.9	187	36.1
Babies urinate more than 6 times a day with a thick urine color and a pungent odor at the age of 6 months	351	67.8	167	32.2
The baby is relaxed and satisfied after feeding, it will release itself from the mother's breast	497	95.9	21	4.1
Spiritual Aspect of Breastfeeding				
Breastfeeding is a mother's nature and instinct	508	98.1	10	1.9
Mothers are not ordered to breastfeed their babies for 2 years by religion	437	84.4	81	15.6
Breastfeeding Practice				
The use of a pacifier is not recommended in the first month of life	437	84.4	81	15.6
Colostrum is difficult to digest and needs to be removed	434	83.8	84	16.2
Factors Affecting Breastfeeding				
Health workers do not play a role in supporting the success of mothers in exclusive breastfeeding	423	81.7	95	18.3
Father plays a role in helping his wife during the breastfeeding process	440	84.9	78	15.1
Breast milk production is influenced by the happy feelings of breastfeeding mothers	504	97.3	14	2.7

Table 3 shows an overview of participants' knowledge based on sociodemographic characteristics. Knowledge related to breastfeeding practice is divided into three categories: good, sufficient and poor. In general, the results showed that mothers with a good level of knowledge were 32 people (6.2%), moderate knowledge were 254 (49.0%) and 232 people had poor knowledge (44.8%). This means that there are 44.8% of mothers who lack knowledge regarding breastfeeding. Mothers with high school education have higher knowledge of breastfeeding.

Table 3 Description of Mother's Knowledge Regarding Breastfeeding

Characteristics	Breastfeeding Mother Overview					
	Not enough		Enough		Well	
	N=		N=		N=	
	N	%	N	%	N	%
Age						
• < 19 Years	1	0.2	1	0.2	1	0.2
• 20-24 Years	30	5.8	31	6.0	5	1.0
• 25-29 Years	69	13.3	61	11.8	12	2.3
• 30-35 Years	57	11.0	55	10.6	7	1.4
• > 35 Years	75	14.5	106	20.5	7	1.4
Origin						
• Regency Bandung	15	2.9	23	4.4	4	0.8
• Regency West Bandung	10	1.9	21	4.1	4	0.8
• Regency Ciamis	23	4.4	16	3.1	2	0.4
• Regency Garut	47	9.1	39	7.5	11	2.1
• Regency Sumedang	33	6.4	54	10.4	8	1.5
• Regency Tasikmalaya	37	7.1	5	2.0	0	0
• Bandung	24	4.6	48	9.3	2	0.4
• Banjar City	6	2.6	13	5.1	0	0

● Cimahi City	24	4.6	19	3.7	0	0
● Tasikmalaya City	13	2.5	16	3.1	1	0.2
Education						
● Basic (elementary/junior high)	51	9.8	33	6.4	8	1.5
● Intermediate (high school)	115	22.2	124	23.9	15	2.9
● Bachelor	66	12.7	97	18.7	9	1.7
Work						
● Doesn't work	145	28.0	151	29.2	19	3.7
● Working	87	16.8	103	19.9	13	2.5
Number of Births						
● 1	73	14.1	75	14.5	11	2.1
● 2-4	145	28.0	171	33.0	19	3.7
● 5	14	2.7	8	1.5	2	0.4
Resources						
● Doctor since pregnancy	0	0	0	0	1	0.2
● Lecturer while studying in midwifery	1	0.2	0	0	1	0.2
● Facebook	0	0	1	0.2	1	0.2
● Facebook, WhatsApp, Instagram, Youtube	0	0	0	0	1	0.2
● Google	1	0.2	0	0	1	0.2
● Instagram	1	0.2	3	0.6	4	0.8
● Instagram, Youtube	0	0	1	0.2	1	0.2
● Family	17	3.3	42	8.1	6	1.2
● Family, Friends	1	0.2	1	0.2	0	0
● Family, Friends, Facebook, Instagram, Youtube	0	0	1	0.2	0	0

● Family, Friends, Facebook, WhatsApp, Instagram	0	0	1	0.2	0	0
● Family, Friends, Instagram	2	0.4	0	0	0	0
● Family, Friends, Instagram, Youtube	1	0.2	0	0	0	0
● Family, WhatsApp	1	0.2	1	0.2	0	0
● Family, Youtube	0	0	1	0.2	0	0
● Experience						
● Everything is available	0	0	1	0.2	0	0
● Friend	2	0.4	2	0.4	1	0.2
● Friends, Instagram, Youtube	1	0.2	0	0	0	0
● Health workers	91	17.6	78	15.1	13	2.5
● Health Workers, Facebook	1	0.2	0	0	1	0.2
● Health Workers, Facebook, WhatsApp	1	0.2	0	0	1	0.2
● Health Workers, Facebook, WhatsApp, Instagram	1	0.2	1	0.2	2	0.4
● Health Workers, Facebook, WhatsApp, Youtube	0	0	1	0.2	1	0.2
● Health Workers, Instagram	1	0.2	1	0.2	3	0.6
● Health Workers, Instagram, Youtube	1	0.2	1	0.2	2	0.4
● Health Workers, Family	25	4.8	19	3.7	1	0.2
● Health Workers, Family, Facebook	12	2.3	1	0.2	0	0
● Health Workers, Family, Facebook, Instagram	1	0.2	0	0	0	0
● Health Workers, Family, Facebook, WhatsApp	4	0.8	2	0.8	0	0

● Health Workers, Family, Facebook, Youtube	0	0	1	0.2	0	0
● Health Worker, Family, Instagram	2	0.4	1	0.2	0	0
● Health Worker, Family, Instagram, Youtu	5	1.0	1	0.2	0	0
● Health Workers, Family, Friends	9	2.9	15	2.9	0	0
● Health Workers, Family, Friends, Facebook	1	0.2	1	0.2	2	0.4
● Health Workers, Family, Friends, Facebook,	13	2.5	27	5.2	3	0.6
● Healthcare Workers, Family, Friends, Google	1	0.2	1	0.2	0	0
● Health Workers, Family, Friends, Instagram	0	0	1	0.2	0	0
● Health Workers, Family, Friends, Media chat	0	0	1	0.2	0	0
● Health Workers, Family, Friends, WhatsApp	1	0.2	2	0.4	0	0
● Health Workers, Family, Friends, WhatsApp4	12	2.3	3	0.6	1	0.2
● Health Workers, Family, Friends, Youtube	1	0.2	4	0.8	0	0
● Health Workers, Family, WhatsApp	2	0.4	4	0.8	0	0
● Health Workers, Family, WhatsApp, Youtube	0	0	2	0.4	0	0
● Health Workers, Family, Youtube	1	0.2	6	1.2	0	0
● Health Workers, Friends	1	0.2	1	0.2	0	0

● Health Workers, Friends, Facebook	5	1.0	0	0	0	0
● Health Workers, Friends, Instagram, Youtube	0	0	1	0.2	0	0
● Health Workers, WhatsApp	0	0	1	0.2	0	
● Health Workers, WhatsApp, Instagram, Youtube	1	0.4	2	0.4	0	0
● Health Workers, Youtube	1	0.2	0	0	1	0.2
● Health Workers, Youtube, Google	0	0	1	0.2	0	0
● General	1	0.2	0	0	0	0
● WhatsApp	0	0	5	1.0	1	0.2
● WhatsApp, Instagram, Community Groups	1	0.2	0	0	0	0
● Youtube	0	1.0	2	0.4	0	0

DISCUSSION

ASI is Breast milk is produced by the mother and contains all the nutrients needed by the baby for the growth and development needs of the baby.¹Breast milk contains all the nutrients that babies need in the first six months of life, these nutrients include fats, carbohydrates, vitamins, minerals, water, immune substances, growth factors, and other bioactive factors. All of these substances are proportional and balanced with one another so that it is difficult for humans to imitate.²The breastfeeding recommendation recommended by WHO and UNICEF is to initiate early breastfeeding (IMD) one hour after birth, followed by exclusive breastfeeding for the first six months of birth and providing complementary foods until the age of 24 months.⁴

The practice of exclusive breastfeeding in Indonesia is still relatively low. Even though it has increased from 30.2% in 2013 to 37.3% in 2018, its coverage is still far from the global exclusive breastfeeding target of at least 50% in 2025.^{5,6}This is also still far below the national target in the 2020-2024 National Medium-Term Development Plan (RPJMN) related to maternal and child health

in the field of public nutrition, namely the exclusive breastfeeding coverage target of 60% by 2024. In West Java Province, the percentage of breastfeeding Exclusive breastfeeding for infants less than 6 months old has reached the global target of 56.61% in 2017.⁸ However, for some areas the percentage is still very small, such as Garut Regency which is only 22.09%, Bandung Regency is 27.58%, and Bekasi City is 15.68% in 2018.⁹

Another problem is the constraints on mother's knowledge including the lack of mother's knowledge about the importance of exclusive breastfeeding, there is no special care for the mother's breast in preparing for the birth of a child, so the baby's mother is more confident with formula milk.¹⁰ Lack of knowledge of mothers about exclusive breastfeeding and correct breastfeeding techniques will result in several problems for the mother such as sore nipples, swollen breasts, mastitis, or breast abscess. While the problem with babies is that babies often cry, which is interpreted by mothers and families that breast milk is not enough for babies.¹¹ Information media consists of several types of conventional media and new media or more often referred to as the internet. This internet media beats various previous media which have been used as a reference source in obtaining information.¹⁴ The Association of Indonesian Internet Service Providers (APJII) stated that until the second quarter of 2020, the number of Indonesian internet users reached 196.7 million people. or 73.7%. of the total population of Indonesia.

Overall knowledge, the average score of the description of breastfeeding mothers' knowledge about breastfeeding is higher than the wrong answers. Table 2 shows the correct responses to the knowledge description items by the included participants. Most mothers have a good picture of knowledge about breastfeeding for babies and mothers. Mothers know that they know the baby's position, with 67.8% correctly answering that the baby's neck and head are rotating. And the benefits of breastfeeding for babies are higher, knowledge of mothers and breast milk prevents infections and allergies in babies.

The benefits of breastfeeding for mothers who breastfeed 90.9% have a lower risk of developing breast and ovarian cancer. The benefits of breastfeeding for the country are: Breastfeeding can reduce child morbidity and mortality by 88.6% and breastfeeding increases subsidies for hospitals by 79.7%. The benefits of breastfeeding for families, breastfeeding increases the closeness of

relationships between family members by 85.9%. Knowledge of breastfeeding problems and management shows that mothers have good knowledge to overcome breastfeeding problems. In knowledge about spirituality, the figure is quite high, namely 98.1% knowing that breastfeeding is a mother's nature and instinct, and 84.4% mothers are not instructed to breastfeed their babies for 2 years by religion. And good breastfeeding practices are proving to be the right answer. correct above 80%. Furthermore, the factors that influence breastfeeding are also quite high, which is more than 80%. This is not in line with previous research conducted by Vitri Y, et al with the title "Summary of Mother's Knowledge About Breastfeeding and Its Impact on Exclusive Breastfeeding" where the level of mother's knowledge is low, this happens because of the limitations of the research conducted.

The results of this study can help the government and the community to find out breastfeeding knowledge for mothers, especially in West Java Province. There needs to be socialization to mothers, either directly or indirectly. Although the mother's knowledge is classified as good and moderate, there is also a lack of mother's knowledge. The limitation of this study is the lack of information provided by the mother. In addition, there are limitations in developing the questionnaire. This study only describes descriptively, further research needs to be done on the relationship or factors that influence mother's knowledge about breastfeeding. In conclusion, mothers in West Java Province have a fairly good picture of breastfeeding knowledge. However, with a fairly high percentage of maternal knowledge regarding this matter, it is necessary to take action from the entire community, especially for the health workers concerned.

ETHICAL APPROVAL

Approved by the Research Ethics Committee of Universitas Padjadjaran, Bandung, with ethical approval number 48/UN6.KEP/EC/2022

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