Original Research Paper

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Public Health

EFFECTIVENESS OF MODULE IN ESTABLISHMENT OF EXCLUSIVE *ASSEMBLY VOLUNTEER* ON EXCLUSIVE KNOWLEDGE OF EXTRUSIVE ASSEMBLING IN WOMEN BREASTFEEDING IN WORKING REGION OF PUBLIC HEALTH CENTRE OF GUGUAK PANJANG

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ABSTRACT Indonesia's health profile data of 2014 Exclusive breastfeeding practice in Indonesia is 52.3% . in the United States there are already many training programs developed that aim to increase breastfeeding awareness, the group is called peer councellor. Bukittinggi there is no exclusive breastfeeding volunteer formation, therefore the researcher aims to form an exclusive breastfeeding volunteer through training using module to do inte rvensi to knowledge of breastfeeding mother in working area of public health centre Guguak Panjang. General Purpose of this research is to know the effectiveness of module in formation of exclusive breastfood volunteer to breastfeeding mother knowledge .

The method of this research is Quasi Eksperimen with case control research design. This study was conducted in the working area of public health centre of Guguak Panjang Bukittinggi city in July- November 2017. The population is nursing mothers with children aged 0-6 months totaling 246 people. The sample selection using Simple Random Sampling were 36 respondents of intervention group and 36 respondents of control group. The data were processed using paired t-test .

The result of the analysis shows that there is a difference of knowledge nursing mothers before and after intervention ie.-2.36 with P value 0.000. While the difference of the average of pre test and post test in control group is -333 with value of P value 0.200 then could concluded there is no difference knowledge on Pre test and post test.

The conclusion of this research is that the module in the formation of exclusive breastfeeding volunteers is more effective against exclusive breastfeeding breastfeeding improvement compared to the group who were not given intervention . Moder n for health workers to carry out programs in each posyandu Volunteer ASI primarily to enhance their knowledge in the breastfeeding mother.

KEYWORDS : Exclusive breastfeeding, Volunteer

A.INTRODUCTION

Exclusive breastfeeding is breastfeeding without food and other supplementary beverages in infants aged 0 to 6 months. Even water is not given in this exclusive breastfeeding stage. Failure of exclusive breastfeeding will lead to a 15% - 20% shortage of brain cells, thus inhibiting the development of infant intelligence at a later stage. Indonesia's health profile data of 2014 Exclusive breastfeeding practice in Indonesia is 52.3% . in the United States there are already many training programs developed that aim to increase breastfeeding awareness, the group is called *peer councellor* . From several puskesmas in Bukittinggi, the public Health centre Guguak Panjang is the health center with the lowest coverage of exclusive breastfeeding . Bukittinggi there is no exclusive breastfeeding volunteer formation, therefore researchers aim to form exclusive breastfeeding volunteers through training modules to intervene on the knowledge of breastfeeding mothers in the work area of public Health centre of Guguak Panjang

B.Research purposes:

General Objective:

to know the effectiveness of the module in the formation of exclusive breastfeeding *volunteers* to the knowledge of breastfeeding mothers in the working area of Public health centre of Guguak Panjang.

Special purpose:

a. Knowing the frequency distribution of exclusive breastfeeding knowledge in breastfeeding mothers before and after intervention by *volunteers*
b. Knowing the frequency distribution of exclusive breastfeeding knowledge to mothers with non *volunteer* interventions before and after intervention
c. Knowing the difference of exclusive breastfeeding knowledge on breastfeeding mothers who intervene breastfeeding *volunteers* with breastfeeding mothers who are not non- *volunteer* breastfeeding interventions.

C.METHOD

The method of this research is Quasi Eksperimen with case control research design.

Place and time of research

This research was conducted in the working area of Public health centre of Guguak Panjang Kota Bukittinggi in July-November 2017.

Population and Sample

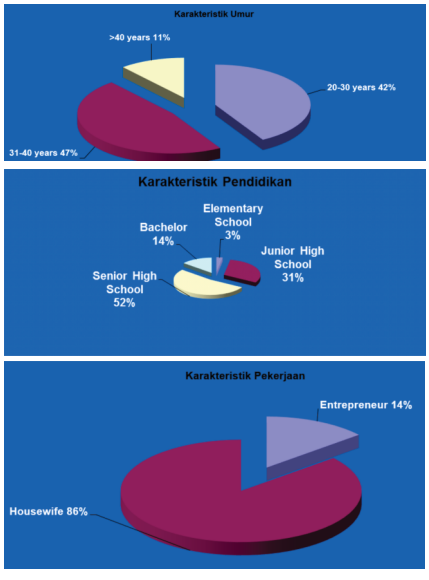
The population is nursing mothers with infants aged 0-6 months totaling 246 people. The sample selection using *Simple Random Sampling were* 36 respondents of intervention group and 36 respondents of control group.

2.Data analysis

Data were processed using *paired t-test*. The statistical test would be significant if the value of p <0.05.

D.RESULTS

1. Respondent Characteristic Analysi



2. Distribution of Mother Breastfeeding Knowledge Before and after volunteer intervention

The following is presented data on available research results on the Effect of Exclusive Breastfeeding Formation on Breastfeeding.

Tabel 4.2.
Distribution of Mother Breastfeeding Know Before and After intervention volunteer in breastfeeding mothers

Knowledge	Pre		Post	
	F (n)	%	F (n)	%
Low knowledge	18	50	10	27.8
High knowledge	18	50	26	72.2
Total	36	100	36	100

In Table 4 .2 there were 18 respondents (50%) had high knowledge. While there are 26 respondents (72.2) who have high knowledge.

3.Distribution of Breastfeeding Knowledge Before and After Non Volunteer Intervention

The following data show the results obtained on the Effect of Exclusive Breastfeeding Volunteer on Mother's Breastfeeding Knowledge.

Tabel 4.3.
Distribution of Breastfeeding Knowledge Before and After Non Volunteer intervention in breastfeeding mothers

Knowledge	Pre		Post	
	F (n)	%	F (n)	%
Low knowledge	17	47.2	18	50.0
High knowledge	19	52.8	18	50.0
Total	36	100	36	100

In table 4.3 there are 19 respondents (52.8%) have high knowledge While in the post test there are 18 respondents (50%) have a high knowledge.

4.Bivariate Analysis

The result of bivariate analysis can be seen in the table below:

Table 4.4
Statistical Analysis of Mother Breastfeeding knowledge in Intervention group and Control Group

Variables	Mean	SD	SE	95% CI	P value
Knowledge Intervention	18.11 20.47	2.135 1.890	.356 .315	-2.834- 1.888	0.000
Control	17.47 17.81	1.859 1.919	.310 .318	-1.145 - .185	0.200

Statistical test result obtained P = 0.000 hence can be concluded there is significant difference of knowledge of mother breastfeed before and after intervention. While in the control group the Result of statistic test got value of P value 0.200 hence can be concluded there is no difference of knowledge on Pre test and post test.

E.DISCUSSION

1)Distribution of Breastfeeding Knowledge before and after volunteer intervention

The results Before the intervention obtained 18 respondents (50%) have high knowledge. While after intervention there are 26 respondents (72.2) have a high knowledge.

The result of this research is in line with Widiyanto (2012) shows there is a significant relationship between mother education and mother's knowledge about exclusive breastfeeding with exclusive breastfeeding attitude.

According to the availability of the researchers low knowledge of the respondents in the group because of age, education and employment, this could be busy mom because she did not get the information from health workers.

2)Distribution of Breastfeeding Knowledge before and after non-intervention intervention

In Table 4 .3 there were 19 respondents (52.8%) had high knowledge. While on post test there are 18 respondents (50%) have high knowledge.

Research Dewi (2012), concluded that there is influence of support group to mother nutrition knowledge about breast milk and complementary food of breast milk, energy intake, and protein intake. According to the assumptions of the researcher, where the need for Asi Supporting Groups (volunteer) because the factors of knowledge, education and mother work greatly influence. Strategies to support women to breastfeed include counseling, counseling, counseling. Breastfeeding needs to be programmed by establishing Breastfeeding Support Group (ASI) and ASI Breeders Support Group (KKP-ASI) as an activity that can support the success of breastfeeding mothers.

3)Bivariate Analysis

The result of the research in the intervention group showed the p value= 0.000 hence can be concluded there is significant difference of knowledge of mother breastfeed before and after intervention. While in the control group the got P value 0.200 hence can be concluded there is no difference of knowledge on Pre test and post test.

AA research. Ngurah Kusumajaya (2013) in the area of Puskesmas II West Denpasar during post test that there is an increase in treatment group where the value with the category less decreased from 36.7% to 10.0% and there was a good increase from 20.0% to 73.3 %. While the control group in spite of decreasing percentage value less than 46,7% to 36,7%, but the percentage that got good value also decrease from 16,7% to 10,0%.

According to the researcher's assumptions, this shows that Exclusive Breastmilk Volunteer succeeds in increasing the knowledge of respondents. In improving breastfeeding requires support and supportive information, so women feel confident to breastfeed their babies successfully.

F.CONCLUSION & RECOMMENDATIONS

1)CONCLUSION

Differences of statistical knowledge analysis results of breastfeeding mothers volunteer intervention with p value = 0.00 0 and in control group P value 0.200 means an increase in exclusive ASI knowledge using modules more effectively than not using modules.

2)Recommendation

a. For health workers to be able to implement the ASI Volunteer program, especially in every posyandu
b. For researchers in the hope to add insight into research related to ASI Volunteer in improving knowledge of Breastfeeding Mother
c. For Educational Institution is expected to be used as information material to increase reader's insight about Influence of Exclusive ASI Volunteer Formation on Mother's Breastfeeding Knowledge at public health centre of Guguak Panjang.

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