



THE EFFECT OF EARLY BREASTFEEDING INITIATION ON THE BODY TEMPERATURE OF A NEWBORN AT BPM "F" IN AGAM DISTRICT

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ABSTRACT Hypothermia is one of the causes of mortality and morbidity in newborns. One way to prevent hypothermia is to do Early Breastfeeding Initiation (IMD). Early breastfeeding (IMD) initiation is a skin to skin action between the baby and the mother which is done by directly putting a newborn baby on the mother's breast. The purpose of this study was to look at the Effect of Early Breastfeeding Initiation (IMD) on Body Temperature of Newborns at BPM "F" Regency of Agam.

The method of research it was quasi experimental with approach pre test-post test, carried out in BPM "F" District Agam on month from April to October 2019. Selection of samples with consecutive sampling by the number of samples of 10 people with IMD and 10 groups of control. The data were processed using the test Paired T-Test.

Results of the study showed differences in average body temperature before and after the intervention -0.39 with stsdandar deviation 0, 056 . Statistical test results obtained p value 0,000 means that there is an effect of IMD on the body temperature of newborns .

It is expected that health workers can carry out IMD to all maternity mothers because IMD can reduce the risk of hypothermic events.

KEYWORDS : Hypothermia, IMD, ASI

INTRODUCTION

Hypothermia is one of the causes of mortality and morbidity in newborns. One of the ways to handle heat loss (hypothermia) is by initiating Early Breastfeeding (IMD). Early breastfeeding (IMD) initiation is a *skin-to-skin* action between the baby and the mother which is done by directly placing the newborn baby on the mother's chest and letting the baby crawl to find the breast milk of the mother to feed (approximately 60 minutes) (Ambarwati, 2018) .

The benefits of managing IMD are reducing infant mortality, preventing infant hypothermia, early immunization, strengthening the inner bonding of mother and child (*Bounding Attachment*), preventing allergic diseases , stimulating infant psychomotor development. Indonesia supports WHO and Unicef policies that recommend early breastfeeding as a "life-saving" action, because early breastfeeding can save 22% of babies who die before one month of age and increase the success of exclusive breastfeeding and increase the duration of breastfeeding. Based on the background above , researchers are interested in conducting research on "The Effect of Early Breastfeeding Initiation (IMD) on Body Temperature of Newborns at BPM " F "in Agam Regency".

RESEARCH PURPOSES:

1.General purpose

Knowing the Effect of Early Breastfeeding Initiation (IMD) on Body Temperature of Newborns at BPM "F" Agam Regency.

2.Special purpose

a.average temperature of the newborn's body before Early Initiation of Breastfeeding (IMD)

b.average temperature of the newborn's body after the Early Initiation of Breastfeeding (IMD)

c.The effect of Early Breastfeeding Initiation on the body temperature of a newborn

RESEARCH METHODS

The methods of this research is a *quasi experimental* approach to *pre-test-post test*. The study was conducted at BPM "F" in Agam Regency in April - October 2019. The research subjects were newborn babies who were in BPM "F" with a total sample of 20 people. The sampling technique is done by *consecutive sampling*. Data were analyzed using univariate and bivariate analysis with dependent t -test (*Paried T-test t*)

RESULTS

Table 1.Distribution of Characteristics of Respondents

Characteristics	IMD		Control	
	f(n)	%	f(n)	%
Gender				
Male	6	60	4	40
Female	4	40	6	60
BirthWeight				
>2500gr	1	10		
2500-3000gr	2	20	4	40
>3000gr	7	70	6	60

The table above shows that 6 respondents (60%) were male and 4 respondents (40%) were female. In the control group, there were 6 respondents (60%) were female and 4 respondents (40%) were male. Characteristics of respondents based on birth weight are the highest birth weight > 3000 gr were 7 respondents (70 %) in the group of IMD and 6 respondents (60%) in the group of control.

Table 2. Average Temperature Before Early Breastfeeding Initiation (IMD)

Variable	N	Mean	SD	Min-Max
IMDintervention	10	36.52	1989	36.3-36.8
Control	10	36.32	1932	35.9-36.1

The average body temperature of infants in the intervention group before IMD was 36.52 °C with a standard deviation of .1989. The mean temperature of infants in the control group was 36.32 °C with a standard deviation of .1932.

Table3. Average Temperature After Early Breastfeeding Initiation Interventions

Variable	N	Mean	SD	Min-Max
IMDintervention	10	36.91	.1853	36.7-37.2
Control	10	36.38	16886	36.1-36.6

The average body temperature of a newborn after IMD intervention was 36.91 °C with a standard deviation of .1853. The average in the control group was 36.38 °C with a standard deviation of .1686.

Table 4. Effect of IMD on Body Temperature of Newborns at BPM "F" in Agam Regency

Variable	Average Difference	SD	95%CI	Pvalue
IMDintervention	-0.39	.0568	-.4306--.3494	0,000
Control	-0.06	.0966	-.1291-.0091	0.081

The table above shows the p-value of 0.00 ($< \alpha$), it can be concluded that there is an effect of IMD on the body temperature of newborns. Whereas in the control group the P value was 0.081 ($> \alpha$), it can be concluded that there was no difference in infant body temperature between the first and second measurements in the control group .

DISCUSSION

The results showed there was an effect of IMD on the body temperature of newborns with a p-value of 0.00 ($< \alpha$). In the control group there was no difference in infant body temperature between the first and second measurements with a P value of 0.081 ($> \alpha$).

Early initiation or early breastfeeding is the baby starts breastfeeding himself immediately after birth by searching for his mother's breast. Early Breastfeeding Initiation can help train baby's motor and as a first step in forming an inner bond between mother and baby. The breast skin of a mother giving birth one degree hotter than a mother who did not give birth.

If the baby is cold, the mother's skin temperature automatically rises two degrees to warm the baby. Mother's chest warms the baby properly while crawling for breasts, this will reduce death due to cold (*Hypothermia*). If the baby is overheated, the mother's skin temperature automatically drops one degree to cool the baby. Mother's skin is *thermoregulator* or *thermal synchrony* for the baby's temperature.

This research shows the influence of Early Breastfeeding Initiation on the body temperature of newborns. According to the researchers' assumptions this happens if a newborn baby is immediately placed on his mother's chest (skin to skin) there will be a conduction process, i.e. direct heat transfer from mother to baby. The mother has the ability to adjust the temperature to the temperature the baby needs so that the baby's temperature is more stable. IMD not only prevents hypothermia but also can help increase the baby's immune system against disease and also when the IMD occurs bounding attachment process so that the inner bond between mother and baby will be tighter and the baby will feel more comfortable. Therefore Early Breastfeeding Initiation is very necessary because it can maintain normal temperatures in infants and prevent hypothermia.

CONCLUSION

There is an effect of IMD on the body temperature of newborns in BPM "F" Agam Regency with a p value of 0,000.

SUGGESTION

1. It is expected that health workers can carry out IMD to all mothers in labor.
2. It is expected that future researchers will conduct similar studies on the effect of Early Breastfeeding Initiation on other variables with different designs.

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