

The Experience of Mother in Breastfeeding and Weaning Practice for Baby Under Two Years Old: A Qualitative Descriptive Study

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Abstract

The experience of Mother in the form of knowledge and skills influences mothers in the practice of feeding their children, both breastfeeding and complementary food as well as weaning practices in baby under two years old. This qualitative descriptive study aims to explore the experiences of mothers in the practice of breastfeeding, complementary food and weaning of baby under two years old. Data was collected from April to June 2022 in Sungai Ana Village and Baning Kota Village, Sintang District. In this study, a sample of ten mothers was conducted in-depth interviews. The results of the interviews were analyzed using the content analysis method. There were 4 themes, namely: 1) Combination of Traditional, Belief, and Modern, 2) Mother: "Breastfeeding Warrior", 3) Mother's Dilemma, and 4) Stages of Feeding Baby. Families, especially mothers have an important role in fulfilling nutrition in baby under two years old. The health professionals should assess the family regarding feeding and weaning practices. Furthermore, the health professionals need to provide information to parents in the form of re-education and training on how to feed children to increase knowledge and develop competence in the quality of feeding and weaning practices in baby under two years old.

Keywords: baby under two years old, breastfeeding practice, weaning practice, experience of mother

Abstrak

Pengalaman ibu dalam bentuk pengetahuan dan keterampilan mempengaruhi ibu dalam praktik pemberian makan pada bayi baik pemberian ASI dan MP-ASI serta praktik penyapihan pada bayi usia dibawah dua tahun. Penelitian deskriptif kualitatif ini bertujuan untuk mengeksplorasi pengalaman ibu dalam praktik pemberian ASI dan MP-ASI dan penyapihan pada bayi usia dibawah dua tahun. Data diambil pada bulan April sampai Juni 2022 di Desa Sungai dan Baning Kota, Kabupaten Sintang. Dalam penelitian ini sampel berjumlah sepuluh orang ibu yang dilakukan wawancara mendalam. Hasil wawancara dianalisis menggunakan metode analisis isi. Didapatkan 4 tema yaitu: 1) Kombinasi Tradisional, Keyakinan dan Modern, 2) Ibu: "Pejuang ASI"; 3) Dilema Ibu, dan 4) Tahapan Pemberian Makan Pada Anak. Keluarga, khususnya ibu memiliki peran yang penting dalam memenuhi nutrisi pada bayi usia dibawah dua tahun. Tenaga kesehatan harus mengkaji keluarga terkait praktek pemberian makan dan penyapihan. Dengan demikian, tenaga kesehatan perlu menyediakan informasi bagi orang tua dalam bentuk re-edukasi dan pelatihan cara pemberian makan pada bayi untuk meningkatkan pengetahuan dan mengembangkan kompetensi kualitas praktik pemberian makan dan penyapihan pada bayi usia dibawah dua tahun.

Kata kunci: Bayi usia dibawah dua tahun, Praktik pemberian ASI, Praktik penyapihan, Pengalaman ibu

INTRODUCTION

Baby under two years old when children need attention in terms of fulfilling nutrition before weaning is carried out. The practice of feeding children is centered on the family, especially the mother. The experience of mother in parenting a baby influences mother's behavior including breastfeeding, complementary feeding, and other care for her baby. Breastfeeding a contribution to maintaining the health of children for the rest of their lives (Khasanah, & Rahayu, 2016).

Mothers can play a role in preventing eating disorders and can increase the fulfillment of nutritional needs for children. Feeding is the active participation of the family, especially mothers in solving health problems in the family (Lusrizanuri, 2020). Mothers can encourage, improve, and empower family competence in making decisions regarding the fulfillment of baby nutrition, and the right time for weaning a baby under two years old. The mother's knowledge about weaning plays a very important role, mothers with good knowledge about breastfeeding and the right time to wean their baby will influential on weaning behavior, as well as mothers who have good knowledge about the benefits of breastfeeding for two years for baby, this may affect the weaning time for their baby (Marni, 2012; Nugraheny & Amalia, 2017). This is a form of knowledge and skills of the mother in choosing and sorting the food given to the child both before and after the weaning practice.

Weaning practice on baby under two years old can occur at any time, and this is sometimes not necessarily prepared by the mother, especially regarding complementary foods. The probability of weaning time baby under two years old in Indonesia is 7.4 months (Djaiman, Suryaputri, Safitri, & Rossa, 2019) and 19.6% of working mothers wean their children at 12 months and mothers who do not work (10.7%) wean their children at the age of 22 months (Nugraheny & Amalia, 2017). This early weaning can occur due to several factors. Factors such as education, occupation, economic status, and geography of residence influence the weaning practices of children early (Pambudi, & Christijani, 2017).

Mothers use various methods in carrying out weaning practices. One of them uses ingredients that are rubbed into the mother's nipples with the hope the baby no longer breastfeeding. Besides that, mothers also experience difficulty in weaning, because the baby is fussy, and cries wanting to suckle. Weaning should be done gradually and not forced on the baby and done at the right time so that the baby becomes more independent, disciplined, more interested in people than things, and trusts other people. Breastfeeding baby for more than two years old or even too long is associated with the risk of malnutrition in children (Martin, 2001). Therefore mothers need to prepare themselves and their baby for a good and enjoyable weaning process so that they can carry out weaning practices at the right time.

Breast milk is the best food for baby (Kemenkes RI, 2016). Giving breast milk

and various complementary foods to baby is good for the growth and development of baby. This complementary food can be started to be given to baby aged 6 months. This is to ensure that the nutritional needs of children are met, both for children who are still breastfed and for children who are no longer breastfed.

In West Kalimantan, 33.3% of baby aged 0-5 months were given pre lacteal food and the proportion of consumption of various foods for baby aged 6-23 months was 41.7% (Kemenkes RI, 2018). With good knowledge, it is hoped that mothers will be able to choose and sort good complementary foods for their baby. It is known, a less diverse diet can increase the risk of micronutrient deficiency, possibly having a damaging effect on children's physical and cognitive development (WHO & UNICEF, 2021).

This study describes the experiences, knowledge, attitudes, beliefs, and involvement of mothers in feeding and weaning practices for baby under two years old. So the formulation of this research question is "How is the experience of mother in the practice of feeding and weaning baby under two years old?

METHOD

Qualitative research with approach descriptive qualitative used in this study. The data were collected from April to June 2022 at Sungai Ana Village and Baning Kota Village in Sintang District. Participants in this study were mothers who carried out the weaning process on baby under two years old obtained with the

technique of *purposive sampling* based on information from independent practicing midwives and heads of neighborhood from research locations. Data collection was carried out by in-depth interviews in the range of 45 to 90 minutes, and using field notes. Data analysis is content analysis according to Colorafi and Evens (2016). Content analysis is a technique general in analyzing words or phrases in text documents used in qualitative research, by producing meaningful statements from participants verbatim (Colorafi & Evens, 2016). Researchers listen to recording interviews, read the verbatim transcriptions, then repeatedly and manually review them. The researcher is of Malay ethnicity and also has the same ethnicity as some of the participants so the interpretation of the statement in question is reliable. The participants involved were ten mothers based on information needs and participants who had experienced the phenomenon referred to by the inclusion criteria: mothers who had baby under two years old who were in the weaning process. The exclusion criteria: the mother has health problems, and the mother cannot speak Indonesian. According to Polit and Beck (2012), the number of participants in qualitative research is determined based on information needs. Polkinghorne (1989) in Cresswell (2014) suggests interviewing 5-25 participants who have experienced the phenomenon in question. In this study, data saturation was reached in the eighth participant, where no new sub-themes or themes were found and the data was repeated for the ninth and tenth participants. Ethical clearance was obtained from the Ethical Committee of the Polytechnic Health Ministry of Pontianak (No. 42/KEPK-PK.PKP/III/2022). The study complied

with the principles of ethical research, including autonomy, non maleficence, beneficence, and justice.

RESULTS

Characteristics Participant

Code	Mother's Age (Years)	Mother's Education Level	Ethnic group	Job status	Number of children and children weaned	Exclusive Breastfeeding
P1	37	Senior High School	Java	Housewife/No work	3/3	Yes
P2	41	Junior High School	Java	Housewife/ No work	2/2	Yes
P3	21	Senior High School	Malay	Housewife/ No work	2/1	Yes
P4	21	Senior High School	Malay	Housewife/ No work	2/2	Yes
P5	40	Senior High School	Malay	Seamstress/ Work	3/3	No
P6	34	Diploma	Java	Housewife/ No work	1/1	No
P7	32	Graduate	Batak	Civil servant/ Work	2/2	Yes
P8	20	Junior High School	Malay	Housewife/ No work	1/1	No
P9	30	Senior High School	Malay	Trader/ Work	3/3	Yes
P10	31	Senior High School	Java	Housewife/ No work	2/2	Yes

After conducting content analysis, the researcher identified four themes that

emerged in this study, namely Combination of traditional, belief, and modern; Mother: Breastfeeding Warriors, Mother's Dilemma, and Stages of baby feeding. The themes are described as follows:

Combination of traditional, belief, and modern

This theme describes various weaning practices carried out by mothers for baby under two years old. Mother uses several materials, both natural and unnatural, based on religion or belief, and uses good methods (modern). According to the participant's statement:

"I apply red lipstick on the nipples." (P1).
 "Sometimes rub eucalyptus oil too" (P10).
 "Use water, incantations from Mr. Ustad" (P2).

"Try also using bertowali" (P10).

"Ever smeared with a red marker" (P1).

"Wear WL.. that's Weaning love.. no given nothing.. just slowly the intensity is reduced.. " (P7).

Mother: Breastfeeding Warriors

This theme is a depiction of mothers struggling to give breast milk to their baby. According to the participant's statement:

"The baby treated in the hospital for 5 days, after she was born, start the milk was continuously pumped. When given to the body, the baby doesn't understand. Pump breast milk every 2 hours, sometime I get a lot, and sometime I get a little." (P4)

"My child drinks a lot of breast milk... it's just that I have a little milk, I've tried to pump it, but I don't know why, it's a little milk." (P8)

"She (the baby) wants more at that time (breastfeeding). Pumped out at least one drop or two drops, and only got 1 bottle of

60 ml. It's not comfortable, it hurts to use the pump. You can't use your hands. The electric ones are also available, the manual ones are also available to try. The same. In the end, that's it. Then stop, cause of a lack of milk production " (P5)

".... when she (the baby) was born, she didn't breastfeeding with me.. she breastfeed with my sister-in-law. My sister in law who breastfed her baby too.. I was in the hospital, and she (the baby) came home. While I was in the hospital, she breastfed with my sister-in-law, they (my baby dan mya sister in law's baby) took turns raising the baby. After I came home from the hospital, my baby breastfeed with me"(P10)

"I really want my baby breastfeed by my self. I thought I was often sucked by her (the baby), there was more (the milk), I didn't know it was empty on its own (the milk), even though I kept eating vegetables" (P5)

"Even though I have tried to keep the breastmilk there, from eating clear vegetables, graft vegetables, cassava leaves, following all the Malays say, I am Javanese, so I eat tofu, tempeh and katuk leaves."(P5)

Mother's Dilemma

This theme describes the feelings of mothers in Weaning her baby. According to the participant's statement:

"Yes, it's hard, it's really a pity, sometimes she cry, it's a pity, it's our wish, it's not his will, it's a pity really" (P2)

"The third one, that's because she's sick, he really wants to breastfeed, but because she's sick she's bottle-fed."(P5)

"It's really tiring to stop it like that... But it's okay that her baby lied.."(P7)

"If I don't stop my baby breastfeeding (weaned), I can't work ." (P9)

Stages of Feeding Baby

This theme describes feeding baby. According to the participant's statement:

"Eat 3 times a day, regular snack like bake potatoes, snack 1 time, and even then she likes, she eat in mosque (bring her snack)."(P3)

"Alhamdulillah, see eat well, the snack. Snacks for baby, there are biscuits, fruit."(P8)

"Since he has eaten, his formula milk is less, she likes to drink pure water, crying because she doesn't like to drink milk (bottle milk)."(P4)

"Breastfeeding is also strong, formula milk is also strong.. after not breastfeeding, she is formula feeding."(P7)

"Eat rice with vegetables, sometimes 2 times, sometimes 1 time, the measure can be 5 table spoons of rice."(P6)

"There is a plan to make their own food, a plan for 7 months. The problem is the first time I made my own food, but the filtered porridge melted."(P4)

"At first, if the texture of instant porridge was solid, it wasn't yet right, so it melted, but now it can be solid, as dense as the measure, it can already be."(P4)

"Yes.. that should be avoided.. don't give eat the baby when we are hungry (the mother is hungry), if not, his emotions will be very quickly ignited" (P7)

"Eat porridge, the texture is rough and dense, that's 3 times a day. That's half a cup. There is a special bowl for him to eat" (P8)

DISCUSSION

Combination of traditional, belief and modern

The weaning process for baby is not easy, but it can be done. In this study, it was

found that mothers used traditional, belief, and modern methods. This method is in the form of applying lipstick, eucalyptus oil, red markers, and Bertowali on the mother's breasts with the hope that the baby will no longer want to suckle. Some mothers do the method with a religious approach by asking prayers to the ustad. In addition, some mothers have carried out weaning using modern methods of weaning with love.

The results of this study are in line with the results of a study conducted by Aksoy, Ozdileks, and Aba (2020) which stated that mothers used materials that were attached to the breast, where 31.8% caused mothers to be afraid to breastfeed their baby and 14.5% caused different taste effects and reduce the baby's desire to breastfeed the mother. The results of the research by Al-Gashanin and Ghazwani, (2021) state that the level of knowledge of mothers about weaning in Najran is low, where mothers prefer to follow the local culture rather than the good weaning methods that have been given.

From the perspective of the Qur'an, the optimum weaning time according to Allah Subhanahu Wa Ta'ala is the ideal condition for mothers. Hadith shows that the optimum age of weaning can facilitate the building of emotional closeness between mother and baby (Linda, Arumsari, & Rohman, 2020).

The process of breastfeeding the baby will end by making the mother decide to wean in a good way or technique. The weaning process, which is carried out in stages and full of love, shows that neither side is sad, feels traumatized, and forced (Yuliana, 2017). It is hoped that both mother and

child will voluntarily participate in the weaning process. So that both mother and child accept and can carry out the weaning process safely and healthy.

Mother: Breastfeeding Warrior

In providing breast milk, there are many struggles and obstacles experienced by mothers, both those originating from the mother and those originating from the baby. The preparation of the mother in giving breast milk is also important to get attention and determine the success of the mother in breastfeeding. Mothers who do not have confidence in being able to produce breast milk generally have reduced milk production (Astutik, 2017). The mother's feeling of being stressed, worried, and unhappy during the breastfeeding period plays a very important role in the success of exclusive breastfeeding. In Yalcin, Berde, and Yalcin's research (2016); Mututho, Kiboi, and Mucheru (2017); Okafor, Agwu, Okeye, Uche, and Oyeoku (2018); Mensah, et.al, (2017); Asare, Preko, Baafi, and Dwumfour-Asare (2018) stated that globally, demographics include rural areas, ethnicity, type of work, religion, antenatal checks, maternal education, experience in exclusive breastfeeding, socio-cultural, socio-economic, giving birth in health facilities, social and psychosocial support influence exclusive breastfeeding.

Mother's physical factors will also reduce milk production. Mothers who are sick, tired, use contraceptive pills that use hormones, breastfeeding mothers who are pregnant again, drink alcohol, are smokers or mothers with anatomical breast abnormalities can be the cause of a lack of milk production (Astutik, 2017).

Some mothers are unable to wean their baby. This following research by Aksoy, Ozdileks, and Aba (2020), where 11.38% of mothers failed to wean because the weaning method didn't work, the influence of relatives to leave weaning, and children cried a lot.

Mothers should want to give breast milk until the child is 2 years old. Therefore, mothers seek to provide breast milk by pumping, increasing food intake, and looking for surrogate mothers or mothers who can donate their milk. In increasing milk production, mothers can eat special foods. Astutik, (2017) stated that foods and vegetables that can increase milk supply include: oatmeal, garlic, ginger, sweet potato leaves, katuk leaves, kelor leaves, and young papaya leaves. These vegetables contain high provitamin A and protein.

Mother's Dilemma

During weaning, mothers sometimes experience things that make them sad, feel guilty, and so on. This feeling arises because the child is not yet 6 months old. There are 3 babies who are not exclusively breastfed in this study. Meanwhile, the food for children aged 0-6 months is breast milk. The research of Abbas, Wulandari, Lestari, and Bur, (2020) shows that emotional bonding (closeness) between mother and baby is important in improving nutritional status by intake of nutrients consumed and influencing psychological aspects.

In this case, mothers need to get support so that every mother can breastfeed. If the child is 6 months and over and has received additional food, then the mother is not too sad if the baby is weaned.

Especially for working mothers, who don't have much time with their baby. Research by Yusmaharani, Nurmaliza, and Ratih, (2022) shows that there is a relationship between a mother's education and weaning baby less than two years old ($p=0.009 < 0.05$) and a relationship between working mothers and weaning baby less than two years old ($p= 0.009 < 0.05$).

Working mothers are not an excuse for not being able to exclusively breastfeed their baby. Because breastfeeding can be done by expressing breast milk. When at home the mother is obliged to provide her baby's rights by breastfeeding her baby. The results of the research by Aksoy, Ozdileks, and Aba (2020) show that mothers have little time to breastfeed their children 76.9%, mothers have little milk 24.4% and baby stops breastfeeding on his/her own 22.6%.

According to Monika (2015), stopping breastfeeding caused by the baby itself can be caused by the condition of the baby. Factors that cause a baby to be unable to breastfeed include: the baby being born prematurely, the baby being small, the baby's physical condition is weak, there is difficulty sucking, there are birth defects in the mouth area (cleft lip or palate), digestive problems (a mother who suffers from jaundice, galactosemia). Meanwhile, stopping breastfeeding is caused by the mother, among other things, it can be caused by the mother having a chest infection or breast abscess, the presence of breast cancer or other cancers, previously the mother had surgery or radiation therapy, and a lack of milk supply (rare) (Monika, 2015).

Stages of feeding baby

In giving food to baby under two years old, things to remember are: frequency (per day), amount (how much at each meal), concentration (texture/thickness), variety, active/responsive feeding, and cleanliness. Complementary feeding of breast milk can be given when the child is 6 months old. Complementary food is given in stages. In providing food to children, the mother already knows about the frequency of eating the child, the portion and variety of food given, the taste, the child's taste in eating food. Mother also knows the difference between the food she makes and the food she buys (instant food). There is support for the mother in feeding the baby by the husband in the form of buying food equipment for the baby and the involvement of the baby's father in accompanying the mother during the process of feeding the baby.

During complementary feeding, breast milk can still be given. Cleanliness of mother, baby, environment, and equipment used to feed baby also needs attention (Astutik, 2017). Mother's knowledge about the variety of presentation and form of food given, also enriches the mother in giving food to baby. Mother's knowledge about breast milk is an important factor in the success of the breastfeeding process (Notoatmodjo, 2010). Besides that, it is highly recommended that nurses carry out training and counseling about breastfeeding for mothers (Aksoy, Ozdilek, and Aba, 2020). In this case increased knowledge, support in providing information, support in obtaining health services, are important things for the success of breastfeeding and feeding baby until weaning time.

CONCLUSION

The description of the experience of mother that arise in carrying out feeding and weaning practices in baby under two years old in this study can be seen in the theme "Mother's Dilemma" among three other themes that emerged as a result of the findings of this study, namely the combination of traditional, belief and modern; Mother: Breastfeeding Warrior; and Stages of Feeding Baby.

This theme shows that mothers need support in breastfeeding and weaning practices. Families, especially mothers have an important role in fulfilling nutrition in baby under two years old. Mothers can maintain good habits and methods in feeding and weaning their baby as a form of application of the knowledge they have to be applied in maintaining optimal baby growth and development.

The health professional should assess the family regarding feeding and weaning practices. Health professional can provide information that can be given to mothers in the form of re-education and training to increase knowledge and develop the competence of mothers and families regarding feeding and weaning practices in baby under two years old.

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