Description of Exclusive Breastfeeding to Babies in Java Island

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ABSTRACT

Exclusive breastfeeding is that babies are only given breast milk, without the addition of other liquids such as formula milk, orange juice, honey, tea water, water, and without the addition of solid foods such as bananas, papaya, milk porridge, biscuits, rice porridge, and the team, as long as 6 months from the date of birth. Data from the World Health Organization (WHO) in 2016 still shows that the average rate of exclusive breastfeeding in the world is only around 38%. This study aims to determine the description of exclusive breastfeeding in infants in Java. Qualitative research using a descriptive observational study design that is conducting in-depth interviews with 4 informants which are by the interview guidelines. The results showed that the mother's age can affect the exclusive breastfeeding for the baby because the younger mother will produce more milk than the older mother. While the knowledge variable shows the results that mothers who have high knowledge about exclusive breastfeeding have a 20.8 times chance compared to mothers who have low knowledge. The existence of family support can also increase the mother's confidence in breastfeeding and the support from health workers can increase knowledge and motivate mothers to give exclusive breastfeeding. Based on this, we can say that breast milk is a perfect food that contains various nutrients that are needed by the body of living beings so that the body's metabolism can run smoothly and the development of the body goes well.

Keywords: *Exclusive Breastfeeding, Babies, Breastfeeding*

INTRODUCTION

Breast milk is milk produced by mothers and contains all the nutrients needed by babies for the growth and development needs of babies. Exclusive breastfeeding is that babies are only given breast milk, without the addition of other fluids such as formula milk, orange juice, honey, tea water, water, and without the addition of solid foods such as bananas, papaya, milk porridge, biscuits, rice porridge, and team, for 6 months counted from birth. (Mufdillah *et al.*, 2017) In 2018 there were 2.5 million newborns died in the first month of life about one-third died on the first day of life. Most of these deaths were caused by things that could have been prevented, such as premature birth, complications during delivery, and infections such as sepsis. (UNICEF, 2020)

The problem of undernutrition is still widespread in developing countries including Indonesia, problems that arise due to inadequate nutritional intake including Protein Energy Lack (KEP), Vitamin A Deficiency (KVA), Iodine Deficiency Disorders (IDD), and Anemia. Nutritional problems greatly affect brain development and behavior, workability and productivity as well as resistance to infectious diseases. (Maesaroh, Kristenngsih and Anggraini, 2018) Data from the *World Health Organization* (WHO) in 2016 still shows that the average rate of exclusive breastfeeding in the world is only around 38%.

In Indonesia, although a large number of women (96%) breastfeed their children in their lifetime, only 42% of infants under 6 months of age are exclusively breastfed. By the time the children approached their second birthday, only 55% were still breastfed. Nationally, the coverage of infants receiving exclusive breastfeeding in 2019 was 67.74%. This figure has exceeded the 2019 Strategic Plan target of 50%. (Ministry of Health, 2019)

METHODS

Research This study aims to determine the description of exclusive breastfeeding for infants on the island of Java in 2021. This type of qualitative research uses a sample triangulation design approach to determine the description of exclusive breastfeeding. This research was conducted on mothers who have babies on the island of Java in 2021, with data collection through interviews.

Research Qualitative research was conducted from May 2021 to June 2021 using a descriptive observational study research design, namely conducting in-depth interviews using interview guidelines. Data collection was carried out by *depth interviews* and document review.

4 informants were interviewed in May 2021, sampling was done *online* via telecommunications. Sources of information or informants in this study are the closest people who have babies and are breastfeeding. Informants who will conduct in-depth interviews are 4 informants who have babies and are

breastfeeding, according to where the researcher lives. Informants were selected based on their capacity to explain the objectives of this study.

Table 1. Data List of Informants

Initials	Age	Gender	Occupation
LUF	28	P	IRT
EL	30	P	Teacher
DN	27	P	IRT
C	29	P	Private Employee

There are two types of data sources used in this study, namely primary data and secondary data. Primary data were obtained from direct observations in the field with questions using previously prepared guidelines, while secondary data were obtained from journals related to this research and regulations related to this research.

Data validity was done by the triangulation method. To maintain the validity of the data, to determine the validity of the data in this study, a triangulation method was used. Triangulation of the method was carried out by using in-depth interviews with predetermined informants and reviewing documents from the description of exclusive breastfeeding for infants that had been made in previous studies. Researchers used this triangulation to ensure the accuracy of the informants collected.

The processing and analysis of qualitative data in this study were carried out with the data transcript stage where the data was transferred in the written form completely without changing, adding, or subtracting the information contained in the recording. Then descriptive data analysis was carried out so that conclusions were obtained from the data that had been processed by coding each resource person's answers contained in table 2.

RESULTS AND DISCUSSION

Characteristics of Respondents The research was conducted with 4 mothers with babies 6-11 months old as respondents. But at the time of research. From this study, the following results were obtained who had babies 6-11 months. However, at the time of the study, only 4 respondents were obtained.

According to (Purwanti, 2004) explains that mothers who have less knowledge about exclusive breastfeeding tend to have poor behavior in exclusive breastfeeding and think that breast milk substitutes (formula milk) can help mothers and their babies, so mothers do not exclusively breastfeed. to her baby (Nim, 2021).

Based on the results of interviews with informants about how exclusive breastfeeding knowledge is, the following are the results of the interview:

"Because the benefits of exclusive breastfeeding for babies are many, one of them is preventing unwanted things in the growth and development of babies, for example, they are worried about damaging the baby's digestion"

"Because exclusive breastfeeding is better than formula milk"

"For the body's immunity so it doesn't get sick easily"

Based on this, we can say that breast milk is a perfect food that contains various nutrients that are needed by the body of living things so that their metabolism can run smoothly and their body development takes place. well.

Support is one of the functions of social ties, where these social ties describe the general level of quality of interpersonal relationships. Friendship and bonding with others are considered aspects that provide emotional satisfaction in an individual's life. Someone who is supported by the environment will make things easier, social support shows the relationship (Afriani, 2017).

Table 2. Results of Interview Data Analysis

Topic	Meaning Unit	Code	Sub Category	Category	Theme
1. According to the mother, what did call exclusive breastfeeding?	<ul style="list-style-type: none"> In my opinion, exclusive breastfeed ing is intake in the form of milk that is given to babies until they are 2 years old. Exclusive breastfeed ing, breastfeed ing for 6 months without additional food, Breastfeed ing infants until the age of 6 months. What is called 	<ul style="list-style-type: none"> Breastfeeding for 2 years 6 months Breastfeeding infants aged 0-6 months. Food given to babies for 6 months. 	<ul style="list-style-type: none"> Age 0-2 years Breastfeedi ng is only given 6 months Infants 0-6 months. Babies are only given breast milk until 6 months. 	<ul style="list-style-type: none"> Golden age History of breastfeed ing Mother's knowledge about breastfeed ing. Knowledge of breastfeed ing. 	<ul style="list-style-type: none"> Knowledge Knowledge Knowledge Mother Knowledge

Topic	Meaning Unit	Code	Sub Category	Category	Theme
	exclusive breastfeed ing is breastfeed ing the baby for 6 months without any additional food.				
<ul style="list-style-type: none"> Why should breastfeeding be exclusive? 	<ul style="list-style-type: none"> Because of the content of breast milk itself, nothing can beat that of other milk, yes... From the mother, the vitamins, minerals and can also be used as medicine. Because exclusive breastfeeding is better than formula for immunity from being easily hurt her baby because the benefits of exclusive breastfeeding in infants once one 	<ul style="list-style-type: none"> contents of the milk Asibetter for babies than formula milk to maintain the immune system in infants. Because breast milk has many benefits for babies. 	<ul style="list-style-type: none"> Breast milk content It is better to be breastfed and afraid to give baby formula milk . Strong immune system. The benefits are many. 	<ul style="list-style-type: none"> Benefits of breastfeeding Baby growth and development Benefits of breastfeeding. Prevention of disease 	<ul style="list-style-type: none"> Knowledge Knowledge Knowledgemo ther Knowledge

Topic	Meaning Unit	Code	Sub Category	Category	Theme
	of its many prevent unwanted thing in his example infant growth in the baby's digestive worry about damaging the.				
<ul style="list-style-type: none"> According to the mother, whether the benefits of exclusive breastfeeding 	<ul style="list-style-type: none"> the deal, apart from the health of children as well growth development of the brain, if I ever see ya lo, continued physical development of children, continue to multiply one intelligence. For immunity, it's better than formula milk. Dangers for us to keep breast cancer away. For the baby's 	<ul style="list-style-type: none"> Health and Development The baby's immune system increases and is also good for the baby's growth and development, making the baby smarter, giving the baby an ideal weight. The benefits of breast milk for babies are for the formation of the baby's immune system so that it does not get sick easily and avoids bacteria and viruses. 	<ul style="list-style-type: none"> Baby's growth Baby's development Good baby's growth. Build immunity in babies. 	<ul style="list-style-type: none"> The benefits breastfeeding benefits of breastfeeding There many Impact obtained. 	<ul style="list-style-type: none"> Knowledge Knowledge Knowledge Mother Knowledge

Topic	Meaning Unit	Code	Sub Category	Category	Theme
	<p>immunity, so that the baby is smart, the baby's weight is ideal.</p> <ul style="list-style-type: none"> The benefit is that the baby's immune power is for the formation of the baby's immune system so that it doesn't get sick easily and is protected from bacteria and viruses because the baby is still vulnerable to its immune system. 				
<ul style="list-style-type: none"> According to the mother, is it dangerous if the baby is not breastfed for 6 months? 	<ul style="list-style-type: none"> Yes, if you say it's dangerous, no, we go back to the mother. There are those who from the beginning their mother's breast milk didn't 	<ul style="list-style-type: none"> No danger Therefore the mother Danger if not breastfed for 6 months. Danger, because babies are easily exposed to viruses. 	<ul style="list-style-type: none"> Not dangerous The impact can cause breast cancer Danger Babies are susceptible to viruses. 	<ul style="list-style-type: none"> Mother's Trust Behavior Loss of not breastfeeding the baby. Impact obtained. 	<ul style="list-style-type: none"> Perceived benefit Knowledge and behavior Mother's knowledge Knowledge

Topic	Meaning Unit	Code	Sub Category	Category	Theme
	<p>come out because there were other problems, so they had to use formula, the formula is not toxic, but if the mother's milk is good, why not just breastfeed . If you don't give breast milk, it's not dangerous , it's back to the mother's condition. The formula is also good but breast milk is still good.</p> <ul style="list-style-type: none"> • It's us to protect ourselves from breast cancer. • dangerous in my opinion, it's dangerous , because if the baby doesn't get breast milk, his immune system is low, he'll 				

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	<p>get sick easily.</p> <ul style="list-style-type: none"> It's very dangerous if you don't give breast milk, the baby will be easily exposed to the virus and get sick easily. 				
<ul style="list-style-type: none"> According to the mother, when should MP-ASI be given complementary feeding 	<ul style="list-style-type: none"> When the child is 6 months old, 6 months old, just start After 6 months. MP ASI is started when the baby is 6 months old. 	<ul style="list-style-type: none"> Age 6 months 6 months At age after 6 months. 6 months 	<ul style="list-style-type: none"> Toddler Additional food to be given > 6 months Infant development. 	<ul style="list-style-type: none"> Golden Age Infants are given complementary foods. Decided to give MPASI. 	<ul style="list-style-type: none"> Knowledge Information Knowledge Mother Knowledge
2. What is your opinion if your friends/brothers do not give exclusive breastfeeding to their children?	<ul style="list-style-type: none"> This goes back to each mother if I want to give exclusive breastfeeding until the age of 2 years but for other mothers maybe those who are working sometimes can't but can use breast 	<ul style="list-style-type: none"> Depending on the situation and condition of the mother, there are many benefits to breastfeeding for the baby by advising relatives. There is no problem as long as you have consulted with DSA and have followed DSA recommendations. 	<ul style="list-style-type: none"> Mother's SOSEK status Benefit Advising There must be a consultation with the DSA. 	<ul style="list-style-type: none"> Mother's decision But a habit that often occurs Advising mothers who do not give breast milk. Recommendations from experts. 	<ul style="list-style-type: none"> Self Efficacy Knowledge Mother's Knowledge Information

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	<p>milk, if it doesn't come out, use formula.</p> <p>If I go back to each other's mothers.</p> <ul style="list-style-type: none"> • In my opinion, breastfeed ing is better and has more benefits compared to formula milk, besides that it is also good for immunity • . In my opinion, it should be better to be breastfed for at least 6 months, we can also advise them to give exclusive breastfeed ing to their children. • My opinion about friends or relatives who don't give exclusive breastfeed 				

Topic	Meaning Unit	Code	Sub Category	Category	Theme
	ing to babies, it doesn't matter as long as they have consulted with DSA and have followed DSA recommendations.				
<ul style="list-style-type: none"> If the baby is sick, can breastfeeding be stopped according to the mother? 	<ul style="list-style-type: none"> Breast milk is the medicine from the mothers' group sharing. If you have a cold and cough at that age, there is no cure, so the solution is if you don't pump your breast milk, you can sunbathe and give it travumin. If you have eaten, sometimes if you're sick, you don't have an appetite, one of them is pounding breast milk. 	<ul style="list-style-type: none"> Breast milk is medicine. You don't need to stop because the benefits of breast milk for your little one's body are many. continue to be breastfed. There is no need to stop because breastfeeding can help the baby recover quickly. 	<ul style="list-style-type: none"> Decided to continue breastfeeding No need. Breastfeeding. Breastfeeding can speed up the baby's healing. 	<ul style="list-style-type: none"> Breastfeeding Behavior Healing Behavior Basic Healing 	<ul style="list-style-type: none"> Perceived Benefit Knowledge of Mother's Behavior Knowledge

Topic	Meaning Unit	Code	Sub Category	Category	Theme
	<ul style="list-style-type: none"> No, because breast milk is better than formula. No, still breastfed. If the baby is sick, in my opinion, it is not necessary to stop breastfeeding. Breastfeeding can help your little one recover quickly because breast milk is the child's immune system. 				
<ul style="list-style-type: none"> If the baby is sick, will the mother take her to the doctor or other treatment? 	<ul style="list-style-type: none"> If you look at the pain first, if the pain is still treatable, it's still not severe, then it's self-medication, except if it's like a fever that's been more than 3 days, you'll be taken to the doctor. So if it's a 	<ul style="list-style-type: none"> Seeing the condition of his illness, Healing for healing. taken to the nearest health service. Taken to the doctor if the pain is very severe, but if it's just normal pain, he will take the baby to the nearest midwife. 	<ul style="list-style-type: none"> Decided to treat according to mother's ability Go to the doctor Take to the doctor. Bringing to the doctor 	<ul style="list-style-type: none"> Mother's Trust Treatment / first aid Mother's Behavior Mother's Trust in Health workers. 	<ul style="list-style-type: none"> Perceived Severity Information and knowledge of Mother's Behavior Belief

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	<p>doctor, that's what I can't handle anymore.</p> <ul style="list-style-type: none"> • Immediately brought to the doctor • Iya was taken to the nearest doctor. • If the little one is very sick I will take him to the doctor but if the little one just has a normal fever I will take treatment to the nearest midwife first. 				
3. Is there a habit in the mother's family to give exclusive breastfeeding for 6 months to their child?	<ul style="list-style-type: none"> • Yes, all of my mother's children are like that, even up to 2 years, all up to 2 years. • Yes, because most of my extended family uses exclusively breast milk, not mixed with 	<ul style="list-style-type: none"> • Following his mother's example. Family habits that often occur if you have children • Of course, there are • Yes, families have a habit of always giving exclusive breastfeeding. 	<ul style="list-style-type: none"> • Examples of influential people • Family habits. • There are family customs. 	<ul style="list-style-type: none"> • The initial stage of exclusive breastfeeding is following habits. • Mother's Family Behavior • Following the custom of 	<ul style="list-style-type: none"> • Health Behavior • Behavior • Behavior • Behavior

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	<p>formula milk from the age of 1 month - 1 year and a half.</p> <ul style="list-style-type: none"> • Yes, there is. • Yes, my family always provides exclusive breastfeeding. 				
4. Is there support of around (family, peers, health professional s) you to give exclusive breastfeeding for 6 months?	<ul style="list-style-type: none"> • Yes, everyone supports me in my family, because yes, my mother's children are also breastfed for up to 2 years. Ma'am, my D4 is a midwife, my S2 is in public health, so it's often said. • Yes, it is recommended that the midwife is better, that exclusive breastfeeding is for 6 months. • Yes, here. • Yes, support from family, friends, 	<ul style="list-style-type: none"> • Get support • There is support from people around. • Of course, there is. • There is support. 	<ul style="list-style-type: none"> • Social Support • Giving for 6 months. • There are families who support breastfeeding. 	<ul style="list-style-type: none"> • The initial stage of exclusive breastfeeding • Provides experience. • Family support. • Motivation 	<ul style="list-style-type: none"> • Motivation for Exclusive Breastfeeding • Knowledge • Family Support • Knowledge

Topic	Meaning Unit	Code	Sub Category	Category	Theme
	and health workers.				
5. Since when do mothers breastfeed their babies?	<ul style="list-style-type: none"> From birth, no additional food was given until the age of 6 months. From the moment he was born, he was immediately given breast milk. Just a newborn. I breastfed my baby since the baby was born. 	<ul style="list-style-type: none"> Not given additional food for 6 months Newborn into the world. At the time of the newborn. 0 months. 	<ul style="list-style-type: none"> Give only breast milk for 6 months 0 months. baby is born Newborn 	<ul style="list-style-type: none"> Breastfeeding Behaviors natural history of breastfeeding. The baby's first breastfeeding. Natural history of breastfeeding. 	<ul style="list-style-type: none"> Exclusive breastfeeding Knowledge mother Knowledge Knowledge
<ul style="list-style-type: none"> Until when mothers give breastfeeding to infants 	<ul style="list-style-type: none"> until age 2 years if my experience, if a tad of past born until years and for girls from again until one more. That's different. 6 months I breastfed my child until the child is 2 years old. 	<ul style="list-style-type: none"> Age 2 years Experience Up to age 6 months. Until the age of 2 years. 	<ul style="list-style-type: none"> More than 6 months Gender-appropriate. Infants aged up to 6 months. 2 years 	<ul style="list-style-type: none"> Mother's Breastfeeding Limits for Toddlers Age Limits for Children's 	<ul style="list-style-type: none"> Breastfeeding Behavior Behavior Knowledge Mother Knowledge
<ul style="list-style-type: none"> Has the mother breastfed her child since the first 	<ul style="list-style-type: none"> Still the first child Yes, Alhamdulillah, I am the first child until 	<ul style="list-style-type: none"> One Child Habit / since having the first child. Yes, deliver. Yes, since the first child. 	<ul style="list-style-type: none"> One child Start the first child. Given to babies. First 	<ul style="list-style-type: none"> child One Child Breastfeeding. First, have children 	<ul style="list-style-type: none"> Behavior Breastfeeding Knowledge Mothers Knowledge Knowledge

Topic	Meaning Unit	Code	Sub Category	Category	Theme
child?	this 4th child I give breast milk. <ul style="list-style-type: none"> • Yes, love. • Yes, I have been breastfeed ing since my first child. 				
<ul style="list-style-type: none"> • addition action, anything that is given to the baby? 	<ul style="list-style-type: none"> • Yes MP ASI, yes 4 healthy 5 perfect because it's already one year old. Now sometimes packaged UHT milk is okay for 1-year-old children. • After the age of 6 months, I gave additional food such as serelac, regal, and additional food that I got myself from the rice team. • If they were born for 6 months, they only gave breast milk, after 6 months they were given 	<ul style="list-style-type: none"> • Giving MP-ASI and food 4 healthy 5 perfect • 6 months old will be given other food. • aged 0-6 months were only given breast milk, then at the age after 6 months were given solid food. • Give complementar y foods after 6 months. 	<ul style="list-style-type: none"> • food quality 6 months will be provided. • > 6 months given MPASI. • MPASI is given according to the rules. 	<ul style="list-style-type: none"> • Balanced Nutrition • Other Foods. • Giving MPASI. • History of breastfeeding. 	<ul style="list-style-type: none"> • Health Behavior • Knowledge/habits • Mother's knowledge • Knowledge

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	<p>solid food like team rice.</p> <ul style="list-style-type: none"> In addition to breast milk, I also give complementary foods after the baby is 6 months old. 				
<ul style="list-style-type: none"> When do mothers give breast milk to their babies? 	<ul style="list-style-type: none"> In one day he usually wants to sleep, then if he asks, the problem is that the frequency has decreased a bit, not as often as before, in the morning he wants to sleep and then in the afternoon At least 6 times a day. Every 2 hours I give breast milk. Every 30 minutes-1 hour I give breast milk to my baby whenever 	<ul style="list-style-type: none"> According to the will of the baby 2 hours. 30 minutes-1 hour once. All the time. 	<ul style="list-style-type: none"> time Sufficient period. When 30 minutes to 1 hour. No time limit 	<ul style="list-style-type: none"> Outcome Time Breastfeeding Time 	<ul style="list-style-type: none"> Breastfeeding Behavior Mother's Mother's knowledge Breastfeeding behavior in breastfeeding behavior

Topic	Meaning Unit	Code	Sub Category	Category	Theme
	my baby wants to breastfeed .				
6. How is the mother's religion in teaching to give exclusive breastfeeding to the mother's baby?	<ul style="list-style-type: none"> Islam strongly recommends that mothers breastfeed their children for 2 years... as in the Koran "Mothers should breastfeed their children for two whole years, namely for those who want to perfect breastfeeding," reads an excerpt from Surah Al Baqarah Verse 233. I refer to this verse. Don't forget to include daily prayers so that my breast milk will be enough for my child to be 2 years old. In my 	<ul style="list-style-type: none"> Adhering to the letter Al-Baqarah verse 233. It is permissible but there are some provisions to give breast milk. Recommendations for breastfeeding. Encourage breastfeeding. 	<ul style="list-style-type: none"> Religious Guidelines Religious Required teachings to breastfeed. Religious advice 	<ul style="list-style-type: none"> Worship Worship for his mother / mandatory. The obligation to breastfeed. Obligations 	<ul style="list-style-type: none"> ReligiousReligious Religion Teachings Religion

Topic	Meaning Unit	Code	Sub Category	Category	Theme
	<p>religion, it is very clear that it is permissible, but there are also provisions, such as not allowing a mother to breastfeed a baby who is not her child without the knowledge of the baby's parents. but not only that, giving exclusive breastfeeding is worship, some even state that a mother must breastfeed .</p> <ul style="list-style-type: none"> • In Islam, I was taught to breastfeed the baby for 2 full years because it provides good benefits for the baby. • In my religion, I teach that 				

Topic	Meaning Unit	Code	Sub Category	Category	Theme
	it is mandatory to give breast milk because breast milk contains many benefits for the baby's growth.				

Based on the results of interviews with informants about how the support, husband, family, health, and social workers in exclusive breastfeeding, the following are the results of the interview:

"Yes, everyone supports me in my family, because yes, my mother's children are also breastfed for up to 2 years. Ma'am, my D4 is a midwife, S2 is in public health, so it's often said."

"Yes, it is recommended that the midwife is better for exclusive breastfeeding for 6 months"

"Yes, support from family, friends, and health workers"

"Yes" The

relationship between health worker support, husband/family support, social support with exclusive breastfeeding. that mothers in this support get a lot of it because support is very important for mothers to continue to be diligent in breastfeeding their children.

Research sanad (naql al-kharaj) on the hadith of Ahmad no. 4112 with the theme of breastfeeding as the sample in this study, there is one narrator who is declared da'if, namely Walid Abu Musa. However, after the takhrij was held, it turned out that there was a supporting hadith, which was found in the history of Abu Daud, No. 2,052 so the quality changes to Hasan li qhairi. The hadith explains that breastfeeding makes the growth of bones and flesh means that breast milk is the most worthy divine gift to be given to babies because it has complete nutrition and nutrition, according to the baby's needs and for future growth and development (Hakim, 2018).

Based on the results of interviews with informants about how religion teaches exclusive breastfeeding, the following are the results of the interviews:

"In my religion, it is very clear that it is permissible but there are also provisions, such as not allowing a mother to breastfeed a baby who is not her child without the knowledge of the baby's parents. but not only that, giving exclusive breastfeeding is worship, some even state that a mother must breastfeed. There is an argument about the permissibility of breastfeeding for nursing mothers."

"Islam strongly recommends mothers to breastfeed their children for 2 years... as in the Koran "Mothers should breastfeed their children for two whole years, that is for those who want to perfect breastfeeding," reads an excerpt from Surah Al Baqarah Verse 233. I refer to this verse... don't forget to include prayers every day so that my breast milk is enough for my child to be 2 years old"

"In Islam, I am taught to breastfeed the baby for 2 full years because it provides good benefits for the baby"

"In my religion, I teach that it is mandatory to give breast milk because breast milk contains many benefits for the baby's growth."

The religious relationship with exclusive breastfeeding is in In our research, a mother is obliged to breastfeed her child and it has also been explained in the Qur'an and hadith ist. Mothers should breastfeed their children for two whole years, that is, for those who want to complete breastfeeding.

According to Bloom, health behavior is the second largest factor after environmental factors that affect the health of individuals, groups, or communities. False Habits A habit or culture is a set of beliefs, values , and ways of behavior that are generally learned and shared by citizens in society. The wrong habits are giving prelactal honey and formula milk using a pacifier to newborns, giving MP-ASI too early, and the habit of disposing of colostrum (Fatimah *et al.*, 2017).

Based on the results of interviews with informants about how the behavior of informants in exclusive breastfeeding, the following are the results of the interview:

"Yes, all of my mother's children are like that, even up to 2 years, all up to 2 years."

"Yes, my family always gives exclusive breastfeeding"

"Yes there is"

"Yes, because most of my extended family uses exclusive breastfeeding, not mixing formula milk from the age of 1 month - 1 year and a half"

The relationship between habits and exclusive breastfeeding. The results of this study showed that the habits of the mother were very factors related to habits that often happened to the family, it can be seen from the results of the interview above.

CONCLUSIONS AND SUGGESTIONS

Based on the results and discussion of the research, it can be concluded that breast milk is a perfect food that contains various nutrients that are needed by the body of living beings so that the body's metabolism can run smoothly and the development of the body goes well.

The results of the study regarding the description of exclusive breastfeeding were that all mothers who were the samples of the researchers gave exclusive breastfeeding to their children from birth to the

age of 2 years with full social support by families and health workers. Knowledge about the importance of exclusive breastfeeding is quite good. Mothers who have activities both as workers and as housewives continue to give exclusive breastfeeding because mothers know that exclusive breastfeeding is an important intake for babies in the growth and development of babies. In religion, the informants on average recommend exclusive breastfeeding for 2 years. Therefore, we recommend the following, firstly the need for health centers to increase the promotion of the importance of exclusive breastfeeding and husbands and their families to encourage mothers to give breastfeeding exclusively. Second, mothers should always find out about the importance of exclusive breastfeeding for babies.

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