

Description Of Factors Supporting Exclusive Breastfeeding At Danurejan I Public Health Center, Yogyakarta City

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Background: The low rate of exclusive breastfeeding is influenced by several factors, including enabling factors, supporting factors (such as family income, availability of time based on employment status, working hours, workplace location, and maternal health), as well as driving factors.

Objective: To describe the supporting factors associated with exclusive breastfeeding.

Methods: This study employed a descriptive design with a cross-sectional approach. Purposive sampling was used to recruit mothers with children aged 6–12 months.

Results: Among 35 breastfeeding mothers with infants aged 6–12 months, 62.9% provided exclusive breastfeeding. In addition, 62.9% of the mothers were employed, 71.4% had higher family income, 57.1% worked less than 8 hours per day, and 45.1% worked outside the home.

Conclusion: The findings indicate that maternal employment, working hours, and workplace location are key supporting factors for the practice of exclusive breastfeeding. Furthermore, both higher family income (\geq regional minimum wage) and lower family income ($<$ regional minimum wage) were associated with higher rates of exclusive breastfeeding compared to non-exclusive breastfeeding.

Keywords: Employment, Exclusive Breastfeeding, Family Income, Working Hours, Workplace Location.