

Relationship between Mother's Behavior and Child's Readiness in the Weaning Process

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Abstract

Weaning of Mother's Milk (ASI) is a process of gradual cessation of breastfeeding. Positive mother's behavior will form a good child's readiness for the successful weaning process of breastfeeding. This study uses a descriptive correlative research design with a cross sectional approach. Respondents in this study were 87 mothers who carried out weaning from breastfeeding in the working area of the Rejosari Health Center. The research samples were taken based on inclusion criteria using a purposive sampling technique. The analysis used univariate analysis to see the frequency distribution and bivariate analysis using the Chi-Square test. The statistical test results showed that there was a relationship between mother's behavior and child's readiness in the weaning process with p-value (0.002) < alpha (0.05). The results of this study indicate that there is more positive maternal behavior compared to negative maternal behavior in the weaning process. The more positive the mother's behavior, the more prepared the child will be for weaning, so it is necessary for the mother to know how to wean properly and when is the right time for weaning.

Keywords: Child Readiness, Weaning from Breastfeeding, Mother's Behavior



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INTRODUCTION

Weaning of Mother's Milk (ASI) is a process of gradual cessation of breastfeeding. Weaning is a period of transition from the child's mother's milk to other food sources (Palupi & Atik, 2021). Behavior is a behavior, a way of responding and expressing actions that involve relationships with the environment and individuals around them (Andi & Rhaptyalni, 2021). Good mother's behavior will determine the success of the weaning process. The most important thing in the weaning process is to use the "do and don't" strategy, namely don't refuse if the child doesn't want to breastfeed, usually what mothers often forget is inviting the child to communicate in language that the child can easily understand (Nasution & Lely, 2017). From the explanation about the weaning time which is less than 2 years, many factors influence the occurrence of early weaning, including factors related to health services, twin births, birth spacing, mother's breastfeeding experience (Djaiman et. al., 2019)

The prevalence of weaning from breast milk for less than 2 years in the world is 13.5%, 40% of children are weaned at 3-4 months of age, 31% of children aged 5-6 months, and as many as 27% at 1-2 months of age. The same information was obtained from a study in Krachi-Pakistan, which revealed that 53.2% of mothers weaned before 6 months. According to data (RISKESDAS Basic Health Research, 2021), 52.5% or only half of the 2.3 million babies aged less than 2 years are weaning in Indonesia and has decreased by 12% from the figure in 2019 (UNICEF Indonesia, 2022). The results of the percentage of 33 Indonesian provinces found that 52.2% of children experienced weaning from breast milk for less than 2 years and 47.42% of children experienced weaning for more than 2 years. The data obtained in Riau Province were 65.17% of infants aged less than 2 years who carried out weaning from breast

milk, in 2021 there were 70.29%, in 2022 there were 69.51% of infants (Central Bureau of Statistics, 2023).

The results of the study (Nurmasitah, Oktaviani and Rachman, 2015) said that there were still many bad mothers' behaviors in weaning, such as smearing brotowali, balsam, lipstick, food coloring and acid on the nipples. This is also supported by research conducted by (Fitriani, Sarlis and Desmariyenti, 2017) in the work area of the Tenayan Raya Inpatient Health Center, it was found that the mother's behavior regarding weaning of the 184 respondents had a negative behavior, namely 102 people (55.4%) and positive behavior was 82 people (44.6%) and the majority of weaning decisions when weaning their children were not good, namely < 2 years were 174 people (79.9%) and good were 37 people (20.1%). According to research by Susanti and Rachamaniar (2022), it is stated that weaning needs to be done in the right way, so that the closeness between the child and the mother is maintained. Therefore, to form good children's habits and readiness, good mother's behavior is also needed. The impacts that occur when carrying out the weaning process too early are increasing the risk of obesity, causing the child and mother's relationship to decrease because the approach process is disrupted, the influence of nutrition that causes malnutrition in children experiencing allergic reactions which cause diarrhea, vomiting, rashes, and itching due to reaction from the immune system. Another impact if breastfeeding for more than 2 years is that it can cause children to be at risk of getting sub-optimal nutrition. So if the weaning process is carried out, it will change the child's habits. To get used to these changes, parental behavior is needed to shape the child's readiness in the weaning process. Currently, many children are not ready for weaning from breast milk because of a lack of good behavior from their parents.

RESEARCH METHODS

This research is a quantitative descriptive correlational study using a cross sectional approach. The population used in this study were mothers who had children aged 2 years in the process of weaning breast milk in the working area of the Rejosari Health Center. The sample technique used is purposive sampling. Data collection tools in this study used a demographic data questionnaire, a mother's behavior questionnaire in the weaning process, and a child readiness questionnaire. The demographic questionnaire contains the names of the respondents who are filled in with the age of the mother, level of education, occupation, age of weaning children. The questionnaire on maternal behavior in the weaning process of breastfeeding consists of 22 questions and is made using a Likert scale with four answer choices, namely:

- never (0),
- sometimes (1),
- often (2),
- and always (3) for positive questions.

Meanwhile, negative questions were given a score of never (3), sometimes (2), often (1) and always (0) with a calculated r value in this questionnaire (0.451-0.676) and a Cronbach's alpha value (0.910). Whereas in the child readiness questionnaire the value of r is calculated (0.491-0.694) and the value of Cronbach's alpha (0.888).

RESEARCH RESULTS AND DISCUSSION

Univariate Analysis

Description of Respondent Characteristics

Table 1. Distribution of Respondents' Characteristics Based on Mother's Age, Last Education, Occupation, and Age of Weaning

Characteristics Respondents	Frequency (n)	Percentage (%)
Mother Age		
a. Late Teens (17-25)	23	26,4
b. Early Adult (26-35)	58	66,7
c. Late Adult (36-45)	6	6,9
Total	87	100
Last Education		
a. Elementary School	6	6,9
b. Junior High School	10	11,5
c. Senior High School	54	62,1
d. College	17	19,5
Total	87	100
Work		
a. Not Work	42	48,3
b. Work	45	51,7
Total	87	100
Knowledge		
a. Good	41	47,1
b. Enough	32	36,8
c. Not Enough	14	16,1
Total	87	100
Attitude		
a. Positive	53	60,9
b. Negative	34	39,1
Total	87	100
Action		
a. Done	56	64,4
b. Are Not Done	31	35,6
Total	87	100
Age of Weaning		
a. < 2 Years	45	51,2
b. 2 Years	42	48,3
Total	87	100

Based on the results in table 1 above, it shows the characteristics of the respondents mostly in early adulthood (26-35 years) totaling 58 respondents (66.7%), late adolescent maternal age (17-25 years) totaling 23 respondents (26.4 %) and mothers who are late adults (36-45 years) totaling 6 respondents (6.9%). Based on the latest educational characteristics, most of the respondents had a high school level of education with 54 respondents (62.1%), elementary school with 6 respondents (6.9%), junior high school with 10 respondents (11.5%), and tertiary education with 17 respondents (19.5%). Based on the characteristics of the work of the respondents, the majority worked as many as 45 respondents (51.7%) and did not work as many as 42 respondents (48.3%). Based on the mother's knowledge about weaning from breastfeeding, the majority of mothers had good knowledge, 41 respondents (47.1%), 32 respondents (36.8%) had sufficient knowledge, and 14 respondents (16.1%) had low knowledge. Based on the attitude of the mother in weaning from breastfeeding, the majority of mothers had a positive attitude of 53 respondents (60.9%) and mothers who had a negative attitude of 34 respondents (39.1%). Based on the mother's actions in weaning breastfeeding, the majority of the mother's actions were carried out by 56 respondents (64.4%) and the mother's actions that were not carried out were 31 respondents (39.1%).

Based on the age of the children weaned most of the children were weaned at the age of < 2 years by 45 respondents (51.7%) and by the age of 2 by 42 respondents (48.3%).

Description of Mother's Behavior

Table 2. Distribution of Mother's Behavioral Descriptions

Characteristics Respondents	Frequency (n)	Percentage (%)
Mother's Behavior		
Positive	47	54
Negative	40	46
Total	87	100

Based on table 2 above, there were 47 respondents (54%) who had positive behavior and there were 40 respondents (46%) who had negative behavior in the weaning process.

Picture of Child Readiness

Table 3. Distribution of Children's Readiness in the Weaning Process of Breastfeeding

Characteristics Respondents	Frequency (n)	Percentage (%)
Child Readiness		
Ready	45	51,7
Not ready	42	48,3
Total	87	100

Based on table 3 above, there were 45 respondents (51.7%) who had ready children and 42 respondents (48.3%) had children who were not ready for the weaning process.

Bivariate Analysis

Table 4. Relationship between Mother's Behavior and Child's Readiness in the Weaning Process

Mother's Behavior	Child Readiness				Total		OR	P value
	Ready		Not Ready		N	%		
	N	%	N	%				
Positive	32	68,1	15	31,9	47	100	4,431 (1,798- 10,922)	0,002
Negative	13	32,5	27	67,5	40	100		
Total	45	51,7	42	48,3	87	100		

Based on the results of the analysis in table 4 above, it shows that at the level of maternal behavior there are 32 respondents (68.1%) who have ready children, 15 respondents (31.9%) have unprepared children. In the negative mother's behavior, there were 13 respondents (32.5%) who had children who were ready, 27 respondents (67.5%) who had children who were not ready. Based on the results of the Chi-Square statistical test, the p value was 0.002, which means the p value $< \alpha$ (0.05). So it can be concluded that H_0 is rejected, which means there is a relationship between mother's behavior and child's readiness in the weaning process. Based on the analysis results obtained OR = 4.431, meaning that respondents who have positive maternal behavior have a probability of 4.431 than respondents who have negative maternal behavior.

Discussion

The results of research conducted on mother respondents who carried out the weaning process for their children found that the number of respondents with positive behavior was 47 respondents (54%) more than the respondents who had negative behavior as many as 40 respondents (46%) in the process of weaning breastfeeding. This is in line with research (Nasution & Lely, 2017) that the behavior of the majority of mothers is positive as many as 46 respondents (83.6%) than negative behavior as much as (16.4%) this is influenced by several factors, namely the age of the mother, education and work Mother. The older the mother, the more information and experience related to weaning, and the higher the education level of the mother, the more knowledge and insight regarding weaning from breastfeeding, thus forming a positive mother's behavior.

It is important for mothers to know how to properly weaning. There are several ways you can do so that weaning can be done properly, namely by slowly, distracting the child by doing other things they like, communicating the weaning of the child through the family, not weaning when the child is not well, not deceiving the child by applying herbs to the nipples when breastfeeding or behavior that makes the child uncomfortable and avoid weaning from a pacifier (pacifier) or a bottle of milk (Susanti & Rachamaniar, 2022).

In this study, the readiness of the children in the weaning process was mostly 45 respondents (51.7%), and 42 respondents (48.3%) were not ready. This research is in line with research conducted by (Ati Mustiko, 2018) which found that children were ready (63.3%) more than children who were not ready (36.6%) which was marked by the child's head being upright, the child being able to sit well, the child can already chew, has good body coordination, and has a healthy weight.

In this study, children's readiness for weaning can be seen from the child's satisfaction while breastfeeding. Some children are content to breastfeed indefinitely. But other children will signal to mothers that they are ready to begin the weaning process. These instructions can be seen from the child's attitude such as, the child seems no longer interested in breastfeeding, the child breastfeeds in shorter sessions than usual, the child is easily distracted when breastfeeding, the child suckles the breast but does not secrete milk but for the child's comfort. For this reason, mothers and children adjust physically and emotionally to changes (Susanti & Rachamaniar, 2022).

In this study, 47 respondents (54%) had positive maternal behavior and 40 negative maternal behaviors (46%). Meanwhile, 45 people (51.7%) had ready children ready and 42 children (48.3%) were not ready. The results of statistical tests using the Chi-Square test obtained p-value (0.002) < α (0.005) so it can be concluded that there is a relationship between mother's behavior and child's readiness in the weaning process. This is supported by research conducted by Nurmasitah (2015), with the title overview of mother's weaning behavior, the results show that mother's behavior is still bad in the process of weaning breast milk in children. Bad behavior carried out by mothers is carried out by applying brotowali, tamarind, lime, and food coloring, lipstick, balsam, and applying plasters to the nipples so that this method can harm the mother's breasts. This is based on the desire of the mother who wants the weaning process to run quickly.

Based on this description, it can be concluded that the mother's behavior is related to the readiness of the child in the weaning process. To form a ready child's readiness, positive mother's behavior is needed. In this study, the average respondent had a high school education background, respondents were open when receiving information from health workers, had high enthusiasm for holding the posyandu every month and almost all respondents were happy to get additional knowledge about how to wean properly and when to wean right.

CONCLUSION

Based on the results of the research and discussion regarding the relationship between mother's behavior and child's readiness in the weaning process involving 87 respondents in the Rejosari Health Center work area, it was concluded that the majority of mother's behavior was positive in the process of weaning breastfeeding. The results of this study answered the formulation of the research problem by finding a relationship between mother's behavior and child's readiness in the weaning process. The results of this study indicate that the characteristics of the respondents are mostly at the age of 26-35 years (early adulthood), high school education level, most of the respondents work with mostly good knowledge, the attitudes of the respondents are mostly positive, and the actions of the respondents are mostly carried out at the age of weaning < 2 years more than 2 years old. The results of this study can also show that the mother's behavior influences the readiness of the child in the weaning process. The more positive the mother's behavior, the more prepared the child will be for weaning so it is necessary for the mother to know how to wean properly and when is the right time for weaning.

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