

***Mother's Knowledge, Family Roles and Exclusive Breastfeeding Practices
(Study in Panarukan Health Center Work Area)***

Kunti Aisyah Amini

Study Program Of Clinical

Nutrition

Health Department

ABSTRACT

Toddler nutrition is an important benchmark in achieving health indicators in Situbondo Regency. The incidence of stunting in Situbondo Regency is still very high, about 30.9% (Ministry of Health, 2022). Therefore, special attention is needed in nutrition providing, by right feeding, especially by exclusive breastfeeding for babies. The aim of this research was to determine mothers knowledge, family roles and exclusive breastfeeding practices in Panarukan Health Center work area, Situbondo Regency. This research was a quantitative descriptive research with a cross sectional approach. The research instrument used a questionnaire consisting of a questionnaire on maternal knowledge, family roles and exclusive breastfeeding practices. The number of subjects was 30 respondents with the sampling technique used purposive sampling. There were 13 subjects (43%) in the good category for the level of mothers knowledge about exclusive breastfeeding, and there were 19 subjects (63%) in the high category for family support to mothers and exclusive breastfeeding practices, while the number of mothers who provide exclusive breastfeeding was only 10 subjects (33%). Most mothers were still unable to implement exclusive breastfeeding, so this indicated that exclusive breastfeeding practice really depends on the mother's decision factors.

Keywords : *Exclusive Breastfeeding Practices, Mother's Knowledge, Family Roles*