

**The Association of Information Access, Family Support,
and Perceived Breast Milk Insufficiency
with Breastfeeding Practices
(A Study in the Working Area of Rambipuji Public Health Center, Jember)**

Linda Nurhayati
Clinical Nutrition Study Program
Department of Health

ABSTRACT

The only food that contains the optimal nutrients suitable for a baby's growth and development is breast milk. The World Health Organization (WHO) recommends exclusive breastfeeding for infants from birth up to six months of age. The aim of this study was to analyze the relationship between information access, family support, and perceived breast milk insufficiency with breastfeeding practices in the working area of Rambipuji Public Health Center, Jember. This research employed an analytical observational method with a cross-sectional design. The subjects of this study were 77 infants aged 6–23 months. The sampling technique used was probability sampling with simple random sampling. The independent variables in this study were information access, family support, and perceived breast milk insufficiency, while the dependent variable was breastfeeding practices. Statistical analysis was performed using the Spearman Rank test. The results showed a significant relationship between information access and breastfeeding practices ($p\text{-value} = 0.000$, $r = 0.419$). There was also a significant relationship between family support and breastfeeding practices ($p\text{-value} = 0.045$, $r = 0.229$), as well as between perceived breast milk insufficiency and breastfeeding practices ($p\text{-value} = 0.000$, $r = 0.412$).

Keywords: *Information Access, Family Support, Breastfeeding Practices, Perceived Breast Milk Insufficiency.*