

# Determinant factors of exclusive breastfeeding among infants aged under 6 months during COVID-19 pandemic in Indonesia = Faktor determinan ASI eksklusif pada bayi berusia di bawah 6 bulan selama pandemi COVID-19 di Indonesia

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## Abstrak

This study aimed to investigate dominant factors associated with exclusive breastfeeding practice of mothers with infants aged under 6 months during the COVID-19 pandemic in Indonesia. A cross sectional study through online survey was conducted among mothers with infant aged under 6 months in Indonesia during 2 November 2020 – 8 February 2021. Chi-square/Fisher test was used to analyse the association between each factor with current exclusive breastfeeding practice. Multiple logistic regression test used to determine the dominant factors for exclusive breastfeeding practices. Most of the subjects was aged 18-34 years old (90.7%), has high education level (86.7%), categorized as middle-high household income level (87.1%), living in Java Island (83.1), has infant aged 4 months (76.2%), has male infant (51.2%). The proportion of subjects who exclusively breastfeed was 79.0%. Factors that significantly associated with exclusive breastfeeding practices during COVID-19 pandemic in Indonesia were household income level [OR= 2.6; 95% CI (1.194 – 5.839)], marital status [OR=4.9, 95% CI (3.842 – 6.301)] and breastfeeding intention [OR=12.8; 95% CI (3.906 – 42.459)]. Multivariate analysis results showed that dominantly associated with exclusive breastfeeding during COVID-19 pandemic was breastfeeding intention [aOR=17.3; 95% CI (4.222 – 71.069)], followed by household income level [aOR=4.2; 95% CI (1.550 – 11.741)] and infant's age [aOR=2.4; 95% CI (1.116 – 5.243)]. Mothers with breastfeeding intention since pregnancy had 17.3 higher odd of exclusive breastfeeding practice than mothers who had not intention to breastfeeding. Mothers should be prepared and planned to exclusive breastfeeding during prenatal periode. Future analyses of the survey data are needed to explore more about mother's experiences change, such as everyday lifestyle, finances, access and utilization in healthcare services, especially in the extend period of pandemic. Furthermore, knowledge, awareness, attitude or others individual/internal factors associated with exclusive breastfeeding decision are needed to be assessed to get more comprehensive results.

.....Penelitian ini bertujuan untuk mengetahui faktor dominan yang berhubungan dengan praktik pemberian ASI eksklusif pada ibu dengan bayi berusia di bawah 6 bulan selama pandemi COVID-19 di Indonesia. Studi potong lintang melalui survei daring dilakukan pada ibu dengan bayi usia di bawah 6 bulan di Indonesia selama 2 November 2020 - 8 Februari 2021. Chi-square/Fisher-test digunakan untuk menganalisis hubungan antara masing-masing faktor dengan praktik pemberian ASI eksklusif. Uji regresi logistik ganda digunakan untuk mengetahui faktor dominan praktik ASI eksklusif. Sebagian besar subjek berusia 18-34 tahun (90,7%), berpendidikan tinggi (86,7%), tergolong berpenghasilan menengah ke atas (87,1%), tinggal di Pulau Jawa (83,1), memiliki bayi berusia 4 bulan (76,2%), dan memiliki bayi laki-laki (51,2%). Proporsi subjek yang menyusui secara eksklusif adalah sebesar 79.0%. Faktor yang berhubungan secara signifikan dengan praktik pemberian ASI eksklusif selama pandemi COVID-19 di Indonesia adalah tingkat pendapatan rumah tangga [OR = 2,6; 95% CI (1,194 - 5,839)], status perkawinan [OR = 4,9, 95% CI (3,842 - 6,301)] dan niat menyusui [OR = 12,8; 95% CI (3,906 - 42,459)]. Hasil analisis multivariat menunjukkan bahwa

factor dominan pemberian ASI eksklusif selama pandemi COVID-19 adalah niat menyusui [aOR = 17,3; 95% CI (4.222 - 71.069), diikuti tingkat pendapatan rumah tangga [aOR = 4.2; 95% CI (1.550 - 11.741)] dan usia bayi [aOR = 2.4; 95% CI (1.116 - 5.243)]. Ibu yang memiliki niat untuk menyusui sejak kehamilan berpeluang 17,3 lebih besar memberikan ASI eksklusif dibandingkan ibu yang tidak berniat menyusui. Ibu harus mempersiapkan dan merencanakan pemberian ASI eksklusif sejak periode prenatal. Analisis data survei lebih lanjut diperlukan untuk menggali lebih dalam tentang perubahan pengalaman ibu, seperti gaya hidup sehari-hari, keuangan, akses dan pemanfaatan layanan kesehatan, terutama pada periode pandemi selanjutnya. Selain itu, pengetahuan, kesadaran, sikap atau faktor individu / internal lain yang terkait dengan keputusan pemberian ASI Eksklusif perlu dikaji untuk mendapatkan hasil yang lebih komprehensif.