

## An Interaction among factors that influence mothers's decision in initiating complementary feeding in infants aged 4-6 months: a qualitative study

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### Abstrak

#### <b>ABSTRACT</b><br>

One way to improve the success of exclusive breastfeeding promotion is to understand the factors that directly or indirectly influence a mother's decision to initiate complementary feeding, as well as their interaction. The present study employed the use of a newly developed qualitative dietary survey-Food Choice Map method-to investigate those factors for 40 mothers with infants aged 4 - 6 months old residing in Pondok Labu sub-district of South Jakarta, Indonesia, regarding the 'military' and 'civilian' communities. K -Means Cluster Analysis was used to create relatively homogenous groups based on demography and socioeconomy characteristics using variables such as mother's age, child's age and sex, study groups, ownership of house, phone, and motorcycle. Nearly all infants (97%) received complementary feeding before the age of 4 months old with "to calm child" as the most common reason why mothers initiated the feeding. Most infants were given banana as their first food as the "social circle suggested" or because it is "commonly used food." Another large percentage received instant baby food due to "its practicality." The findings suggest factors such as socioeconomy and demography-as described by the cluster characteristics-whom mothers were dependent on, feeding experience, and self-confidence influenced mother's decision in initiating complementary feeding. Furthermore, they interact with one another that their existence of affecting mothers' behavior is the result of not only one factor. It is recommended to establish breastfeeding support groups for the mothers, as well as to get encouragement from the social circle and medical professionals to motivate mothers and increase their self-confidence to breastfeed the infants.