

## Practice and attitude of midwives toward the current exclusive breastfeeding policy up to 6 months: a qualitative study in North Jakarta, Indonesia

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### Abstrak

Exclusive breastfeeding means giving a baby no other food or drink, not even water, apart from breast milk (including expressed breast milk), with the exception of drops or syrups consisting of vitamins, mineral supplements or medicines (WHO, 2001). Exclusive breast feeding is the best way to feed an infant in the first 6 months. On April 7, 2004 the government of Indonesia launched that exclusive breastfeeding to infants up to 6 months should be promoted to all Indonesian mothers.

In Indonesia breastfeeding practice is high in general. However, the proportion of exclusive breastfeeding in Indonesia is decreasing from time to time. While breastfeeding is a natural act, it is also a learned behavior. To be successful in breastfeed, mother needs accurate information and support within their family, community and health providers.

Many studies had been conducted to assess factors influence breastfeeding practices including exclusive breastfeeding practices but limited study assessed about the practice and attitude of midwives toward exclusive breastfeeding particularly after new policy on the duration of exclusive breastfeeding is in effect. Therefore, this study has attempted to explore the practice and attitude of midwives toward the current exclusive breastfeeding policy up to 6 months in Jakarta.

This research report is divided into three parts. Part 1 consists of background of study, review of related literature, research problem, rationale, research question, general objective, specific objectives, conceptual framework and variable-indicator matrix.

Part II contains the manuscript for publication, entitled "Practice and attitude of midwives toward the current exclusive breastfeeding policy up to 6 months: a qualitative study in North Jakarta, Indonesia." The manuscript is written following the requirement for submission to Journal of Nutrition.

Part III encloses the appendices including detailed methodology, detailed results, questionnaires, ethical approval, grant approval, references and curriculum vitae.