

## THE RELATIONSHIP OF BREASTFEEDING WITH THE INCIDENT OF NEONATORY JAUNDICE IN NEWBORN BABIES 0-7 DAYS AT PEGAJAHAN HEALTH CENTER, SERDANG BEDAGAI DISTRICT 2023

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### ABSTRACT

One of the goals of health development is to reduce the number of infant deaths. The World Health Organization (World Health Organization) in 2005 stated that the under-five mortality rate in the world was 42%, while in Indonesia the infant mortality rate was 34/1000 live births, the under-five mortality rate was 44/1000 live births (Indonesian Ministry of Health in Fatimah, 2017). Infant mortality is death that occurs when a baby is born until the baby is not exactly one year old. Many factors are associated with infant mortality. Broadly speaking, in terms of causes of infant death, there are two types, namely endogenous and exogenous. Endogenous infant death or what is commonly called neonatal death is infant death that occurs in the first month after birth and is generally caused by factors introduced during pregnancy. Exogenous infant death or post-neonatal death is infant death that occurs after the age of one month until approaching the age of one which is caused by factors related to the influence of the external environment. The Infant Mortality Rate (IMR) is one of the main indicators of a country's health status. IMR also indicates the ability and quality of health services, capacity of health services, quality of education and community knowledge, quality of environmental health, socio-culture and barriers to gaining access to health services. The most common cause of death in infants and toddlers is due to lack of nutrition, namely 58% (WHO in Fatimah, 2017). Breastfeeding is not optimal in treating 45% of deaths due to neonatal infectious diseases, 30% of deaths due to diarrhea and 18% of deaths due to acute respiratory problems in toddlers. The deaths of 30,000 children.

**Keyword :** *Breastfeeding, Neonatory Jaundice*

### INTRODUCTION

Breast milk or breast milk is the best food for babies because it contains antibodies and more than 100 types of nutrients, such as AA, DHA, taurine and spingomyelin which are not found in cow's milk. Some formula milk manufacturers try to add these nutrients, but the results still cannot match the nutritional content of breast milk. If the addition of these nutrients is not done in a

balanced quantity and composition, it will result in the formation of substances that are dangerous for the baby. There are many benefits contained in breast milk, therefore, there is no reason whatsoever for mothers not to breastfeed. Giving formula milk is not recommended, unless indicated by a doctor. The phenomenal content of breast milk is colostrum (Yuliarti, 2015: 3).  
Benefits of Colostrum

Based on research, there are at least 4 benefits of colostrum in breast milk which are very useful for babies, including:

1. Contains immune substances - especially immunoglobulinA or IgA to protect babies from various infectious diseases, such as diarrhea.
2. The amount of colostrum produced varies, depending on the baby's sucking in the first days of birth. Even though it is small, it is enough to meet the baby's nutritional needs.
3. Contains high levels of protein and vitamin A, and contains low carbohydrates and fat so that it meets the baby's nutritional needs in the first days of birth.
4. Helps remove meconium, which is the baby's first greenish black feces. (Yuliarti, 2015: 4)

### C. The importance of breastfeeding

Apart from that, mothers also need to know several other important things about breast milk, including:

1. Breast milk is easy to digest because apart from containing the appropriate nutrients, it also contains enzymes to digest the nutrients contained in breast milk.
2. Breast milk contains high quality nutrients which are useful for the growth and development of baby's intelligence.
3. Apart from containing high protein, breast milk also has a ratio of "whey" to "casein" which is suitable for babies. The ratio of whey to casein is one of the advantages of breast milk compared to

cow's milk. Breast milk contains more whey-casein, namely 65:35. This composition makes breast milk proteins more easily absorbed. Cow's milk has whey-casein in a ratio of 20:80 so it is not easily absorbed.

## METHOD

### Types of Research

The type of research carried out is an analytical survey. Analytical surveys are surveys or research that try to explore how and why health phenomena occur. Then carry out a

dynamic analysis of the correlation between phenomena or between risk factors and effect factors. In this research, correlation analysis can determine how far certain risk factors

contribute to the occurrence of a certain event or effect (Notoatmodjo, 2010:37).

This research uses a cross sectional research design. Cross sectional research is research in which the variables included in the risk factor and the variables included in this survey between the risk factor and the effect factor are measured or observed at the same time. So each subject was only observed once (Heriyanto, 2012: 63).

### Operational Definition

#### 3.3.1 Research Variables

Variables are characteristics of research subjects that change from one subject to another (Aziz, 2010: 86).

The variables in this research consist of:

a) Independent Variable or Independent Variable

The variable that precedes it is called the independent variable. The independent variable in a causal relationship is a causal variable or something that conditions changes in other variables.

## CONCLUSION

Based on table 5.3, it shows that of the 16 respondents who did not frequently breastfeed, 87.5% were positive for jaundice. Meanwhile, of the 35 respondents who often gave breast milk, the majority, 51.4%, tested negative for jaundice.

The results of statistical analysis using the chi-square test produced a p value = 0.020. So it was obtained that  $p < 0.05$ , which means that  $H_a$  is accepted or there is a relationship between breastfeeding and the incidence of jaundice in newborns 0-7 days old. Breast milk is an emulsion of fat in a solution of protein, lactose and organic salts secreted by the mother's two breast glands and is the best food for babies. Apart from fulfilling all the baby's food needs, whether nutritional, immunological or other, breastfeeding provides an opportunity for mothers to convey love and protection to their children (Bahiyatun, 2009).

The results of this research are in accordance with the theory presented by Sunar (2009), namely that one of the benefits of breastfeeding for babies is that breastfed babies are better able to overcome the effects of jaundice. The amount of bilirubin in the baby's blood decreases greatly as colostrum is given which can overcome it

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