

The Relationship of Exclusive Breastfeeding History to Children's Mental-Emotional Development Age 3-4 Years in Working Area Bungus Health Center Padang City in 2023

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ABSTRACT

Background: Approximately 9% to 15% of behavioral and emotional disorders are common in children such as anger, aggression, and disobedience. If this problem is accompanied by significant functional impairment or stress, then the child will try to hurt people, even himself, or damage things. One of the child's emotional and mental development is strongly influenced by nutrition, and mother's milk. The purpose of this study was to see the relationship between a history of exclusive breastfeeding and the emotional and mental development of children aged 3-4 years in the working area of the Bungus Public Health Center, Padang City in 2023.

Methods: This study used a cross-sectional design. The sample in this study consisted of 58 children who were selected using the probability sampling technique with the simple random sampling method. Data analysis used bivariate analysis with chi-square. Data analysis using the SPSS program.

Results: Children who get exclusive breastfeeding (62.1%). The results of the study based on the chi-square statistical test showed that there was a relationship between a history of exclusive breastfeeding and the emotional and mental development of children aged 3-4

years (p-value = 0.002), which means that the p-value was > 0.05.

Conclusion: The results of this study revealed that there was a significant relationship between the history of exclusive breastfeeding and the emotional and mental development of children aged 3-4 years in the working area of the Bungus Public Health Center, Padang City.

Keywords: [Exclusive breastfeeding, emotional mental development, children aged 3-4 years]

INTRODUCTION

The emotional mentality is a condition of well-being that is realized by individuals, in which there are abilities to manage stress, natural life to work productively, and produce and participate in their community.¹ Approximately 9% to 15% of behavioral and emotional disorders are common in children such as anger, aggression, and disobedience. If this problem is accompanied by significant functional impairment or stress, then the child will try to hurt people, even himself, or damage things. Mental health disorders can be acquired from childhood in the womb or when a person grows up.²

An important period of physical growth and development of children begins from birth to 3-4 years of age. Developments in children such as intelligence, gross and fine

motor skills, and social, and mental-emotional success are measured through the success of the growth and development of the child's brain. Early childhood is a golden period for all aspects of human development, both physical, cognitive, emotional, and social. One aspect of development that is important for children is the emotional aspect.³

Children's mental health is as important as their physical health. If there is a mental health disorder in a child that is not handled properly, it can cause bad behavior to affect the child's development.⁴

Children aged over 3 years are already able to interact socially, the interaction they get is not only from the nuclear family but already with the larger environment so that the stimulus for their mental-emotional development is more developed. One of the child's brain development is strongly influenced by nutrition and breast milk.⁵

Exclusive breastfeeding will create an attachment between mother and child that is established so that the relationship between mother and child is not interrupted and can affect the child's emotional and mental development. When breastfeeding there will be physical contact with the mother, the words that come out of the mother's mouth, and her gaze of affection which will stimulate the baby's development, especially his emotional mentality.⁶

In 2021 exclusive breastfeeding is 71.58%, which is still below the Ministry of Health's target of 80%. Exclusive breastfeeding in West Sumatra in 2022 is 74.32%, in the city of Padang for the last three years, exclusive breastfeeding has decreased. In 2021, exclusive breastfeeding in Padang City is 69.9%. Low exclusive breastfeeding is caused by mothers stopping breastfeeding less than 6 months.^{6,7}

Based on Pratiwi's research (2018) concerning the relationship between a history of exclusive breastfeeding and emotional mental development in children aged 3-6 years, children who get exclusive breastfeeding do not experience mental-emotional disorders, while children who do

not receive exclusive breastfeeding have children who experience mental emotional problems.⁸

The purpose of this study was to assess whether there is a relationship between a history of exclusive breastfeeding and the emotional and mental development of children aged 3-4 years at the Bungus Health Center, Padang City.

MATERIALS & METHODS

Study Design and Research Sample

This research was conducted using a cross-sectional design. The population in this study were all children aged 3-4 years, in the working area of the Bungus Health Center, totaling 419 people with a sample of 58 people. The sampling technique used Probability Sampling with a simple random sampling method.

Operational definition

The independent variables in this study were exclusive breastfeeding and the dependent variable Mental Emotional Development for Children Aged 3-4 Years.

Data collection technique

Data in this study were collected using a questionnaire. This study was approved by the ethical committee of the Faculty of Medicine, Andalas University.

Statistical Analysis

Data descriptions are written as frequencies and percentages. Bivariate test using the Chi-Square test If the p-value < 0.05 it will be considered to be statistically related. Data were analyzed first using SPSS

RESULT

The results of the description of the characteristics of the respondents can be seen as follows (Table 1)

Table 1: Frequency Distribution of Respondent Characteristics.

NO.	Respondent Characteristics	F	%
1.	Elementary Mother's		
	Elementary school	2	3,4%
	Junior high school	9	15,5%
	Senior high school	38	65,5%
	Bachelor	9	15,5%
2.	Job-status		
	Working Mother	36	62,1%
	Doesn't work	22	37,9%

Table 1, It is known that most of the mothers have high school/vocational school education (65.5%) and more than half of the mothers have jobs (62.1%)

The results of the univariate data description can be seen as follows.

Table 2: Univariate Data Frequency Distribution.

History of Breastfeeding	F	%
Exclusive breastfeeding	36	62.1%
Not Exclusive Breastfeeding	22	37.9%
Total	58	100%

Table 2 It is known that most children get exclusive breastfeeding (62.1%).

Table 3: Univariate Data Frequency Distribution.

Childhood Emotional Mental Development 3-4 Years	F	%
Not disturbed	38	65.5%
Disturbed	20	34.5%
Total	58	100%

Frequency Distribution of Disorders of Mental Emotional Development in Children Aged 3-4 Years at Bungus Health Center, Padang City Exclusive

Table 3 The results showed that most children did not have mental-emotional developmental disorders (65.5%).

The results of the bivariate data description can be seen as follows

Table 4. The relationship between a history of exclusive breastfeeding and the emotional and mental development of children aged 3-4 years in the Bungus Health Center, Padang City

History of Breastfeeding	Childhood Emotional Mental Development 3-4 Years				P Value
	Disturbed		Not disturbed		
	N	%	N	%	
Exclusive	7	19,4%	29	80,6%	0,002
Not Exclusive	13	59,1%	9	40,9%	

Table 4 the result that there is a significant relationship between a history of exclusive breastfeeding with disorders of mental-emotional development in young children 3-4 years with a value ($p < 0.05$).

DISCUSSION

Based on the results of the study, it was found that there was a relationship between a history of exclusive breastfeeding and mental-emotional development disorders in children aged 3-4 years.

The results of this study are in line with the results of a study conducted by Any Setyarini, et al in 2015 that there was a significant relationship between exclusive breastfeeding and children's mental-emotional development with a value of $p = 0.001$ ($p < 0.05$) (Setyarini et al, 2015). Research conducted by Yuliani, in 2017 there was a significant relationship with the p -value = 0.001. ^{9,10}

And based on the results of Susi Hartati's research, in 2019 the results showed that there was a significant relationship with a p -value = 0.002 (Susi Hartati, 2019). This research is not comparable to research conducted by Maharani in 2018 which can

be concluded that there is no significant relationship with a $p = 0.46$ ($p > 0.05$).⁸

Exclusive breastfeeding is the variable that most dominantly influences the child's emotional mentality after being controlled by the variables of the mother's knowledge, mother's attitude, and level of education. Children who are exclusively breastfed have fewer mental emotional development problems than children who are not exclusively breastfed.¹¹

This is because when breastfeeding the baby feels attached to the mother and a sense of security is formed. The sense of security that a baby feels, especially in the first and second years of life, will affect his mental-emotional development.⁹

The results of this study indicate that there is a significant relationship between exclusive breastfeeding and the emotional and mental development of children aged 3-4 years. According to researchers, the existence of mental and emotional development disorders in children is one of the causes of the mother not cooperating in giving exclusive breastfeeding to her child, and feeling more satisfied and calm if her child does not cry because she is given

additional food before the age of 6 months, and gives formula milk because it is very cheap., easy to get, and lots of attractive promos from formula milk which makes mothers more satisfied when their children are given formula milk compared to exclusive breastfeeding.

Although in this study exclusive breastfeeding was not the greatest relative risk when viewed from the mother's knowledge and the surrounding environment, because parental education influences the child's health, mothers with high levels of education will have a clearer opportunity to absorb information than those with less education. they will be driven to be curious, seek experience so that the information obtained will become knowledge and will be applied to their lives.¹²

Parents' work also has a big impact on children. The 2018 Laloan and Bataha research states that there is a significant relationship between mothers who do not work and working mothers on children's mental and emotional development.¹³

However, exclusive breastfeeding is still important in the early days of a child's life to support the emotional and mental development of the child in the future.

CONCLUSION

Based on the results of the study, it can be concluded that most mothers have lower secondary education and most mothers have jobs outside the home. Less than half of children have disorders of mental and emotional development and there are still children who are not given exclusive breastfeeding from their mothers, therefore there is a significant relationship between the history of exclusive breastfeeding on mental and emotional development in children aged 3-4 years.

Declaration by Authors

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