

THE RELATIONSHIP BETWEEN BREASTFEEDING MOTHERS'
KNOWLEDGE AND EXCLUSIVE BREASTFEEDING BEHAVIOR AT
POSYANDU BANGUNSARI VILLAGE, MADIUN REGENCY, EAST JAVA

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ABSTRACT

Background: Breast milk is the best food at the beginning of the baby's life which is natural, the breastfeeding period is exclusively until the baby is six months old. Lack of knowledge and information is the cause of the failure of exclusive breastfeeding. A factor known as ibu rendah has a very large dampak concerning the growth and development of the child. Mother's understanding from pregnancy to birth affects maternal behavior in exclusive breastfeeding. Factors that affect exclusive breastfeeding behavior are predisposition factors, reinforcing factors, and enabling factors. Predisposing factors that affect exclusive breastfeeding behavior, namely age, education, knowledge, attitude, and husband support is also needed to increase exclusive breastfeeding. **Objective:** to determine the relationship between breastfeeding mothers' knowledge and exclusive breastfeeding behavior at the Bangunsari Village Posyandu, Madiun Regency, East Java. **Method:** cross-sectional longitudinal analysis with observational data. Samples are collected using the sequential sampling technique with a sample size of 54 infants. **Results:** The analysis used Chi-Square with a p -value = 0.001 α 0.05 and a CC value = 0.579. **Conclusion.** **Key Point:** There is a significant relationship between knowledge and the execution of the ASI Exclusive in Posyandu Desa Bangunsari.

Keywords: knowledge, behavior of exclusive breastfeeding