

**GIVING COLOSTRUM TO BABIES AT THE POSYANDU IN THE WORK AREA
PUSKESMAS TANJUNGBATU, GADING SARI VILLAGE**

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ABSTRACT

Background : Based on the results of love, the Indonesian Demographic and Health Survey (IDHS) in 2008 explained that in 2002–2003 exclusive breastfeeding for babies aged 2 months was only 64%. This percentage has decreased markedly to 46% in infants aged 2–3 months and 14% in infants aged 4–5 months. Other conditions of concern are 13% and infants aged 2 months have been given formula milk and 15% have been given additional food. Breastfeeding in the first hour will prevent the mother from the dangers of breast engorgement and blocked milk ducts. The research objective was to determine the provision of colostrum to infants at Posyandu.

Method : This research method is descriptive. The research site will be conducted in the Posyandu in the working area of the Tanjungbatu Community Health Center, Gading Sari Village. The population in this study were all mothers of infants who visited or conducted examinations at the Posyandu in the working area of the Tanjungbatu Public Health Center, Gading Sari Village. The population in this study had an average number of visits per month, namely 65 people. Sampling in this study using total sampling, which then sampling is the mother of infants who meet the criteria. Univariate analysis is used to determine the frequency distribution of the variables that have been determined in the study.

Result : From the results of the research conducted, it can be seen that as many as 37 respondents did not give colostrum to babies (56.9%), while as many as 28 respondents gave colostrum to babies (43.1%).

conclusion : The conclusion in this study was that respondents did not give colostrum to babies (56.9%), while 28 respondents gave colostrum to babies (43.1%).

Keywords: Colostrum, Baby

PRELIMINARY

Children are a gift and have rights, children are part of human rights that must be guaranteed, protected and fulfilled by parents, family, community, government and the state. The rights of the child include (1) non-discrimination, (2) the best interests of the child, (3) the right to survival, and (4) the development and respect of children Chapter I article I No. 12 and Chapter II article 2 (Roesli, 2009).

Children are a foundation of hope for the survival of mankind and become the nation's next generation. All of this will be fulfilled if the child achieves optimal growth and development.

Growth and development can be optimal if all the needs are met, so that the quality of Human Resources (HR) can be improved. One of the efforts that have had a significant impact on improving the quality of human resources is the effort to improve the nutritional status of the community. Breast milk (ASI) has proven to have advantages that cannot be replaced by any milk, because breast milk contains nutrients that always adjust to the needs of the baby at any time, even when sick, the nutritional content of breast milk will adjust to the baby's needs (Purwanti, 2014)

Breastfeeding is a miracle from God which is given to people through mothers who

breastfeed their babies with breast milk. Breast milk is one type of food that is sufficient for all the elements of a baby's needs, whether physical, psychological, social or spiritual. Breastfeeding for the first hour of life can save 1 million babies' lives by doing IMD (Early Initiation of Breastfeeding). Regarding breastfeeding for the first 1 hour (colostrum), it is recommended that as soon as possible put a newborn baby on the mother's chest and leave it for 30-60 minutes (Yuliarti, 2010).

Breast milk is the single most perfect food for babies up to 6 months of age, because breast milk contains all the nutrients the baby needs. Breastfeeding is a child's right, for survival and optimal growth and a mother's right to breastfeed her child. Breastfeeding can also shape intellectual, spiritual and emotional development, because in the mother's arms during breastfeeding, the baby is in direct contact with the mother and gets warmth, affection and a sense of security (Nurhaeni, 2010).

Exclusive breastfeeding can prevent infant mortality by 13%, complementary feeding at the right time and amount can prevent infant mortality by 6% so that exclusive breastfeeding for 6 months is continued for > 2 years with appropriate complementary foods to prevent death. under five as much as 19%.

Breast milk contains nutrients needed for the growth of the baby, both building blocks, regulators and energy substances with the composition of breast milk that is suitable for maintaining the baby's brain growth and development, the immune system in the body optimally, and factors that are vital for preventing disease, especially diarrhea, ARI (Acute Respiratory Infection) and respiratory tract infection (pneumonia). Breastfed babies will not be susceptible to infection because in breast milk, especially colostrum contains globulin protein. The benefits of the first breastfeeding as an irreplaceable food, second breast milk can increase immunity in babies, third breast milk can reduce the number of infections, fourth breast milk is very important for growth and development in children (Khamzah, 2012).

Colostrum (initial milk) is milk that comes out in the first days after the birth of a baby, yellowish in color and thicker. The highest

content in colostrum is antibodies that are ready to protect the baby when the baby's condition is very weak. Antibodies are substances that are released by the body when the cause of the disease enters the body. IgA (Immunoglobulin A) or an immune substance that can protect babies from various diseases, especially diarrhea, the protein content in colostrum is higher than the protein content in mature milk. The type of globulin protein makes the consistency of colostrum thick or dense so that the baby feels happy longer even though it only gets a little colostrum (Nurhaini, 2010).

Mothers who have just given birth do not need to be confused when the initial process of lactation, breast milk production is still a clear liquid in the amount of only 80 kilo joules per 30 cc is colostrum. This fluid does not only fill newborns. Colostrum contains protein, minerals, salt, vitamin A and nitrogen and antibody substances. Colostrum intake is the most ideal food that can be given to babies because it is easy to digest, rich in nutrients and provides a shield for the baby against infection. The baby's antibodies can increase, if breastfed immediately after birth. That's when you produce high levels of colostrum through breast milk. Antibodies can be found in babies who receive colostrum from their mothers. This is not found in babies who only drink formula milk, babies who are immediately given formula milk are more prone to infection with various diseases (Yuliarti, 2010).

Research has been carried out intensively for more than 20 years, the finding of more than 30 important components contained in it makes manufacturers develop supplement products that are reported to have the same efficacy as colostrum in breast milk. Some even "create" themselves. Babies who breastfeed their mothers are more resistant to disease because of the antibodies from colostrum. The benefits of colostrum are a strong reason to breastfeed newborns as early and as often as possible (Khamzah, 2012).

Roesli (2009) explains that there are several opinions that prevent post partum mothers from giving colostrum immediately, including fear of a cold baby, after giving birth the mother is too tired to breastfeed her baby immediately,

colostrum does not come out or the amount of colostrum is too little, and colostrum is considered bad or even dangerous. for babies. This will not happen if a post partum mother has good knowledge and gets support from her family.

According to UNICEF (United Nations Emergency Children) in 1999 in Utami Roesli (2009), providing clarification on the recommended duration of exclusive breastfeeding and determining the duration of exclusive breastfeeding for 6 months "As a global goal to improve the health and quality of baby food optimally, all mothers can provide exclusive breastfeeding from birth to 6 months of age. After the age of 6 months, the baby is given complementary foods with correct and appropriate breastfeeding, while breastfeeding must still be given for 2 years ”.

Based on the results of love, the Indonesian Demographic and Health Survey (IDHS) in 2008 explained that in 2002–2003 exclusive breastfeeding for babies aged 2 months was only 64%. This percentage has decreased markedly to 46% in infants aged 2–3 months and 14% in infants aged 4–5 months. Other conditions of concern are 13% and infants aged 2 months have been given formula milk and 15% have been given additional food. Breastfeeding in the first hour will prevent the mother from the dangers of breast engorgement and blocked milk ducts.

According to a health survey conducted by the Karimun District Health Office, exclusive breastfeeding for newborns until the age of 0–6 months was 48.2%. Percentage data for every 3 villages and 3 sub-districts in the working area of the Tanjungbatu Health Center in 2017 shows that babies who are given exclusive breastfeeding in Sungai Sebesi Village are 72.97%, Sungai Ungar Village is 72.97%, Tanjungbatu Kota Village is 69.62%, Tanjungbatu Barat Urban Village is 38.80%, Lubuk Village is 36.84%, Gading Sari Village is 35.71%. From the data, the lowest percentage of exclusive breastfeeding is Gading Sari Village

RESEARCH PURPOSES

To find out "Giving Colostrum to Babies at Posyandu"

RESEARCH METHODS

This research method is descriptive. The research site will be conducted in the Posyandu in the working area of the Tanjungbatu Community Health Center, Gading Sari Village. The population in this study were all mothers of infants who visited or conducted examinations at the Posyandu in the working area of the Tanjungbatu Public Health Center, Gading Sari Village. The population in this study had an average number of visits per month, namely 65 people. Sampling in this study used total sampling, which is a sampling technique in which the number of samples taken is the same as the population, then the sampling is the mother of infants who meet the criteria. Univariate analysis is used to determine the frequency distribution of each variable that has been determined in the study, namely the independent variable and the dependent variable which aims to explain and get an overview of the distribution of respondents by making a distribution table. Then these variables were analyzed descriptively by describing in detail (Notoatmodjo, 2010).

RESEARCH RESULT

Table 1. Frequency Distribution of Colostrum Giving to Infants at Posyandu in the working area of Tanjungbatu Health Center, Gading Sari Village

Giving Colostrum	Frequency	Percent (%)
Not given	37	56.9
given	28	43.1
TOTAL	65	100

From the results of the research conducted, it can be seen that as many as 37 respondents did not give colostrum to babies (56.9%), while as many as 28 respondents gave colostrum to babies (43.1%).

DISCUSSION

The results showed that out of 65 respondents, only 28 respondents (43.1%) gave colostrum to their babies. Some respondents gave colostrum to their babies on the grounds that the

first breast milk that came out was the best milk for growth and development and the baby's immune system, while 37 respondents (56.9%) did not know how important and necessary colostrum and breast milk should be. Given to her tires, this shows that the mother does not know about the benefits of colostrum for babies.

Sufficient breast milk is the best food given to babies and can meet the needs of the baby during the first six months. The baby's nutritional needs increase and can not be fully met by breast milk. If the mother and baby are healthy, breast milk should be given as soon as possible, which is produced in the first 1-4 days which is usually called colostrum, which is a thick, yellowish liquid. Colostrum contains a lot of antibodies, protein and minerals as well as vitamin A.

According to Roesli (2010), giving colostrum immediately after giving birth (60 minutes after the baby is born), babies rarely suffer from infections and there is immunity in the baby's body, and the nutritional condition of babies at their first age is much better than those who are late in breastfeeding. Giving colostrum immediately to the baby will facilitate breastfeeding, because the baby's suction on the mother's breast will affect the hormone prolactin to produce breast milk smoothly.

According to Purwanti (2014), it is explained that giving colostrum to babies will provide protection for babies against infection within 6 months, because the yellow-yellow color in the colostrum contains globulin protein (gamma globulin) which does not cause allergies or diarrhea in newborns. Digestion is not yet perfect, so Laxantia (a laxative contained in colostrum) which functions to provide the lining of the newborn intestine, so that the digestive tract is ready to receive food.

According to the researcher's analysis, in this study, more than 65 mothers did not give colostrum to their babies, amounting to 37 people. Giving colostrum to babies is very important for the continuity of growth and development and the baby's immune system, giving or not for a mother depends on the mother's own knowledge about the importance of colostrum.

CONCLUSION

Based on the results of the research that has been carried out, it can be concluded as follows:

The conclusion in this study was respondents who did not give colostrum to babies (56.9%), while as many as 28 respondents gave colostrum to babies (43.1%).

SUGGESTION

For the Health Office to be able to disseminate the terms colostrum and exclusive breastfeeding through mass media (TV, radio, magazines, and newspapers).

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