

## Development of Baby Age 6-12 Months with Exclusive Assembly and Without Exclusive Assembly in a Working Area Puskesmas Lima Puluh Batubarayear of 2018

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**Abstract:**Breast milk is the ideal source of nutrition with a balanced composition and tailored to the needs of growth and development of infants. Nutrients become the dominant influence in the growth of children, especially at the beginning of life until the age of 12 months. Nutrients a baby needs can be met by providing mother's milk (ASI). Organization the World Health Organization (WHO) reported that 5-25% of children of preschool age suffering from minor brain dysfunction, including fine motor developmental disorders of child development problems such as delays in motor, language, and behavior autism, hyperactivity in the United States ranges from 12-16%, Thailand 24%, Argentina 22%, and in Indonesia between 13-18%. The purpose of this study is to see the development of infants aged 6-12 months who were breastfed exclusively with that are not exclusively breast-fed. This research is analytic survey with design, cross sectional the population in this study were all infants aged 6-12 months, the number of samples in the study of 78 babies using two different formulas proportions hypothesis test with sampling technique is purposive sampling. Collecting data using questionnaires and analyzed using Chi Square test. The results showed that there were differences in the development of infants aged 6-12 months who were breastfed exclusively with that are not exclusively breast-fed. Statistical test results obtained p-value = <0.001, PR = 5 95% CI 3.307- 29 166. Infants who are not exclusively breast-fed 5 times the risk of experiencing adverse development than infants who were exclusively breast-fed. Giving a boost to the community to provide exclusive breastfeeding to family to make efforts towards growth prevention unfavorable. As well as in the clinic To make health policies, improve health promotion by providing health education to mothers on exclusive breastfeeding babies each Posyandu activities and cooperate with the relevant sectors as well as the approach to the public

**Keyword:**Development, Infants 6-12 months, exclusive breastfeeding

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### I. INTRODUCTION

Growth and development are two different processes, but both cannot stand alone, occur simultaneously, intertwined, and continuously from the time of conception to adulthood. The development of an increase in the ability of the structure and function of the body is more complex in a regular pattern and can be predicted as a result of the maturation process (Soetjiningsih, 2012).

Experts use the term development of *the golden age* for the first 3 years. This period is a very important time, not only on the growth of a person but also on the development of intelligence and motor skills, mental, social and emotional. At this time the case of *myelination* (nerve membrane formation), the growth of nerve cells and *synapses* (connections between neurons) are rapidly forming complex brain tissue. The critical period of brain growth occurs in the 3 months before the birth to 3 years of life. This is a crucial time, this period is also known as *windows of opportunity* (Khamzah, 2012). In terms of nutrition, in the first 3 years of a child should get adequate essential nutrients. From recent research, it was found that breast milk contains LCPUFAs (*Arachidonic Acid / AA and Docosahexanoic Acid / DHA*) in an amount adequate for a child's brain growth (Khamzah, 2012).

Developmental problems such as delays in motor, language, behavior autism, hyperactivity in the United States ranges from 12-16%, Thailand 24%, Argentina 22%, and in Indonesia between 13-18% (Hidayat, 2010). In the year 2013 based on the data IDA estimated 5-10% of children who have developmental delays

(IDAI, 2013). Motor development of children a variety of different countries. Motor compared children in the countries of Western Europe, then the child's motor development milestones in Indonesia is very low.

Organization the World Health Organization (WHO) reported that 5-25% of children of preschool age suffering from minor brain dysfunction, including fine motor developmental disorders (Widati, 2012). Globally reported of children who have disorders of anxiety about 9%, 11-15% easy emotional, behavioral disorders 9-15%. RI Health Department in Widati (2012) reported that 0.4 million (16%) infants Indonesia experienced a developmental disorder, both fine and gross motor development, hearing loss, less intelligence and speech delays. Amounting to 85 779 (62.02%) preschool children experiencing developmental disorders.

Results of research conducted by Supartini (2015) in Puskesmas Simomulyo Surabaya result that there is a relationship between exclusive breastfeeding with gross motor development of children aged 6-36 months in which 20.69% of children had delays in gross motor development and all of the child is not exclusively breast-fed.

Based on the results of research conducted by Lisa (2012) showed that there is a relationship between exclusive breastfeeding with infant gross motor development. Exclusive breastfeeding is not at risk 5.6 times gross motor development occurs according to the age toddlers compared to exclusive breast-fed infants. And the results of research conducted by Pratamai and Budiati (2013) found that babies who are not breastfed exclusively at risk 9.5 times the irregularities development than infants who were breastfed exclusively.

Child development is influenced by internal and external factors. One of the post-natal factors that nutritional factors. Nutrients become the dominant influence in the growth of children, especially at the beginning of life until the age of 12 months. Nutrients a baby needs can be met by providing mother's milk (ASI). Breast milk is the optimal choice as infant feeding because it contains nutrients, hormones, immune factors, growth factors and anti-inflammatory (Khamzah, 2012).

WHO(WorldHealthOrganization)has set the recommendation of exclusive breastfeeding for 6 months. Recommended by the WHO to give milk is not without reason. Experts claim that the benefits of breastfeeding will increase if the baby is only given breast milk during the first six months of life. The increase was in accordance with the provision of exclusive breastfeeding and duration of breastfeeding together with solid food after six month old baby. Guidelines for international recommends exclusive breastfeeding during the first six months based on scientific evidence about the benefits of breastfeeding for the survival, growth and development of infants breast milk provides all the energy and nutrients (nutrients) needed a baby during the first six months of life (Yulianti, 2010),Considering the magnitude of the benefits of breastfeeding, especially in the process of child development and the many losses caused if the baby is not breastfed, then every mother is expected to provide enough milk for children both in quantity and quality. In the economic crisis, with exclusive breastfeeding for infants will reduce spending while also reducing the number of under-five mortality (MOH, 2011).

Based on the results Exclusive breastfeeding program evaluation showed that the program has not been fully done. It can be known based on the survey conducted by the government. In Indonesia, the percentage of exclusive breastfeeding in children 0-6 months in 2013 amounted to 54.3%. The total number of children aged 0-6 months in 2013 approximately 2,483,485 people, while the number of children who received only 1,349,549 Exclusive breastfeeding the child's psyche. The percentage of exclusive breastfeeding was highest in West Nusa Tenggara (79.74%), followed by South Sumatra (74.49%), East Nusa Tenggara (74.37%), while the percentage of exclusive breastfeeding lowest in Maluku (25 , 21%), West Java (33.65%), North Sulawesi (34.67%) and North Sumatera (41.26%) (Ministry of Health, 2013).

Based on data from the Ministry of Health of Indonesia in 2015 the percentage of exclusive breastfeeding was highest in West Nusa Tenggara (86.9%), followed by East Nusa Tenggara (77.0%), and Bengkulu (76.1%) while the percentage amount of breastfeeding exclusive lowest in North Sulawesi (26.3%), North Sumatra (33.0%) and West Java (35.3%). Based on these data we can see that a shift in the achievement of the Strategic Plan targets each year while North Sumatra still has not reached the target of the Strategic Plan and a decline from the previous year.

Based on the North Sumatra Health Office Profile 2015 data showed that of the 33 districts / cities, 10 percentage of the lowest exclusive breastfeeding is the first Gunung Sitoli 0 out of 1,207 infants, South Nias further 11.90% of the 1,756 babies, Tanjung Balai 12.55% of 1,730 infants, P. Siantar 12.78% of the 2,387 babies, Labuhanbatu 13.79% of 5455 infants, Serdang Berdagai 16.37% of the 5,896 babies, Binjai 20.16% of the 2,129 infants, North Nias 20.36% of 1,400 infants, South Tapanuli 22.17% of the 3,450 babies, and Batubara ranks the top ten namely 24.9% of 9624 infants.

Batubara District Health Profile 2015, the percentage of infants were exclusively breast-fed in 2011 amounted to 11.35% of 7929 infants. In 2012 the coverage of breastfeeding increased to 18.95% from 7963. In 2013 coverage of breastfeeding increased to 27.87% from 8653 infants, and continued to rise in 2014 to 47.84% of the 4,143 babies. Whereas in 2015 the percentage of breast-fed infants decreased to 24.9% of 9624 infants. According to the MoH Year Strategic Plan 2015-2019 that the percentage of infants less than 6 months of age

are exclusively breastfed by 50%. This indicates that the Batubara County Strategic Plan has not yet reached the target.

Batubara County consists of 7 districts and 15 health centers. Of the 15 health centers in the district of Batubara, PHC Lima Puluh is still low coverage of primary care clinics and exclusive breastfeeding has not reached the target of strategic planning that is 11.3% of the 1,199 infants in. Given the importance of breastfeeding for optimal growth and development both physically and mentally and intelligence of children, then I am interested in doing research "Growth and development of children aged 6-12 months who were breastfed exclusively with who are not breastfed exclusively in the territory of the district health centers Lima Puluh Batubara.

## II. METHODS

This study is research *analytic survey* with *cross-sectional* (cross-sectional). This research was conducted in the working area of the district health centers Lima Puluh Batubara. The research will be conducted from January to September 2017. The population in this study were all infants aged 6-12 months and samples in this study were 78 infants in the working area clinic.

## III. RESULT AND DISCUSSION

### 1. Characteristics Frequency Distribution Mother

Characteristics of Mother is a trait or characteristic that is naturally inherent in a person that included age, education and employment. The youngest maternal age is 17 years old and the oldest 47 years old. No maternal education are primary, secondary and High School while the mother worked and did not work can be seen in the following table. Based on Table 4.1 below shows that the characteristics of the maternal age of 39 respondents in the group that exclusive breastfeeding to the age of 20-35 years the majority of 20 respondents (61.5%) and among those who do not give exclusive breastfeeding as much as 18 respondents (42.6%). Educational characteristics of mothers of infants of 39 respondents in the group exclusive breastfeeding majority of secondary education which is 20 respondents (51.3) and among those who do not give exclusive breastfeeding intermediate majority of 25 respondents (64.1%). Characteristics of maternal employment on a group that provides the majority of exclusive breastfeeding did not work as much as 21 respondents (53.8%) and among those who do not give exclusive breastfeeding working mother's majority of 20 respondents (51.3%).

**Table 1.** Frequency Distribution Characteristics of Mother Baby in Puskesmas Lima Puluh Batubara District Year 2017

No	Characteristics	Exclusive breastfeeding		No Exclusive breastfeeding			
		n =	39%	n =	39%		
1	Maternal age		<20 5				
			12.8 10				
			25.6 20-				
			35 20				
			61.5				
	> 35	10	25.6	11	28.2		
	Total	39	100	39	100		
2	Education		Higher	17	43.6	6	15.4
			Medium	20	51.3	25	64.1
			Basic	2	5.1	8	20.5
			Total	39	100	39	100
			Jobs				
3	working		18	46.2	20	51.3	
			No work	21	53.8	19	48.7
			Total	39	100	39	100

### 2. Frequency Distribution Characteristics infant

Characteristics baby in question in this study were age and sex. Number of infants aged 6-9 months a total of 61 people and the number of infants aged 9-12 years as many as 17 people. The female sex were 35 while the number of men as many as 43 people. Based on Table 4.2 below we can see that the characteristics of the baby age of 39 respondents who were breastfed exclusively and are not exclusively breast-fed majority aged 9-12 months respectively of 29 (74.4) and 32 responden (82.2%). While the characteristics of the sex of the baby

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of 39 respondents who were given exclusive breastfeeding and exclusive breastfeeding are not given the majority of the male gender to each as much as 22 respondents (56.4%) and 21 respondents (53.8%).

**Table 2.** Frequency Distribution Characteristics of Baby in Puskesmas Lima Puluh Batubara District Year 2017

No.	CharacteristicsBaby	Exclusive breastfeeding		No exclusive breastfeeding	
		n = 39		n =	39%%
1	Age Infants				
	6-9 months	29	74.4	32	82.1
	9-12 months	10	25.6	7	17.9
	Total	39	100	39	100
2	Gender				
	male	17	43.6	18	46.2
	male	22	56.4	21	53.8
	Total	39	100	39	100

**3. Distribution Frequency development of infants in Give Exclusive breastfeeding Based on Questionnaire**

Development of the baby is the increased ability of the baby in the structure and function more complex which is viewed by KPSP / use Pre Screening Questionnaire development. According to the Department of Health (2010) Progress is measured based on observations and Pre-Screening Questionnaire answers Developments (KPSP) which has been adjusted by age Toys consisting of 10 questions. If yes given a score of 1, if the answer is not given a score of 0, so that the total score to 10. The development is considered that the development of coarse motion, smooth motion, socialization and independence, speech and language obtained by KPSP. Based on Table 4.3 shows that all exclusively breast-fed infants aged 6-9 months were 29 infants (78.4%) experiencing good growth, and infants aged 9-12 months were 8 infants (28.0%) had normal development and are one baby (100%) experienced fine motor development is not normal that the baby cannot be picked up two small objects simultaneously. The results of the research can be seen in the table below:

**Table 3.** Development of Infants Given Exclusive breastfeeding By Questioner Pre-Screening Developments (KPSP) in Puskesmas Lima PuluhBatubara Year 2017

Development of	Exclusive breastfeeding										Total	
	Good					Less Good						
	Motion		Motion		Socializing		talk &		Language			
	F%	f%	F%	f%	F%	f%	F%	f%	F%	f%		
6-9 months	29	78.4	-	-	-	-	-	-	-	-	29	74.4
9-12 months	8	21.6	-	-	1100	-	-	-	1100	-	10	25.6
Total	37	100	-	-	1	100	-	-	1	100	39	100

**4. Distribution Frequency Infants who are not in the development of Exclusive breastfeeding Rate Based Questionnaire**

Based on table 4.4 shows that all infants who were not exclusively breastfed 6-9 months of age were 22 infants (84.6%) experiencing good growth, there are two babies (100%) experienced growth unfavorable coarse motion that babies can be turned at least twice from his back to his stomach, there are 5 infants (71.4%) experienced growth of less nice smooth motion of the infant cast his eyes on a small object, there are three infants (75%) had development of socialization and independence is not good that the baby smiled when he saw the funny toys. While infants aged 9-12 months by 4 infants (15.4%) experienced good growth and there are two infants (28.6%) experienced growth of abnormal smooth motion that babies cannot be picked up two small objects simultaneously, there is one infants (25%) progressing socialization and independence is not good that the baby trying to get a toy he wanted the outside of your baby's reach. The results of the research can be seen in the table below:

**Table 4.** Development of Infants who are not given exclusive breastfeeding by Kesioner Pre-Screening Developments (KPSP) in Puskesmas Lima PuluhBatubara Year 2017

Developments	No Exclusive breastfeeding										Total	
	Good					Less Good						
	Motion		Motion		Socialization		Speech &		Language			
	F%	f%	F%	f%	F%	f%	F%	f%	F%	f%		

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6-9 months	22	84.6	2100	5	71.4	3	75	-	-	32	82.1	
9-12 months	4	15.4	-	-	2	28.6	1	25	-	-	7	17.9
Total	26	100	2100		7100		4100		1100	39	100	

**5. Frequency Distribution of Infant Development**

Development refers to the increasing complexity of change from something very simple into something more complicated and detailed. This process includes regular progress throughout successive sequences or paths gradually, knowledge, behavior, and skills are getting better and better developed. Based on table 4.5 below, it can be seen that the development of exclusively breastfed and exclusively exclusive breastfed infants were 38% and 97% respectively (79.5%).

**Table 5.** Distribution Frequency Baby's Development in Puskesmas Lima Puluh Batubara Year 2017

Baby's Development	Exclusive breastfeeding		No Exclusive breastfeeding	
	n =	39%	n =	39%
Good	38	97.4	31	79.5
Less well	1	2.6	8	20.5
Total	39	100	39	100

**6. Development exclusive breastfeeding infants given to those not given exclusive breastfeeding**

Bivariate analysis results showed that of the 39 exclusive breast-fed babies have a better development of as many as 38 infants (97.4%), and the development of the poor as much as 1 infant (2.6%). While the 39 infants who are not breastfed exclusively had a good development as much as 31 infants (79.5%) and unfavorable development of as many as 8 infants (20.5%). From the statistical test obtained by value  $p = 0.033$  means that there are differences between the development of breast-fed babies are not exclusive to exclusively breast-fed. From the analysis results are also obtained by the PR value = 5 with 95% CI 1.163-8.2709 This means that infants who are not breastfed exclusively had the opportunity to grow 5 times the risk of unfavorable compared with babies who were exclusively breastfed. Can be seen in Table 6

**Table 6.** Development of exclusive breastfeeding babies given to those not given exclusive breastfeeding in Puskesmas Batubara District Lima Puluh Year 2017

GrowthBaby	Breastfeeding				P value	PR95% CI
	Exclusive		No Exclusive			
	N	%	N	%		
					5	1.163-8.2709
Good	38	97.4	31	79.5	0.033	
Less well	1	2.6	8	20.5		

**Characteristics of Mothers Breastfeeding Exclusive and Non Exclusive**

Results showed that the characteristics of mothers of infants age of 39 respondents in the group providing the majority of exclusive breastfeeding at age 20-35 in which 20 respondents (61.5%) and among those who do not give exclusive breastfeeding as much as 18 respondents (42.6%). This is consistent with what is described Notoatmodjo (2012) that age affects a person's maturity and the way of thinking. The older the person, the process gets better mental development and the experience and knowledge of the mother too much, and the amount of information - information obtained knowledge affecting exclusive breastfeeding so that mothers want to give exclusive breastfeeding and will affect the growth and development of infants. But this study is slightly different from Steven study (2015) which states that the age no relationship to the development of children as young mothers aged (15-34 years) can have a child with a good development if the mother can devote more time to children to monitor progress as well as providing enough affection.

When viewed from the characteristics of maternal education who exclusively breastfed infants who exclusively breastfed majority and not breastfeeding exclusively on secondary education as many as 20 respondents (51.3) and 25 respondents (64.1%). It is appropriate according to Hurlock (2002) states that the higher one's education then it will be a lot to know something and understand the benefits and usefulness of something because it will switch to the level of knowledge and action towards the better. In accordance with Notoadmojo (2012), which says that education has an important role in determining the quality of human, shape and enhance the human ability to absorb information in the field of health and family. Formal education which is owned by a parent or guardian is closely related to knowledge. The higher the educational level the greater the ability to absorb and receive information so that it can affect a person's behavior (Nilawati NS et al, 2016).

When viewed from Characteristics of mother's work the majority of mothers who exclusively breastfed are mothers who do not work as much as 21 respondents (53.8%). It is appropriate according to Notoatmodjo (2012), the Employment effect on the role of a person, the better the person's job, and the better role. This is consistent with the results of research in which the majority does not work so that mothers spend more time to feed the baby and mother likely managed exclusively breastfed.

### **Baby's Development**

Results showed that the development of exclusive breast-fed babies and that no majority either exclusively breast-fed each as much as 38 respondents (97.4%) and 31 respondents (79.5%).

With exclusive breastfeeding in infants of a mother also provide mental stimulation which is the forerunner in the process of learning in children can develop psychosocial development, intelligence, skills, independence, creativity, religion, personality, morals, ethics, productivity and others. This is consistent with the results of research in which the majority of infants were exclusively breastfed experiencing good growth. It is also consistent with studies conducted by Nurlila (2015) which shows the relationship of exclusive breastfeeding with infant development.

Research Tasmin S, (2014) states that the duration of breastfeeding is very important for cognitive development. Breastfeeding for 6 months had a much stronger effect compared with breastfeeding for 4 months, and breastfeeding for 4 months had more powerful effect than babies who are not breastfed at all.

One effort in shaping the optimal development as early as possible is very Depending on breastfeeding / lactation, because milk not only serves to provide nutrients for the baby, but also very have meaning in children's development because it seems the relationship the child's mother did not separate so he was born to world. Similarly, with breastfeeding as early as possible as soon as the baby is born, an early stimulation of the development of the child (Soetjiningsih, 2012).

The results of this study are also consistent with studies conducted in Karanganyar Health Center in 2010 showed a significant relationship between breastfeeding with infant development. In addition, in terms of cognitive, exclusively breastfed babies have better cognitive aspects than those not exclusively breastfed.

Tasmin research results, S (2014) of Bangladesh stated that the effect of breastfeeding on the health and development is the subject of several studies in decades. Breast milk between developments relationship with the child at an early stage is a complex problem. ASI has a positive effect on the cognitive development of infants and more prevalent in premature infants. Breastfed babies have an IQ (Intelligence Quotient) higher compared with babies who are not breastfed. Touch, stimulation, and the mother's gaze on an ongoing basis infant during breastfeeding causes a positive influence on the development of child psychology. The impact of breastfeeding on cognitive development, nature, social adaptation and understanding of the needs of the baby should be emphasized during the promotion of breastfeeding and child development programs at an early stage.

Jedrychowski research results, et al (2013) in Poland shows children who were exclusively breastfed up to 3 months had an IQ 2.1 points higher than children who are not breastfed exclusively (95% CI: 0.24 to 3, 9), children who were exclusively breastfed for 4-6 months had a higher value of 2.6 points (95% CI: 0.87 to 4.27), and profit give milk to children older (> 6 months) have a higher IQ 3.8 points (95% CI: 2.11 to 5, 45).

The efforts made by the health clinic to improve exclusive breastfeeding in the work area health centers, given the lack of exclusive breastfeeding is still far below the standards set by the health department, namely by encouraging more of exclusive breastfeeding and do Early Initiation of Breastfeeding (IMD) as soon as the baby birth to exclusive breastfeeding process goes well and the mother has been introduced early on breastfeeding so mothers are accustomed to breastfeed their babies.

## **IV. CONCLUSION**

Based on the results of research and discussion can be concluded that There are differences in the development of infants aged 6-12 months were exclusively breast-fed than babies who are not breastfed exclusively in Puskesmas Lima Puluh Year 2017 Batubara districts where the infants who are not breastfed exclusively be at risk 5 times less progression better than breast-fed exclusively

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