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Improving midwives' knowledge and attitudes in providing lactation education based on local wisdom of the Bugis ethnic in Indonesia

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Abstract

Background: The current rate of exclusive breastfeeding remains low due to several factors, including social and cultural changes, psychological factors, lack of education provided by healthcare workers, and the increasing promotion of formula milk as well as misinformation to the public. Therefore, it is necessary to have productive midwives who provide optimal healthcare services to improve the health status of infants. Currently, the healthcare services provided by midwives can also be carried out through independent practice. A midwife does not only provide obstetric services from a biological perspective but also addresses social, cultural, and spiritual needs.

Purpose: To evaluate the impact of providing lactation education based on local wisdom in improving midwives' knowledge and attitudes in the Bugis ethnic in Indonesia.

Method: A quasi-experiment method, specifically a pre-test and post-test with a control group design. The study population consists of midwives who have Independent Midwifery Practice in 15 districts of Makassar City. The sample obtained using purposive sampling. The sample size was 30 midwives, consisting of 15 midwives in the treatment group and 15 midwives in the control group.

Results: The N-Gain Score test showed a value of 72.89% for the treatment group, while the control group scored 21.89%. The paired t-test showed an Asymp Sig (2-tailed) value of 0.000, which is less than the probability value of 0.05 for the treatment group.

Conclusion: The use of printed and online pocketbooks for lactation education integrated with the cultural values of *Sipakatau*, *Sipakalebbi*, and *Sipakainge* in the exclusive breastfeeding program by independent midwives is more effective compared to counseling alone, which is less effective in the control group. Further testing concluded that there was a significant difference between the pre-test and post-test scores in the treatment group, indicating an increase in the midwives' knowledge.

Keywords: Attitudes; Bugis Ethnic; Knowledge; Lactation Education; Local Wisdom; Midwives.

INTRODUCTION

Productivity midwife independent is Wrong One key important in improvement health society, especially in the exclusive breastfeeding program (Tomori, 2022). According to WHO, exclusive breastfeeding is breastfeeding Mother to baby without addition food or other drinks during six month first life (Maryam, Elis, & Mustari, 2023). In scientific give lots benefit health goodfor baby and also

mother, like benefits of exclusive breastfeeding for baby very much big, among them increase system immunity body, reduce risk infection, as well as support development cognitive And optimal physical condition. For mother, exclusive breastfeeding help speed up recovery post labor and reduce risk cancer breast as well as ovaries (Elis, Mustari, & Marlina, 2020). Although Thus, the level success of exclusive

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breastfeeding program Still face various challenges, especially in the regions certain.

Values culture local can play role important in support success of health programs society. In the South Sulawesi region, there are local cultural wisdom values that can be integrated in the exclusive breastfeeding program to increase the productivity and effectiveness of independent practicing midwives (Nur, Wildan, & Komariah, 2023). Integration values this believed can strengthen connection between midwife and society, creating supportive environment for mother breastfeeding, as well as increase compliance and awareness public about the importance of exclusive breastfeeding.

In 2023, the global exclusive breastfeeding rate for infants under six months is expected to reach 48%, marking an increase of 10 percentage points over the past decade. This progress is in line with the target set by the World Health Assembly to achieve an exclusive breastfeeding rate of 50% by 2025. Indonesia itself has shown a significant decline in recent years (Iliadou, Lykeridou, Prezerakos, Swift, & Tziaferi, 2018). Based on reports from UNICEF and WHO, in 2021, only 52.5% of infants received exclusive breastfeeding for the first six months, down from 64.5% in 2018 (Ministry of Health Republic of Indonesia, 2018). Starting in 2022, the percentage of infants receiving exclusive breastfeeding in Indonesia has continued to increase over the past few years. with the national percentage of exclusive breastfeeding reaching 72.04%. In 2023, this figure increased to 73.97% but has not yet reached the national target of 80% (Susilawati, Yanti, & Helina, 2022).

Based on the results of the 2022 Indonesian Nutritional Status Survey released by the Ministry of Health, the coverage of exclusive breastfeeding in South Sulawesi is at 65.8% (Obey, 2023). This shows an increase compared to the previous year. However, South Sulawesi is still below the national average which reached 72.04% in 2022. So that integration from all fields is expected to help increase the coverage of exclusive breastfeeding in South Sulawesi, especially in Makassar City. Makassar City is one of the cities in South Sulawesi with exclusive breastfeeding coverage that has not reached the SDGs target of 76.68% (Makassar City Health Office,

2022). In 16 Districts of Makassar City, the Independent Midwife Practice Place is one of the front lines in making the Exclusive Breastfeeding program a success.

Exclusive breast milk is the best source of nutrition for babies during the first six months of life because it contains essential fats, carbohydrates, proteins, and immunological factors needed by babies (Ihudiebube, Okafor, Anarado, Jisieike, Chinweuba, Nwaneri, & Chikeme, 2019). Exclusive breastfeeding not only provides optimal nutrition but also builds a strong foundation of health for babies, both physically and psychologically (Khotimah, Satillah, Fitriani, Miranti, Maulida, Hasmalena, Pagarwati, & Zulaiha, 2024). Providing exclusive breastfeeding is in line with various cultural values in Indonesia, one of which is the Bugis-Makassar cultural value known as the concept of sipakatau, sipakalebba, and sipakainge (Nur et al., 2023).

The results of related studies show that exclusive breastfeeding is related to socio-culture in Indonesia and the support of health workers (midwives) is related to the success of providing exclusive breastfeeding (Nidaa & Krianto, 2022). Health workers are people who are trusted by the community when they provide information about health. The role of health workers in conveying information related to exclusive breastfeeding is very important for the success of providing exclusive breastfeeding. Myths and traditions that are obstacles to providing exclusive breastfeeding in the community can be minimized if health workers convey correct information about exclusive breastfeeding, for example through counseling, pregnancy classes or counseling. The results of previous studies showed that statistically, mothers with a high educational background have a higher tendency to give their babies exclusive breastfeeding than mothers with low educational levels, therefore it is important for mothers' knowledge that is in line with the delivery of midwives related to exclusive breastfeeding which is more integrated with local culture so that it is easy to understand (Widyawati, Afandi, & Wahyuni, 2024).

In the context of Bugis-Makassar culture, there are three main values, namely sipakatau, sipakalebba, and sipakainge, which can be integrated into efforts to increase midwife productivity in

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supporting exclusive breastfeeding programs. *Sipakatau*, which means mutual respect, encourages midwives to treat every mother and baby with respect and dignity. *Sipakalebbi*, which means mutual respect, emphasizes the importance of providing compassionate and caring services, so that mothers feel supported and appreciated in the breastfeeding process. *Sipakainge*, which means mutual reminder, emphasizes the importance of the role of midwives in providing education and reminders to mothers and families about the benefits and correct breastfeeding techniques. (Khaeruddin, Aulia, & Pratama, 2022).

Integration of these cultural values into midwifery practice can increase the effectiveness of exclusive breastfeeding programs (Idris, 2020). By prioritizing *sipakatau*, midwives are able to build harmonious relationships with mothers and families, which are an important basis for the success of health programs. Through *sipakalebbi*, midwives can provide the emotional support needed by breastfeeding mothers, creating a positive and conducive environment for exclusive breastfeeding. Meanwhile, by applying *sipakainge*, midwives can ensure that information and education about exclusive breastfeeding are delivered consistently and continuously, helping mothers overcome challenges that may be faced during the breastfeeding process (Suriyani, 2024).

Therefore, increasing the productivity of midwives in supporting exclusive breastfeeding programs, which are integrated with the cultural values of *sipakatau*, *sipakalebbi*, and *sipakainge*, can contribute significantly to improving maternal and child health in Indonesia. Several Independent Midwife Practices spread across 16 sub-districts in Makassar City have not been evenly distributed in providing encouragement to mothers in providing

exclusive breastfeeding. Independent Midwife Practices can be a measure of midwife productivity independently.

RESEARCH METHOD

Study this using quasi experiment, namely pre-test and post-test with control group design, the population in this study were midwives who had Independent Midwife Practice Places in 15 Districts of Makassar City. The research sample was obtained using the purposive sampling method. The number of samples was 30 people consisting of 15 midwives in the treatment group and 15 midwives in the control group with sample criteria, namely *Delima* midwives and non-*Delima* midwives who had been registered and had been practicing for 10 years. In the *pre-test*, before the treatment, the treatment group was given a questionnaire sheet after which a lactation education intervention was carried out once by providing Electronic and Printed Pocket Books on Integrated Lactation Education of *Sipakatau*, *Sipakalebbi* and *Sipakainge* cultural values in the Exclusive Breastfeeding Program and counseling. In group control given questionnaire *pretest* after that done counseling. After 4 weeks from *pretest*, each group given return sheet questionnaire *posttest*.

Data analysis used to test the significance of the differences in the average variables, including before and after the intervention. Statistical tests used include N-Gain Score and Paired T-Test, with a significance level of $p \leq 0.05$. (Priadana & Sunarsi, 2021).

This research has gone through research ethics approval from the Institute for Research and Community Service (Kurnia Jaya Persada Health and Business Institute) with ethical feasibility information Number: 544/IKB/LPPM/P/VIII/2024.

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RESEARCH RESULTS

Table 1. Demographic Distribution of Participant Characteristics (N=15)

| Variables | Experiment | Control |
|--|-----------------------|-----------------------|
| Age (n/%) (Mean±SD)(Range) (Year) | | |
| | (51 ± 21.213) (36-66) | (49 ± 18.384) (36-66) |
| 36 – 45 | 10/66.7 | 5/33.3 |
| 46 – 55 | 2/13.3 | 6/40.0 |
| 56 – 65 | 2/13.3 | 4/26.7 |
| > 65 | 1/6.7 | 0/0.0 |
| Education(n/%) | | |
| Diploma III | 11/73.3 | 7/46.7 |
| Diploma IV /Bachelor's | 0/0.0 | 7/46.7 |
| Profession | 1/6.7 | 0/0.0 |
| Magister | 3/20.0 | 1/6.6 |
| Service Time (Year)(n/%) | | |
| 10 – 15 | 10/66.7 | 11/73.4 |
| 16 – 20 | 2/13.3 | 2/13.3 |
| 21- 25 | 2/13.3 | 2/13.3 |
| > 26 | 1/6.7 | 0/0.0 |

Based on Table 1 shows that the proportion of the most age group in the treatment group is 36-45 years old, which is 15 people (66.7%), in the control group 5 people (33.3%) and the least age > 66 years is 1 person (2.0%) in the treatment group. Furthermore, based on the education of the most midwives in the treatment group is Diploma III, which is 11 people (73.3%) and the least midwives with Professional education, which is 1 person (6.7%) in the treatment group. While based on the length of service, the most midwives in the treatment group are 10-15 years, which is 10 people (66.7%), in the control group, which is 11 people (73.4%) and the least is > 26 years, which is 1 person (6.7%) in the treatment group .

Table 2. Evaluation of Participants' Knowledge

| Parameter | Experimental Group (n=15) | | Control Group (n=15) | |
|-------------------|----------------------------------|------------------|-----------------------------|------------------|
| | <i>Pre Test</i> | <i>Post Test</i> | <i>Pre Test</i> | <i>Post Test</i> |
| Mean | 72.00 | 90.67 | 74.00 | 79.33 |
| The highest score | 90 | 100 | 90 | 100 |
| Lowest Value | 50 | 80 | 50 | 40 |

In Table 2, it can be seen that the average post-test score is different for the treatment group with a score of 90.67 and the control group with a score of 79.33. Furthermore, to determine the level of effectiveness of the extension material (lecture method) and educational material by providing printed or online pocket books through the N-gain test. The results of the N-gain score calculation are presented in Table 3.

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Table 3. Group Trial Results (N-Gain Score)

| Score | Experimental Group (n=15) | Control Group (n=15) |
|----------------|---------------------------|----------------------|
| Average N-Gain | 72.89 | 21.89 |
| Highest N-Gain | 100 | 100 |
| Lowest N-Gain | 50 | 0 |
| Percentage (%) | 72.89% | 21.89% |
| Category | Tall | Low |
| Interpretation | Quite Effective | Less Effective |

This study the results of the trial of the two groups are different where in table 3 above shows that the treatment group is in the high category with a value of 72.89, as well as the control group is in the low category with a value of 21.89. In the interpretation category of the effectiveness of N-gain the treatment group score with a value of 72.89% is in the fairly effective interpretation category while the control group with a value of 21.89% is in the less effective interpretation category .

The results of the data normality test show a Sig. value of 0.001 <0.05, so it can be concluded that the data is normally distributed. Thus, the calculation of statistical tests to test the effect of lactation education integrated with the local wisdom program on breastfeeding can be done using Paired T-Test.

Table 4. Paired T-Test Results

| Group | Mean Paired Difference | Significance Level | Sig. Value (2 tailed) | Information |
|---|------------------------|--------------------|-----------------------|--------------------------------|
| Experiment Pretest – Posttest | -18.667 | 0.05 | 0.000 | There is an average difference |
| Control Pretest – Posttest | -5.333 | 0.05 | 0.02 | There is an average difference |

Based on the table above, it is known that the experimental group has a Sig. value (2 tailed) < 0.05 so that can concluded that there is the average difference between mark pre test and mark post test. To see the effect of giving printed and online pocket books on lactation education integrated with local wisdom culture in the exclusive breastfeeding program in the treatment/experiment group, it can be seen in the mean paired difference value of -18.667, which means that the average pretest is 18.67 smaller than the posttest. Meanwhile, the control group has a Sig. value of 0.02 <0.05, which means that there is an average difference between the pretest and posttest values.

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DISCUSSION

Based on results study known that from 30 participants midwife independent for pretest experimental assessment have an average value 72.00 while group control with an average score of 74.00. With condition the can give description that before given book media treatment pocket about lactation education integrated with local wisdom culture in the exclusive breastfeeding program and in the form of counseling understanding second group is at on same position. Condition the own role important for know giving treatment education through book media pocket.

The *posttest* study showed an increase in the average value that was better in the treatment/experimental group, namely from 72.00 to 90.67 while in the control group there was an increase but only slightly from 74.00 to 79.33, so that participants in this study had different *posttest assessments* between the treatment/experimental group and the control group about integrated lactation education local wisdom cultural values in exclusive breastfeeding program. Likewise with the N-gain assessment, the effectiveness of printed and online pocket books based on the N-Gain calculation of 72.89% means that the use of printed and online pocket books of lactation education integrated with local wisdom culture in the exclusive breastfeeding program by independent midwives is quite effective, while the effectiveness of counseling alone in the control group based on the N-Gain calculation of 21.89% means that the use of counseling alone by independent midwives is less effective.

In line with previous research, there was an increase in knowledge about exclusive breastfeeding after education was carried out using printed and online pocket books (Ernawati, Afriyana, Ardhanariswari, Noviani, & Puspitasari, 2022). Pocket books are considered effective as a health education medium in changing a person's knowledge and attitudes. About exclusive breastfeeding that can increase the achievement of exclusive breastfeeding (Simanjuntak & Wahyudi, 2021). So that the effectiveness of its use can be applied directly by independent midwives as a media for health promotion for breastfeeding mothers.

Midwives in their productivity always provide counseling in the form of information and education

about Exclusive Breastfeeding, so that mothers who have babies can participate or attend to listen to the counseling, so that they are motivated to want to breastfeed their children for 6 months. The concept of behavior (Hendri, 2019) explains that one of the things that influences a person's health is a person's knowledge and attitude, so it is important to stimulate knowledge and attitudes from health workers, especially an independent midwife in providing good information to mothers of toddlers about the importance of the exclusive breastfeeding program (Badawi, Maryam, & Elis, 2023).

Results analysis statistics with the Paired T Test is known that mark Asymp. Sig (2-tailed) of 0.000 <probability value of 0.05 in the Intervention group and in the control group the Asymp. Sig (2-tailed) value of 0.02 <probability value of 0.05, thus indicating that there is a significant difference in the trial between the control group and the treatment group with the application of printed and online pocket book educational media given to the treatment/experimental group.

The results of the analysis showed that in each group, both the treatment group and the control group, there was an increase in knowledge and attitudes (midwife productivity) but in the treatment/experimental group that was given counseling using printed and online pocket books, there was a higher increase in understanding of integrated lactation education integrated with local wisdom culture in the exclusive breastfeeding program. By providing printed and online pocket books to independent midwives, midwives can apply health education to the community, especially breastfeeding mothers, through pocket books that are integrated with local culture, so that through health education, the exclusive breastfeeding program can be improved.

According to related research, there is an influence of health education using booklet media on pregnant women's knowledge about exclusive breastfeeding at Independent Midwifery Practice Dwi Ristini. There was an increase in knowledge about exclusive breastfeeding after education using pocket book media. Therefore, independent midwives can utilize printed and online pocket books that are integrated with cultural aspects to improve the

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Exclusive Breastfeeding Program for breastfeeding mothers (Ristini & Andhikantias, 2024) .

Midwives are the frontline providers of basic maternal and child health services. Their knowledge and attitudes are critical in supporting the exclusive breastfeeding program, enabling effective interventions with breastfeeding mothers (Ningsih, Machmud, & Sambeko 2023; Us & Safitri, 2022) . Competence is needed to achieve optimal performance. In this study, the internal challenges faced by midwives in providing counseling or education about exclusive breastfeeding include heavy workload, time constraints, and the need for compensation. Midwives' fieldwork takes up a lot of time, and there are many targets for breastfeeding mothers to be handled, as well as limited service hours, which affect the effectiveness of monitoring breastfeeding mothers. Externally, midwives also face challenges such as inadequate facilities and resources. One of the supporting tools to improve program implementation is a pocket book integrated with local culture, especially Sipakatau, Sipakalebbi, and Sipakainge, to successfully promote the exclusive breastfeeding program.

CONCLUSION

The results of the study showed that the use of printed and online booklet media in this study was very effective. In terms of the productivity of independent midwives through the integration of cultural values of local wisdom in the exclusive breastfeeding program, there was a significant difference between the experimental group and the control group. It is hoped that these findings can be implemented in other independent midwife practice places areas, supported by innovation and the use of technology.

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