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Obstacles in Carrying Out the Responsibility of Breastfeeding Mothers in Langsa City, Aceh: A Juridical Sociological Perspective

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Abstract: The child's right to breast milk is human right that should be guaranteed, protected and fulfilled; However, this right has not been fully implemented yet. A study in Langsa City Indonesia in 2022 shows that the percentage of babies who get exclusive breast milk up to six months is only 60.29% out of the total 3,447 babies. Therefore, the main question in the article is the obstacles that arise in breastfeeding children in Langsa City. The method applied in this study is the juridical sociological method. Data collection was conducted through in-depth interviews and document studies. The informants interviewed were health workers, family planning officials, and religious leaders, while the documents analyzed were related articles, scientific reports, and books. Collected data were analyzed by using qualitative analysis. The result shows that the obstacles that arise in the implementation of breastfeeding, among others, are a lack of mother's confidence to feed breastfeeding, lack of understanding about the benefits of breast milk, lack of understanding about cultural characters that have been passed down from generation to generation in the community. Therefore, it is suggested that some efforts need to be done, among others to provide health services, consultation, training, advocacy, and socialization about the importance of breast milk to mothers and the community as well. This includes involving religious leaders or scholars in socializing the importance of breastfeeding children.

Keywords: Obstacles, mother's responsibility, children's rights, breastfeeding, breast milk, juridical socio

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Abstrak: Hak anak atas Air Susu Ibu (ASI) adalah hak asasi manusia yang harus dijamin, dilindungi dan dipenuhi, Namun, hak ini belum sepenuhnya dilaksanakan. Sebuah studi di Kota Langsa, Indonesia pada tahun 2022 menunjukkan bahwa persentase bayi yang mendapatkan ASI eksklusif hingga enam bulan hanya 60,29% dari total 3.447 bayi. Oleh karena itu, pertanyaan utama dalam artikel tersebut adalah hambatan yang muncul dalam pemberian ASI kepada anak di Kota Langsa. Metode yang diterapkan dalam penelitian ini adalah sosiologis yuridis. Pengumpulan data dilakukan melalui wawancara mendalam dan studi dokumen. Informan yang diwawancarai adalah petugas kesehatan, petugas keluarga berencana dan tokoh agama, sementara dokumen yang dianalisis adalah artikel, laporan ilmiah dan buku yang terkait. Data yang terkumpul dianalisis dengan menggunakan analisis kualitatif. Hasil penelitian menunjukkan bahwa kendala yang muncul dalam pelaksanaan menyusui antara lain adalah kurangnya kepercayaan diri ibu untuk menyusui, kurangnya pemahaman tentang manfaat ASI, kurangnya pemahaman tentang karakter budaya yang telah diwariskan dari generasi ke generasi di masyarakat. Oleh karena itu, disarankan bahwa beberapa upaya perlu dilakukan, antara lain memberikan pelayanan kesehatan, konsultasi, pelatihan, advokasi dan sosialisasi tentang pentingnya ASI kepada ibu dan masyarakat juga. Termasuk diantaranya adalah melibatkan tokoh agama atau ulama dalam melakukan sosialisasi tentang pentingnya pemberian ASI kepada anak.

Kata Kunci: Hambatan, tanggung jawab ibu, hak anak, menyusui, air susu Ibu, sosiologis yuridis

Introduction

Islamic law aims to provide protection to human beings, regardless of age, religion, gender and ethnicity. A person in Islamic law, from birth to death has determined his rights and obligations. One of the rights of a baby at birth is to get breast milk, and giving milk to the child is an obligation for a mother. Therefore, breastfeeding is not only limited to the application of affection but has legal implications.¹

¹ Normadiah Daud, "Benefits of Breast Milk for Health Care Analysis from the Islamic Perspective," *Indian Journal of Public Health Research and Development* 10, No. 9 (2019), p. 1846. Salahuddin Salamuddin and Rani Suraya, "The Challenges and Obstacles to Exclusive Breastfeeding to Muslim Families in an Islamic and Health Perspective," *Contagion Scientific Periodical Journal of Public Health and Coastal Health* 4, no. 2 (2022), p. 324.

It can further be affirmed that to provide protection for children's rights is one of the human rights.² The efforts to guarantee and actualize protection and welfare are carried out through the establishment of Law Number 23 of 2002 concerning Child Protection. In order to adapt to certain provisions, some changes are made to certain articles. Therefore, Law Number 35 Year 2014 was enacted regarding the amendment to Law Number 23 Year 2002 concerning Child Protection.³

Child protection is an activity to assure and protect children and their rights so that they can live, grow, develop, and participate optimally in accordance with human values and dignity, and protected from violence and discrimination.⁴ Child protection is closely linked to the five pillars which are parents, family, community, government, local government and state. All these five points are linked to each other to provide the best child protection. In its simplest form, child protection strives for every child's rights not to be harmed.⁵ Child protection is complementary to other rights which ensure that children will receive what they need so that they can survive, develop and grow.⁶ The right of the child in the legal perspective has a universal aspect of the child's interests. Placing the rights of children in the view of law provides an illustration that the basic purpose of human life is to build humanity who upholds religious teachings. Thus, the rights of children in legal view include the legal aspects in a child's living environment.⁷

²Benaouda Bensaïd, "Breastfeeding as a Fundamental Islamic Human Right," *Journal of Religion and Health* 60, No. 8 (2021). Sheila Riddell and E. Kay M. Tisdall, "Transforming Children's Rights? Dilemmas, Challenges and Implementation," *Journal of Social Welfare and Family Law* 43, No. 1 (2021). Fajri M. Kasim, et.al., "The Protection of Women and Children Post-Divorce in Sharia Courts in Aceh: A Sociological Perspective," *Ahkam: Jurnal Ilmu Syari'ah* 22, No. 2 (2022).

³Ani Mardiantari and Ita Dwilestari, "Children's Right to Get Exclusive Breastfeeding in The Islamic Law Perspective," *Ijtihad: Jurnal Wacana Hukum Islam dan Kemanusiaan* 21, No. 2 (2021). Iin Karita Sakharina and Aidir Amin Daud. "Abolition of Child Marriage Practices in Indonesia According to the United Nations Convention on the Rights of the Child," *Scholars International Journal of Law, Crime and Justice* 3, No. 6 (2020), p. 202-7.

⁴Lisa Gatti, "Maternal Perceptions of Insufficient Milk Supply in Breastfeeding," *Journal of Nursing Scholarship*, 40, No. 4 (2008), p. 355-363.

⁵L. John Horwood., et.al., "Breast Milk Feeding and Cognitive Ability at 7-8," *Archives of Disease in Childhood-Fetal and Neonatal Edition* 84, No. 1 (2001).

⁶Ghofran Hilal, et.al., "The Right to Adequate Child Support in Jordan: The Implementation of the UN Convention on the Rights of the Child," *International Journal of Law, Policy and the Family* 36, No. 1 (2022). Rini Fitriani, "Peranan Penyelenggara Perlindungan Anak Dalam Melindungi dan Memenuhi Hak-Hak Anak," *Jurnal Hukum Samudra Keadilan* 11, No. 2 (2016), p. 365-378.

⁷Imam Jauhari, "Perbandingan Sistem Hukum Perlindungan Anak Antara Indonesia dan Malaysia," *Asy-Syir'ah: Jurnal Ilmu Syari'ah dan Hukum* 47, No. 2 (2013), p. 611-645.

Ghofran Hilal, et.al., "The Right to Adequate Child Support in Jordan: The Implementation of the UN Convention on the Rights of the Child," *International Journal of Law, Policy and the Family* 36, No. 1 (2022), Doi.org/10.1093/lawfam/ebac012

The role of mothers is greatly in relation to the survival of this generation and life that the noblewoman who gave us birth deserves to be called three times greater of our devotion to her than to a father.⁸ One thing which is always done by a mother to fulfill the right of the child is to give breastfeeding. Breastfeeding for a child has a meaningful value.⁹ Breast milk contains a very high level of nutrition, very helpful for the process of physical and mental growth of the child. Breastfeeding improves both maternal and child health. It also promotes child cognitive development and helps them prepare for a bright future.¹⁰ That breastfeeding contains the most complete immune and growth factors in the infant. In addition to physical needs, breastfeeding provides emotional and mental development and also gives countless benefits to the mother.¹¹ Breast milk could purify any potential disease in the child's body perfectly, contained various protein substances needed by the body.¹² Pure breast milk is a gift from Allah the Almighty which can repel the pain and sadness of the child, rise up the serenity of the soul. The potential of intelligence passed down to the child, activation of brain cells during the womb, birth process, miRNA molecules (Micro RNA) is closely related to the breastfeeding process. Love for children is a soul sustenance that influences the growth and development of his personality. The physical body needs food as sustenance while the spirituality requires compassionate.¹³ In the Qur'an Surah Al-Baqarah verse 233 Allah the Almighty commands mothers to

⁸ Yesin Ozarda Ilcol, et.al., "Choline Status in Newborns, Infants, Children, Breast-Feeding Women, Breast-Fed Infants and Human Breast Milk," *The Journal of Nutritional Biochemistry* 16, No. 8, (2005), p. 489-499.

⁹ Prakeshkumar S Shah, et.al., "Breastfeeding or Breast Milk for Procedural Pain in Neonates," *Cochrane Database of Systematic Reviews*, 12 (2012).

¹⁰ Douglas Taren and Chessa Lutter, "The Role of Breastfeeding Protection, Promotion and Support in a Developing World. In S. de Pee, D. Taren, & M. Bloem (Eds.), *Nutrition and Health in a Developing World* (2017), p. 361-384.

¹¹ Shahrokh Mehrpishheh, "The Importance of Breastfeeding Based on Islamic Rules and Qur'an," *Hospital Practices and Research* 5, No. 2 (2020), p. 37-41.

¹² Sandra L. Huffman and Ellen G. Piwoz, "The Impact of Marketing of Breast-Milk Substitutes on WHO-Recommended Breastfeeding Practices," *Food and Nutrition Bulletin* 36, No. 4, (2015), p. 373-386.

¹³ Meghan. B. Azad, et.al., "Infant Feeding and Weight Gain: Separating Breast Milk from Breastfeeding and Formula from Food," *Pediatrics*, 142, No. 4 (2018). Fani Anatolitou, "Human Milk Benefits and Breastfeeding," *Journal of Pediatric and Neonatal Individualized Medicine* 1, No. 1 (2012).

breastfeed their children for 2 full years. If you want to wean before 2 years, you must consult first and must be in mutual willingness.¹⁴

Shari'a has obliged a mother to breastfeed her child, there is a lot of wisdom and benefits for the child behind it, both known and unknown. Modern medicine has established various features and benefits of a breastfed baby by its own mother's milk. Although the recommendation for breastfeeding according to the legislation that exclusive breast milk for 6 months is widely heralded, Islamic shari'a instruct mothers to breastfeed their children for 2 full years. However, many of them still less motivated with the instruction that breastfeeding mothers have to breastfeed their children for 2 full years with a number of reasons, mostly regarding insufficient breast milk or many mothers feel that the insufficient breast milk must be replaced by additional formula milk, mothers have to work even though working is not a reason to not breastfeed. When the mother works, the baby could be given pumped breast milk before the mother goes to the office. Some are afraid of breast deformity due to breastfeeding as well as arguing that babies can keep growing healthy and gain weight quickly even without breastfeeding. From the phenomenon that occurs in society regarding breastfeeding, a mother cannot be separated from the role and responsibility for the growth of a healthy child in the future.

Islamic law affirms that breastfeeding for children is very important in the context of health. The opinion of scientists is in line with that of the fuqaha, for example the Shafi'i and Hanbali schools require the feeding of *al-laba'* in the form of colostrum to newborns. Therefore, Muslims are made under Islamic law to believe that breast milk is only an attempt to prevent children and mothers from getting any disease. This paper highlights that breastfeeding is not only important according to science but also because it meets the requirements of companies.¹⁵

Based on the data collected in August 2017 from Langsa Health Office mentioning that population in the city of Langsa reached 150,000 people. There are 3,447 active breastfeeding mothers; hence this condition affecting the decision of the mother to continue breastfeeding exclusively for up to 6 months or up to 2 full years. Social support for breastfeeding mothers is needed including a behaviour that supports breastfeeding, believing in the benefits for the baby and herself. The problem reviewed and studied in this research is about what are the obstacles that arise in feeding breast milk to children under two years old in Langsa City Indonesia?

Research is a media (scientifically) for the development of science and technology, therefore the research methodology applied should always be adapted

¹⁴ Wafa' bin Abdul Aziz As-Suwailim, *Fikih Ibu: Himpunan Hukum Islam Khas Ummahat*, Jakarta: Ummul Qura, 2013.

¹⁵ Normadiyah Daud, "Benefits of Breast Milk for Health Care...", p. 1846.

to its main issue. This research is more about sociological juridical research by which it is first preceded by normative juridical research.¹⁶ The main ultimate goal of this study is to determine the role and responsibilities of mothers in breastfeeding children less than two years. Data required for this study were collected from empirical research and these data were obtained directly from the field through interviews with respondents. While secondary data are more about a support and these secondary data includes: 1) Primary legal material. The primary legal material that has authority (authoritative) consists of statutory regulations, treaties, rules and judge's decision; 2) Secondary legal material. The secondary legal material is any publication of law which is an unofficial document/publication. This publication consists of textbooks, legal dictionaries, legal journals and comments on the judge's decision.; 3) Tertiary legal material. The tertiary legal material is a legal substance which is a clue or explanation of primary legal material or secondary law material derived from dictionaries, encyclopedia, journals, media newspapers etc.¹⁷

The population in this study was the active breastfeeding mothers with the total of 3,447 people with babies from 0-6 months of age who reside in Langsa. The research sample is based on the calculation of sample using random sampling with the sample of active breastfeeding mothers with a total of 100 respondents and the informant determined purposively with the total of 10 people from related institutions. Data collection was done through documentary study, interview, questionnaire, and observation. This research is analyzed qualitatively with analytical descriptive character. This research is not only intended to express or describe the data as it is, but also intends to describe the reality of legislative policy and application of shari'a as expected.

The Role of Mothers in Breastfeeding Children

Parents, in this case the mother, play a very important role in the process of a child growth. Mother is not only the first person to provide the best care for the child but also the first place for the child to learn everything. It is important for mothers to know how the best ways or strategies to accompany the children during the golden age. In the view of Islam, the obligation of parents to the survival and development of children is a deposit (*amanah*) entrusted by Allah the Almighty to a child's parents.¹⁸

¹⁶ Soerjono Soekanto, *Penelitian Hukum Normatif: Suatu Tinjauan Singkat*, Jakarta: PT Raja Grafindo Persada, 2011. Bambang Sunggono, *Metode Penelitian Hukum*, Jakarta: PT. Raja Grafindo Persada, 2016.

¹⁷ Zainuddin Ali, *Metode Penelitian Hukum*, Jakarta: PT. Sinar Grafika, 2016.

¹⁸ Enty Lafina Nasution, *Perlindungan Hukum Terhadap Anak yang Tidak Diketahui Asal-Usulnya*, Yogyakarta: Deepublish, 2016.

Mothers must know how to take care of the child since the gestation. This includes knowing about taboos that should be avoided, foods that should be eaten or exercise that should be done to keep her health and babies growth inside her womb. She should know how to stimulate motoric and cognitive ability of children in the womb so when he/she is born into the world, accompanying the child's growth is not a difficult thing for the mother. Every mother would yearn that her children can grow smart, creative and healthy.¹⁹ There are several things that must be considered by the mother in children growth, such as ensuring children's nutrition which must be adequate and balanced, providing the right stimulus, applying discipline that is assertive as well as full of love and exemplary. A child's first role model is the mother. A good role model will certainly establish the child's growth and development to be extraordinary both in terms of ability and intellectual.

The role of a mother, as a pioneer in improving the quality of Indonesian resources, should be aware of her surroundings and increase her knowledge to support the provision of breast milk. A newly delivered mother will instinctively or intuitively able to perform her duties for breastfeeding.²⁰ Early initiation of breastfeeding within the first hour of birth and exclusive breastfeeding (EBF) for the first six months of life are beneficial for child survival and long-term health.²¹ Yet breastfeeding rates remain sub-optimal, every mother needs to learn how to do it. Lots of problems arise in breastfeeding mothers due to various reasons. Breastfeeding inhibition will surely happen to the mothers during breastfeeding their babies for various reasons.²² Getting the right information and full support from breastfeeding protection providers can be done by mothers so that breastfeeding could be a delightful moment for both mother and baby.

According to Herman, the Head of Langsa Health Office (*Pusat Kesehatan Masyarakat/Puskesmas*), the success of breastfeeding program which is planned in the working program of Health Office meets many obstacles because some mother does not give an exclusive breastfeeding due to the lack of mother's knowledge and society's knowledge in general about the importance of exclusive breastfeeding to the baby.²³ In addition, the presence of formula milk products

¹⁹ Chaty Cox, et.al., "Mother's Milk: An Existential Perspective on Negative Reactions to Breast-Feeding," *Personality and Social Psychology Bulletin* 33, no. 1, (2007), p. 110-122.

²⁰ David Elad, et.al., "Biomechanics of Milk Extraction During Breast-Feeding," *Proceedings of the National Academy of Sciences*, 111, No. 14 (2014), p. 5230-5235.

²¹ Dele Abegunde, et. al., "The Role of Maternal Ideations on Breastfeeding Practices in Northwestern Nigeria: A Cross-Section Study," *Int Breastfeed J* 17, No. 63 (2022).

²² Roseline Galipeau, et. al., "Perception of not Having Enough Milk and Actual Milk Production of First-Time Breastfeeding Mothers: Is There a Difference?" *Breastfeeding Medicine*, 12, No. 4 (2017), p. 210-217.

²³ Interview with Herman, the Head of Langsa Health Office, August 14, 2022.

that circulated in the community causes them to prefer the formula milk for feeding the baby, especially for breastfeeding mothers who work and feel not confident to breastfeed so the milk does not come out or the breast milk is insufficient. Furthermore, it is also due to the low public awareness in encouraging the increased provision of breast milk. The main problem that caused the low use of breast milk is socio-cultural factors, lack of knowledge of pregnant mothers, families and communities about the importance of breast milk.

Herman further emphasized that as an institution that has the main task in the health sector, one of its duties is to carry out guidance and supervision of health implementation. The forms of activities carried out by the Langsa City Health Office, namely; 1) Health promotion carried out by health workers, namely nutritionists, midwives and cadres providing counseling on how IMD is carried out in classes for pregnant women and exclusive breastfeeding carried out in breastfeeding mothers; 2) Lactation Management Training provided to a team of counselors consisting of Community Health Centers midwives and village midwives; 3) Dissemination of Kadarzi to the community through *Puskesmas* midwives, village midwives and cadres; and 4) Development of *Puskesmas* Nutrition Officers.²⁴

Exclusive breastfeeding for 6 months is shown to provide a smaller risk of various infectious diseases, such as diarrhoea, respiratory infections, ear infections, pneumonia, and urinary tract infections. Furthermore, it can also reduce the risk of obesity, allergies or cancer. This is because of immune substances that come from the mother and contained in the breast milk will be transferred to the baby to help regulate the body's immune response against infection.²⁵ Globally, optimal breastfeeding can avert more than 800,000 child deaths annually, which makes it one of the most effective child mortality prevention interventions with long-term health benefits.²⁶

The busy breastfeeding mothers and socio-cultural factors that occur in the community cause many babies could not get exclusive breast milk since many breastfeeding mothers provide complementary foods before 6 months when the baby continues to cry. Understanding of society, hereditary cultural and cultural influences instilled, passed down and believed by the community, such as giving *pecicap* (an Acehnese traditional belief to feed a baby with sweet foods) to the baby by giving honey, bananas and other fruits to make babies calm.

²⁴Interview with Herman, the Head of Langsa Health Office, August 14, 2022.

²⁵Rini Sukartini and Bernie Endyarni, *Buku Pintar Bayi*, Jakarta: Pustaka Bunda, 2011.

²⁶Cesar G Victora, et. al. Breastfeeding in the 21st Century: Epidemiology, Mechanisms, and Lifelong Effect," *Lancet* (2016), p. 387-475.

According to Azizah, Head of Family Health and Nutrition Section of Langsa Health Office, the number of infants aged 0-6 months who did not get exclusive breast milk is still quite high.²⁷ Details are shown in table 1 below.

Table 1: The Summary of Exclusive Breastfeeding in Langsa City in 2022

No	Community Health Centre	Total of babies	Breastfeeding for babies 0-6 (person)								
			Babies 0-6 Months						Total	(√) %	(x) %
			Exclusive (√)			Non-Exclusive					
			M	F	M+F	M	F	M+F			
1	Langsa Timur	327	50	31	81	47	25	72	153	52,94	47,06
2	Langsa Lama	600	111	98	209	57	45	102	311	67,20	32,80
3	Langsa Barat	747	78	86	164	94	89	183	347	47,26	52,74
4	Langsa Baro	1014	193	183	376	49	57	106	482	78,01	21,99
5	Langsa Kota	759	90	91	181	109	94	203	384	47,14	52,86
Total		3447	522	489	1011	356	310	666	1677	60,29	39,71

Source: Langsa Health Office, 2022

Breast milk as a single food will adequately meet the needs of normal baby's growth until the age of 4-6 months. Exclusive breast milk is very important for the improvement of human resources in the future, especially in terms of early nutritional adequacy. Exclusive breast milk is the provision of breast milk for the first six months. Breastfeeding Exclusively to a 6-month-old baby will ensure the optimal development of a child's intelligence potential. It is because breast milk also contains special nutrients that the brain needs to grow optimally, aside from its part as an ideal nutrient with the right composition and tailored to the needs of the baby.

The benefits gained from breastfeeding are far better than all alternative baby food methods. As evidence, all health organizations around the globe are united to deliver a source of nutrients and natural foods for babies. The World Health Organization, for example, encourages women to breastfeed their babies exclusively for six months and continue breastfeeding for at least two years to benefit from breastfeeding to provide the best nutrition and protect it from infection. Likewise, children play an important role in hospitals, their practices, and communities as advocates of breastfeeding and, therefore, need to be trained in the benefits of breastfeeding for both mother and child as well as in managing breastfeeding.²⁸

²⁷ Interview with Azizah, Head of Family Health and Nutrition Section of Langsa Health Office, August 15, 2022.

²⁸Joan Younger Meek and Lawrence Noble, "Breastfeeding and the Use of Human Milk," *PEDIATRICS* 150, No. 3 (2022). Arthur I. Eidelman, et.al., "Breastfeeding and the Use of Human Milk," *PEDIATRICS* 129, No. 3 (2012).

Breastfeeding is the first step to obtain health, physical growth and optimal brain development, because breast milk is the most perfect food for babies and contains nutrients according to the needs of baby growth and development, and has immunity to prevent various infectious diseases. The best thing doesn't have to be expensive, but instead can be obtained at the cheapest cost.²⁹

Children grow from their mother's blood in her stomach, then when born into the world's realm, the blood turns into milk, the best food for the child. Breast milk is the most suitable food for children, the character of breast milk is suitable for a child in the phases of his/her age, the milk given to the child is very influential on *akhlak*, behavior, and ethics of the child, because it comes out of the blood of the mother who is sucked by the child so the milk becomes the blood of the child which will inflate his body, strengthen his bones, and affect his morals and physique. It has been found that the influence of breastfeeding psychologically and intellectually affects the child more than affects his physical condition, as well as his intellectual, emotional, and psychological tendencies.

The Qur'an has explained the child's right to get breastfed and the obligation of a mother to breastfeed her, as well as the duty of a father to provide for their needs. Even Islam explicitly teaches to give a good living to the pregnant wife who has divorced.³⁰ Not just breastfeeding, a mother also applies affection, love and tenderness so the child will grow into a compassionate teenager and loves to do a good deed.

The role of breastfeeding mothers creates the best possible outcomes of children's health, development and psychosocial, as the breastfeeding is a single source of nutrition for babies for about six months. Breastfeeding could be combined with solid baby food after six months of age. Furthermore, breastfeeding mothers should consume at least 500 calories a day, eat with a balanced diet to get enough calories, protein, vitamins, minerals, drink at least 3 litres daily and take iron and vitamin supplements.³¹

A mother should know the signs that the baby got enough breast milk by observing whether the baby produce urine at least 6 times a day and the color is clear to light yellow, the baby often defecates "yellowish" faces, the time of baby looks satisfied, the time he got hungry, got enough sleep and breastfeeding at least 10-12 times of in 24 hours. Mother's breasts is going to feel soft and empty every

²⁹ Salamudin Salamuddin, et.al., "Practice of Breast-Feeding Until the Age Of 2 Years in Working and Non-Working Mothers in An Islamic and Health Perspective," *Prepotif: Jurnal Kesehatan Masyarakat* 6, No. 3 (2022).

³⁰ Iman Jauhari, "Kewajiban Nafkah Hadanah dan Rada'ah Terhadap Anak di Indonesia," *Asy-Syir'ah: Jurnal Ilmu Syari'ah dan Hukum* 46, No. 2 (2012), p. 501-526.

³¹ Ari Sulistyawati, *Buku Ajar Kebidanan pada Ibu Nifas*, Yogyakarta: Penerbit Andi, 2009.

breastfeeding session completed, the mother can feel a tingling sensation because the flow of breast milk every time the baby begins to suckle and the baby gain weight.³²

According to Syamsidar, Head of the public health program, the success of provision of breast milk planned in the work program of the Health Department inhibited because of mothers who do not want to breastfeed their babies due to their own lack of knowledge and society's knowledge in general about the importance of exclusive breastfeeding to babies. Furthermore, the presence of formula milk products that circulate in the community causes the community to choose it to be given as a substitute, especially for working breastfeeding mothers who feel unconfident to breastfeed causing insufficient breast milk or not lactating.³³

In line with that, according to Rohani, the head of the neonutur room of Langsa City, that every baby born spontaneously/normally is immediately given early initiation of breastfeeding (*Inisiasi Menyusui Dini/IMD*), is not given food and drinks other than breast milk unless there are medical indications in the baby, babies born with less weight and babies born less months or the mother's condition is suddenly good or unhealthy. In carrying out joint care between mother and child to meet the baby's breast milk needs. And for babies born by cesarean section (SC) usually wait 1 hour to be given IMD, especially for mothers who undergo surgery with general anesthesia, it is not possible to immediately breastfeed their babies because the mother is not aware due to the influence of anesthesia, if she is conscious as soon as the baby is breastfed with the help of medical personnel, and for mothers who undergo surgery not under general anesthesia, Contact with the baby through the breastfeeding process can be done as soon as possible. Infants are given formula milk with the permission of the family and doctor's instructions. Giving formula milk to newborns with consideration of the risks experienced by babies such as dehydration, decreased baby weight, and hyperbilirubinemia where the baby is yellow due to breast milk.³⁴

Even though the benefits of breastfeeding to babies are numerous, according to the Head of Family Planning and family welfare, Langsa City, with breastfeeding mothers or providing exclusive breastfeeding can delay menstruation and pregnancy which functions as a contraceptive or pregnancy preventer and reduces the risk of breast cancer, by breastfeeding to reduce

³²Ari Sulistyawati, *Buku Ajar Kebidanan pada Ibu Nifas*, Yogyakarta: Penerbit Andi, 2009.

³³Interview with Syamsidar, Head of the Public Health Program, Langsa City, August 14, 2022.

³⁴ Interview with Rohani, the Head of The Neonutur Room of Langsa City, August 15, 2022.

pregnancy because breastfeeding mothers are a safe, cheap and quite successful contraceptive method and reduce the mother's weight after give birth.³⁵

Therefore, the decision to stop breastfeeding is the choice of each person, but it is recommended to plan this from the beginning when to stop breastfeeding or what is the certain age to start weaning. Even though the composition of milk continues to change until the child is two years old, the milk remains an essential nutrients supply that is useful for building a child's immune system.

The Obstacles that Arise in Giving Breast Milk

To decide breastfeeding is one of the most important decisions for a mother that can be made in giving the best chance in the early life of her newborn child. During pregnancy, a mother's body is already preparing for breastfeeding. Ductal structures and milk-producing cells develop, blood circulation to the breast increases, breast enlarged during pregnancy. With the development of pregnancy, colostrum begins to be made in the breast.

Breastfeeding is not only feeding but also education. Breastfeeding is an interaction between mother and baby. By breastfeeding, it will stimulate the senses of sight, hearing, smell, taste, even the sensation of touch.³⁶ While breastfeeding, the mother is encouraged to talk to the baby even singing, the melody will stimulate the right brain and words stimulate the left brain. Just imagine on how lucky the baby is if the mother reads some verses from the Qur'an scriptures. Imagine the first melody that is embedded in his right brain is the melody of heaven; the first words stored in his left brain are the words of heaven.³⁷

Obstacles usually come from the psychological aspect that there is a tendency of a mother to feel unconfident and worried about not being able to breastfeed. The fear of a little production of breast milk or it is insufficient for the baby causing him/her dehydrated. Obstacles from the social aspect are when a mother has to go back to work so she cannot provide breast milk, leads to the decision to substitute the breast milk by giving formula milk. When a mother does not know how to handle the correct ways to breastfeed the baby, the breast will have a certain condition of pain in the nipples following with crack marks, and blockage of milk glands that cause hard lumps which if not handled quickly will cause infection. This condition causes the mother cannot breastfeed comfortably until the pain fully healed, and consequently, formula milk given as the substitute during the sick time.

³⁵ Interview with Suhartini, Head of Family Planning and Family Welfare of Langsa City, September 29, 2022.

³⁶ Nwet N Win, et.al., "Breastfeeding Duration in Mothers Who Express Breast Milk: A Cohort Study, *International Breastfeeding Journal* 1, No. 1 (2006), p. 1-5.

³⁷ Utami Roesli, *Panduan Inisiasi Menyusu Dini*, Jakarta: Pustaka Bunda, 2012.

Many people assume that formula milk is as good as breast milk because it is designed to contain as many nutrients as those contained in the breast milk. Baby that fed with formula milk clearly grows and develops well and even help in increasing weight gain. A mother who got pregnant again will experience a taste change in breast milk while breastfeeding and sometimes makes babies to stop drinking the milk by them.

To promote the provision of breastfeeding from early stage requires the supporting factors that continually strive for the success of breastfeeding mothers, which depends on the roles performed by health workers, hospital, government, the mother's physical role, family factors, community factors and baby factor. therefore, the effort that should done in supporting breastfeeding mothers could be from related institutions and families such as support from health offices, hospitals, doctors at community health centre, village maternity centre (*Pondok Persalinan Desa/Polindes*), integrated health service post (*Pos Pelayanan Terpadu/Posyandu*), groups that support breastfeeding mothers, NGOs that always ready to help the success of breastfeeding mothers with education, motivation, support of facilities and infrastructure like convincing the mother that the baby gets sufficient food from her breast milk.

To support the promotion of breastfeeding, the Langsa City Health Office, for example, through the Langsa Baro Health Center, has the highest number of breastfeeding mothers, namely 1014 people, compared to four other sub-districts in Langsa City. The programs carried out are health romosi activities, lactation management training, kadarzi socialization and coaching. Exclusive breastfeeding only reaches 77% of the total expected target, returning to the community itself even though activities have been carried out by the Health Office together with the *Puskemas*, usually here is related to the hereditary cultural culture that always provides food other than breast milk to babies such as when the baby is brought to visit, the host usually gives sugar water to the baby. There is a habit of mothers who do not support breastfeeding is to give food/drink after the baby is born such as honey, coconut water, tazin water, bananas and give formula milk from an early age, parents and families also still provide and encourage formula feeding. In breastfeeding a baby, mothers are actually not only fighting alone, it takes participation from all other family members. Keep in mind if you feel your husband does not support you because there are still many men who mistakenly think breastfeeding only involves mother and baby. The role of the father if his presence and involvement greatly determine the success or failure of the exclusive breastfeeding mother.³⁸

³⁸ Interview with Nurbaiti, Daily Executive Head of Langsa Baro Health Center, Langsa City, October 16, 2022.

Likewise, religious leaders, or the Ulema Consultative Assembly (*Majelis Permusyawaratan Ulama*/MPU) of Langsa City are also committed to providing counseling and socialization of the importance of breastfeeding for children. Because breastfeeding is in line with Islamic law through the word of Allah SWT in the Qur'an, the opinion of the ulama will provide briefing to the bride-to-be couple to carry out the breastfeeding and will give in every lecture activity delivered by scholars about the importance of breastfeeding and the willingness of her husband to support the breastfeeding.³⁹

Letting the baby with his mother immediately after birth during the first few hours is important to foster relationships to early initiation by letting the baby lies on his stomach above the mother's, let the baby crawl and try to find his or her own mother's nipple and then the baby will naturally try to breastfeed then help mother at first breastfeeding. The correct breastfeeding position is important and the method for healthy breast care for a mother to prevent germs from entering baby's mouth also prevent injury to the nipple that causing breast infection.

Efforts for working mothers are to request policies to the manager such as flexible work schedules, additional leave, baby care around the workplace so that mothers can visit their babies for a while to breastfeed them or there is a place for lactation. Exclusive breastfeeding is not necessarily to be directly from the mother's breast, breast milk can be safely stored with a proper storage after pumped from mother and can be given later.

Conclusion

Exclusive breastfeeding to babies up to 6 months of age and fulfillment of the breastfeeding continuation for children under the age of two years in Langsa City has not been done thoroughly yet. There are many babies in this city still do not get exclusive breast milk due to mother's lack of self-confidence, lack of community understanding, influence of bad cultural character that are passed down and believed by the community. One of bad cultural character which is passed down and believed by the Acehnese community is giving *pecicap* (which is an Acehnese traditional belief when feeding a baby with sweet foods) to the baby by giving honey, bananas and other fruits. In addition, it is also found that working mothers in Langsa City are still giving additional breast milk with a mixture of formula milk. Based on finding above, it is advised that the government should provide lactation space facilities in public facilities and public services (nursery rooms) to meet the needs of babies in getting breast milk in every place and to appeal all offices to provide lactation spaces for working women who

³⁹Interview with Teungku H. Zakaria Ahmad, Secretary of MPU Langsa City, October 17, 2022.

breastfeed. It is also recommended to provide support for breastfeeding mothers from families. The role of family members, especially husbands to participate in supporting the success of mothers in providing breast milk has created positive breastfeeding attitudes. So not only that husband concurs with the wife breastfeeding the baby, but also creates an atmosphere supporting the wife to breastfeed.

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Interviews

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