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### **The Effect of Lactation Management Training on Cadre Attitudes during Assistance for Breastfeeding Mothers in Leminggir Village, Mojosari District, Mojokerto Regency**

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#### **Abstract**

The success of exclusive breastfeeding is very dependent on the stages of lactation management, so all stages must be prepared properly so that exclusive breastfeeding runs successfully. The existence of new information about something will provide a new cognitive foundation for the formation of a person's attitude. Affective messages that are strong enough will provide an affective basis in assessing something so that a certain attitude direction will be formed. Posyandu cadres are at the forefront of direct contact with pregnant women, mothers giving birth and postpartum mothers through various posyandu activities and maternal classes. Posyandu cadres must be able to convey information, assist and motivate pregnant women, mothers giving birth and postpartum mothers to get proper health care. The purpose of this study was to determine the effect of cadre training on cadres' attitudes when carrying out mentoring for breastfeeding mothers. This research is a Pre-Experimental Design with One Group Pre-Test and Post-Test Design. The sample in this study amounted to 25 people obtained from purposive sampling technique. The results of the study based on the Paired sample t-Test, the results obtained a score of  $t\text{-value} = 0.002$  ( $p\text{-value} < 0.05$ ), which means that cadre training affects the attitude of cadres in mentoring breastfeeding mothers

**Keywords:** Breastfeeding Mothers, Lactation Management.

#### **Introduction**

Exclusive breastfeeding is needed in the first six months of life which contains a lot of nutrients and is not contaminated by any substances. Early introduction of food that is prepared unhygienic and has low nutritional and energy content can cause children to be malnourished and infected by other things, so that the child has a low

body resistance to disease [1], [2]. Breastfeeding gives every child the best start in life. It provides health, nutritional and emotional benefits for both children and mothers. The results of the analysis show that increasing exclusive breastfeeding can save the lives of 820,000 children every year, as well as generate

additional income of US \$ 302 billion [3]. The factor that hinders the achievement of goals is that at the beginning of 2020 the world was hit by the Covid-19 pandemic, and Indonesia was no exception. The existence of restrictions on large-scale social activities intended to reduce and break the chain of transmission of Covid-19 has an impact on the implementation of health services at puskesmas, posyandu, mother's classes, and others. Most posyandu activities were postponed, including weighing, counseling and counseling. The pandemic conditions also affect the rules and policies in hospitals regarding the implementation of early initiation of breastfeeding (IMD), direct breastfeeding and rooming-in for newborns. This is adjusted in order to avoid the transmission of Covid-19 in newborns.[4]

Lactation management is all efforts made to help mothers achieve success in breastfeeding their babies. This effort is carried out on mothers in 3 stages, namely during pregnancy (antenatal), when the mother is in labor until she leaves the hospital (perinatal), and during the subsequent breastfeeding period until the child is 2 years old (postnatal). [5], [6]

The success of exclusive breastfeeding is very dependent on the stages of lactation

management, so all stages must be prepared properly so that exclusive breastfeeding runs successfully.[7] The results of the identification and analysis of the situation found several problems, including the lack of knowledge of cadres about lactation management, lack of skills of cadres about lactation management, lack of knowledge of mothers and cadres about lactation management and mothers still giving formula milk to their babies. The solution offered is to increase knowledge of health education, including aspects of increasing knowledge about lactation management which is followed by health cadres with counseling and practice. Posyandu cadres are at the forefront of direct contact with pregnant women, mothers giving birth and postpartum mothers through various posyandu activities and mother classes. Therefore, Posyandu cadres must be able to convey information, assist and motivate pregnant women, mothers giving birth and postpartum mothers to get proper health care, so this lactation management training needs to be carried out so that cadres can have good knowledge and skills in providing information about lactation management.

The existence of new information about something will provide a new cognitive foundation for the formation of a person's attitude. Affective messages that are strong

enough will provide an affective basis in assessing something so that a certain attitude direction will be formed [8]. Training is a teaching and learning process towards certain knowledge and skills and attitudes so that participants are more skilled and able to carry out their responsibilities better, in accordance with standards [9]. Training is part of education that involves the learning process, is useful for acquiring and improving skills outside the applicable education system, in a relatively short time and the method prioritizes practice rather than theory. The implementation of health training in an effort to increase knowledge can be done by using health promotion aids in the form of visual aids, hearing aids (audio aids) and hearing aids (Audio Visual Aids). Audiovisual is one of the counseling aids. Audiovisual media are more effective in receiving learning because they can provide more real experiences than those delivered by audio and visual media. Audiovisuals make a very big contribution in changing people's behavior, especially in the aspect of information and persuasion. This tool provides a stimulus to hearing and vision, so that the results obtained are more maximal.[10]

## Materials and Methods

This research uses Pre-Experimental Design with One Group Pre-Test and Post Test Design. The population of this research is Posyandu cadres in Leminggir Village, Mojosari District, Mojokerto Regency with a total sample of 25 cadres. Sampling using non-probability sampling technique purposive sampling type. The sample criteria are posyandu cadres who can attend training from start to finish, play an active role as long as posyandu cadres. During data collection, researchers were assisted by village midwives and coordinating midwives from the Modopuro Health Center, Mojosari District in providing training. After determining the respondents, the researcher explained the purpose of the activity and asked for approval to participate in the activity. Respondents totaling 25 people were then collected for training. Before starting the training, the researcher gave a pretest with a measuring instrument in the form of a questionnaire and explained how to fill it out and facilitated the possibility of confusion or errors in filling out the questionnaire. Then the cadres are given training within 1 day with a total of 7 hours by the speaker and accompanied by the researcher. To support the success of cadre training, prior to the training, researchers have prepared the materials needed, the

required infrastructure, the training methods used are audio-visual media playback, interactive lectures, group discussions, demonstrations, role-playing simulations. After the cadre training was completed, the researcher again gave the post test.

## Results and Discussion

Table 1 describes the attitude scores before and after the cadre training was carried out, the result scores were then analyzed using a statistical test using the paired sample t-test.

Table 1: the score of the measurement and analysis of the attitude score of cadres when mentoring breastfeeding mothers

Parameter	n	Mean	SD	difference	<i>p</i> - value
before	25	49,6800	4,60724	4,20000	0,002
after	25	53,8800	4,09593		

Based on the results of the study, the attitude score before treatment was an average of 49.6800 and after treatment increased to 53.8800, after statistical tests were carried out using the Paired sample t-Test, the results obtained a score of *p*-value = 0.002 (*p*-value <0.05), which means that there is a significant difference in attitude scores between before and after lactation management training. This is influenced by an optimistic attitude manifested in an action (overt behavior). To realize an attitude into a real action, a supporting factor or a possible condition is needed, including facilities. According to Allport (1945) attitudes have 3 components,

namely beliefs (beliefs), ideas and concepts towards an object, emotional life or evaluation of an object and a tendency to be civilized [11].

Health education is carried out to achieve the level of a person's attitude in order to change perceptions which can later change his life behavior for the better. So it can be concluded from the above analysis that there is an influence from training that can change or improve attitudes to lactation management when assisting breastfeeding mothers. As we know that the purpose of training is to improve certain knowledge and skills so that participants are more skilled and able to carry out their responsibilities properly according to standards through a series of systematic procedures carried out by an expert aimed at increasing the skills and knowledge of participants [12], [13]. This is in accordance with the results of the study where there was an increase in knowledge between before and after treatment. The purpose of the training can be optimized by using multimedia. According to research conducted by Budianto, the use of learning videos can help participants understand a concept, more thoroughly[14]. The purpose of using multimedia in training is to increase the efficiency and effectiveness of training, in terms of time, funds, facilities, and energy in order to achieve the objectives optimally and to prepare

individual learning, so that respondents have free time to further explore the training material[15]. According to Sanjaya's research, study groups using interactive multimedia developed have a higher level of learning progress compared to study groups using textbook modules[16].

### Conclusions

Based on the results of the study, it can be concluded as follows, there are differences in attitude scores between before training and after training. Based on the results of statistical analysis tests, it was concluded that the accepted hypothesis was that the training of posyandu cadres had an effect on the attitudes of cadres when assisting breastfeeding mothers. Suggestions for the Health Office to be able to develop training for trainers for health workers and midwives in the village who will train cadres, because the training can increase knowledge, maintain and improve cadre skills, and monitor the knowledge and skills of cadres by assigning village midwives at the same time.

### Data Availability

```
T-TEST
  PAIRS = Sikap_sblm WITH Sikap_ssdh (PAIRED)
  /CRITERIA = CI (.95)
  /MISSING = ANALYSIS.
```

#### T-Test

[DataSet0]

Paired Samples Statistics

Pair		Mean	N	Std. Deviation	Std. Error Mean
1	Sikap_sblm	49,6800	25	4,60724	,92145
	Sikap_ssdh	53,8800	25	4,09593	,81919

Paired Samples Correlations

Pair		N	Correlation	Sig.
1	Sikap_sblm & Sikap_ssdh	25	,088	,682

Paired Samples Test

Pair 1	Sikap_sblm- Sikap_ssdh	Paired Differences			95% Confidence Interval of the Difference	
		Mean	Std. Deviation	Std. Error Mean	Lower	Upper
		-4,20000	5,89491	1,17898	-6,63330	-1,76670

Paired Samples Test

Pair 1	Sikap_sblm- Sikap_ssdh	t	df	Sig. (2-tailed)
		-3,662	24	,002

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NP-TEST
  /WILCOXON=Sikap_sblm WITH Sikap_ssdh (PAIRED)
  /MISSING ANALYSIS.
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### Conflicts of Interest

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### Funding Statement

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The existence of new information about something will provide a new cognitive foundation for the formation of a person's attitude. Affective messages that are strong enough will provide an affective basis in assessing something so that a certain attitude direction will be formed. Posyandu cadres are at the forefront of direct contact with pregnant women, mothers giving birth and postpartum mothers through various posyandu activities and maternal classes.

Posyandu cadres must be able to convey information, assist and motivate pregnant women, mothers giving birth and postpartum mothers to get proper health care. The purpose of this study was to determine the effect of cadre training on cadres' attitudes when carrying out mentoring for breastfeeding mothers.

### Supplementary Materials

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