

# Midwifery and Neonatal Nursing

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## The influence of 10 steps implementation to successful breastfeeding on breastfeeding practice for infant 0-3 months old

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Maternal Mortality Rate (MMR) and Infant Mortality Rate (IMR) are still high in Indonesia. Increased breastfeeding is one of the key factors contributing to the decline in infant mortality. However, exclusive breastfeeding has not been well implemented. Therefore, it is necessary to reduce infant mortality rates with the improvement of community nutrition through exclusive breastfeeding program and this must be done continuously by all people of Indonesia. This government effort is in the form of a 10 Step Program to successful breastfeeding. This research is an analytic research using a cross sectional approach. This study conducted data collection on the independent variable that is the implementation of 10 steps to the successful breastfeeding and the dependent variable is breastfeeding practice for infants aged 0-3 months. This study used 58 respondents that are divided into two groups namely the implementation group and non-implementation group as the control group. Instruments were used in the form of questionnaires and checklists that have been tested for validity and reliability. Data analysis in this research was done using statistical test of Chi square and when variables studied do not meet the requirement of Chi square test then Fisher exact test was used. Analysis of Chi square test showed a value  $\chi^2$  count=7,205 >  $\chi^2$  table;  $P=0.007 < \alpha$  (0, 05) and based on this it can be concluded that there is an influence of 10 Steps to Successful Breastfeeding implementation on breastfeeding practice. With the implementation of the breastfeeding program, the mother's behavior in breastfeeding will increase. This greatly supports the success in achieving exclusive breastfeeding.

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