



# Influence education health using bugis language to knowledge about exclusive breastfeeding in post partum mother

Author Name(s): Devi Darwin, Yulianti N, Irmayanti Irmayanti, Asmiranda Asmiranda

Publication details, including author guidelines

URL: <https://jurnal.konselingindonesia.com/index.php/jkp/about/submissions#authorGuidelines>

Editor: Khairul Bariyyah

## Article History

Received: 28 Apr 2025

Revised: 30 Mei 2025

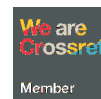
Accepted: 19 Jun 2025

## How to cite this article (APA)

Darwin, D., Yulianti N, Irmayanti, I., & Asmiranda, A. (2025). Influence education health using bugis language to knowledge about exclusive breastfeeding in post partum mother. Jurnal Konseling dan Pendidikan. 13(2), 217-224. <https://doi.org/10.29210/1152100>

The readers can link to article via <https://doi.org/10.29210/1152100>

## SCROLL DOWN TO READ THIS ARTICLE



Indonesian Institute for Counseling, Education and Therapy (as publisher) makes every effort to ensure the accuracy of all the information (the "Content") contained in the publications. However, we make no representations or warranties whatsoever as to the accuracy, completeness, or suitability for any purpose of the Content. Any opinions and views expressed in this publication are the opinions and views of the authors and are not the views of or endorsed by Indonesian Institute for Counseling, Education and Therapy. The accuracy of the Content should not be relied upon and should be independently verified with primary sources of information. Indonesian Institute for Counseling, Education and Therapy shall not be liable for any losses, actions, claims, proceedings, demands, costs, expenses, damages, and other liabilities whatsoever or howsoever caused arising directly or indirectly in connection with, in relation to, or arising out of the use of the content.

Jurnal Konseling dan Pendidikan is published by Indonesian Institute for Counseling, Education and Therapy comply with the [Principles of Transparency and Best Practice in Scholarly Publishing](#) at all stages of the publication process. Jurnal Konseling dan Pendidikan also may contain links to web sites operated by other parties. These links are provided purely for educational purpose.



This work is licensed under a [Creative Commons Attribution 4.0 International License](#).

Copyright by Darwin, D., Yulianti N, Irmayanti, I., & Asmiranda, A. (2025).

The author(s) whose names are listed in this manuscript declared that they have NO affiliations with or involvement in any organization or entity with any financial interest (such as honoraria; educational grants; participation in speakers' bureaus; membership, employment, consultancies, stock ownership, or other equity interest; and expert testimony or patent-licensing arrangements), or non-financial interest (such as personal or professional relationships, affiliations, knowledge or beliefs) in the subject matter or materials discussed in this manuscript. This statement is signed by all the authors to indicate agreement that the all information in this article is true and correct.

## Jurnal Konseling dan Pendidikan

ISSN 2337-6740 (Print) | ISSN 2337-6880 (Electronic)





# Influence education health using bugis language to knowledge about exclusive breastfeeding in post partum mother

Devi Darwin<sup>1\*</sup>, Yulianti N<sup>2</sup>, Irmayanti Irmayanti<sup>2</sup>, Asmiranda Asmiranda<sup>2</sup>

<sup>1</sup> Diploma of Midwifery, Faculty Health, University Kurnia Jaya Persada, Palopo, Indonesia

<sup>2</sup> Bachelor of Midwifery, Faculty Health, University Kurnia Jaya Persada, Palopo, Indonesia

## ABSTRACT

Breast milk is a type of milk produced by mothers after giving birth which contains very complete nutrition and is needed by babies to grow and develop. Approach Which effective in increase giving breast milk exclusive is by providing health education to mothers, either before or after birth. An effective way make it easier delivery message to Mother used health education with Bugis language to improve understanding and acceptance of health messages. Research This aiming For Analyzing the influence health education using Bugis language on knowledge about exclusive breastfeeding in postpartum mothers at the UPTD Ponrang Health Center. This type of research is quantitative with a pre-experimental design using One Group Pre test Post test design. The sampling technique used in this study is non probability sampling by accident sampling. Tool The research used a questionnaire. The analysis technique used one of the non-parametric statistical tests, namely the Wilcoxon Match Pair Test. The results of the Wilcoxon test obtained a p value of 0.000 smaller than the value of 0.05 so it was concluded that there was an influence of health education using the Bugis language on knowledge about Exclusive Breastfeeding in postpartum mothers at the Ponrang Health Center UPTD. Important for Mother post partum For actively seeking information health related to their pregnancy. They should actively participate in health education programs provided by local health centers or health institutions.

## Keywords:

Bugis language  
Breast milk exclusive  
Postpartum mother

## Corresponding Author:

Devi Darwin  
University Kurnia Jaya Persada  
Email: [devidarwin@ikbkjp.ac.id](mailto:devidarwin@ikbkjp.ac.id)

## Introduction

ASI stands for Mother's Milk (Duri & Yuningsih, 2025). ASI is a type of milk produced by mothers after giving birth which contains very complete nutrition and is needed by babies to grow and develop (Joharmi et al., 2022). ASI contains protein, fat, carbohydrates, minerals, and vitamins needed by babies for brain growth, the immune system, and overall body health. ASI also contains substances that can help babies protect themselves from disease and infection (Mertasari et al., 2023).

In 2019, the coverage of exclusive breastfeeding for infants throughout Indonesia reached 67.74%, exceeding the strategic plan target of 50% (ST, 2023). However, there was a decrease of around 1% compared to the previous year, as seen from data from the South Sulawesi Provincial Health Office which recorded an achievement of 54.7% in infants under 6 months of age (Sandhi et al., 2020).

In the period 2016-2020, the percentage of coverage of infants under 6 months of age who received exclusive breastfeeding in South Sulawesi Province experienced a not very significant increase from year to year. In 2016, the percentage as big as 56.3%, year 2017 as big as 56.6%, And year 2018 was 57.7% (Kartini et al., 2022). However, in 2019, the percentage decreased to 54.7%, but increased again in 2020 to 61.9%. Although it has achieved the RPJMN target of 50%, strengthening is still needed in efforts to increase the coverage of exclusive breastfeeding in South Sulawesi Province (Swastiningsih, 2024).

In 2021, the coverage of babies who received exclusive breastfeeding was national reach 56.9%, which exceed target program year of 40% (Gunawan et al., 2024). West Nusa Tenggara Province has the highest percentage of coverage giving breast milk exclusive as big as 82.4%, temporary Province Maluku has the lowest percentage of 13.0%. However, there are still five the province that Not yet reach target program year 2021, namely Maluku, Papua, Gorontalo, West Papua, and North Sulawesi (Muhsanatia & Sulastri, 2024).

Approach Which effective in increase giving breast milk exclusive breastfeeding is by providing health education to mothers, either before or after birth (Sandriani et al., 2023). This is an approach that has proven successful in increasing mothers' understanding of the benefits and importance of providing exclusive breastfeeding to their babies (Hasni et al., 2023). Prenatal health education, often referred to as prenatal education, provides an opportunity for expectant mothers to gain knowledge and preparation before the baby is born (Gomes, 2023). This includes information about the benefits of breastfeeding, correct breastfeeding techniques, and how to deal with potential problems that may arise during breastfeeding (Rahmi & Amelin, 2025). Prenatal education provides a strong foundation for mothers to initiate breastfeeding confidently and competently after birth. Postnatal health education, also known as postnatal education, continues to provide support and guidance to Mother after they give birth to (Shofiya et al., 2024). This can covers practice breastfeeding Which Correct, maintenance breast, And Handling problem Which may arise, such as nipple pain or insufficient milk production. This education helps mothers to stay committed to giving breast milk exclusively during the first few months of a baby's life. According to research conducted (Laksono et al., 2021), health education can improve mothers' knowledge, attitudes, and compliance in providing exclusive breastfeeding.

In the context of breastfeeding, health education can help mothers to understand the benefits and importance of providing exclusive breastfeeding for babies, as well as the right ways to provide breast milk (Couto et al., 2020). Health education can also help prevent failure of breastfeeding and provide support to mothers in implementing breastfeeding. breast milk exclusive (Abekah-Nkrumah et al., 2020). By Because That, education health is matter Which important in effort increase health Mother And baby, especially in terms of breastfeeding (Modak et al., 2023). Effective ways make it easier delivery message to Mother used Health education in Bugis language to improve understanding and acceptance of health messages among the community. Bugis language, as a mother tongue, can reach more people and facilitate the delivery of complex health information. Using local languages in health education creates a greater sense of ownership and community involvement. This will help the community be more active in their prevention and health improvement efforts (Spezia et al., 2024).

The results of research show that having better knowledge about the benefits of breast milk exclusive compared to with group control. Besides That, participant also have a more positive attitude and better compliance in providing exclusive breastfeeding (Dukuzumuremyi et al., 2020).

The results of an initial survey conducted by researchers found that out of 7 mothers who had babies, 5 mothers gave their babies breast milk and 2 mothers stopped giving their babies breast milk when their babies were 2 months old because they were busy working. Based on the description above, a study was conducted on the influence of health education using the Bugis language on knowledge about exclusive breastfeeding in postpartum mothers at the Ponrang Health Center UPTD (Theodorah & Mc'Deline, 2021).

## Methods

The research conducted used a quasi-experimental research type with *a one pretest-posttest group design*. In this study, one group became the subject of the study and was given health education. This study will examine the influence of education health using Bugis language on knowledge about Exclusive Breastfeeding in postpartum mothers at the Ponrang Health Center UPTD (Paramashanti et al., 2022).

### Population And Sample

The population in this study were 35 mothers who had babies aged 1-6 months. A sample is a small part of the entire population that is selected to be the object of research. In selecting a sample, it should be taken randomly so that it can represent the population proportionally and reduce bias. The size of the sample taken must also consider factors such as the level of confidence, margin of error, and the desired level of significance. In research, a representative sample can help in producing more accurate and accountable results (Fraser et al., 2020). Sample in study This is mother who own baby age 1-6 month as many as 35 mothers. One of the sampling techniques used is the saturated sampling technique, where all population units are taken as sample units. This technique is usually used when the number of population units is relatively small or when researchers want to make generalizations with a very small margin of error (1%) (Pariyana, 2019).

### Place And Time Study

Study This will implemented in region In UPTD Health Center Ponrang. The research was conducted for three months in February until April 2024 (Chipojola et al., 2020).

### Data analysis

Analysis, paired t test is used if the data is normally distributed and Wilcoxon test if the data is not normally distributed. All analyses use  $\alpha = 0.05$  and if the test result value statistics  $< 0.05$ , then  $H_a$  hypothesis accepted And If  $> 0.05$  so hypothesis  $H_a$  is rejected and  $H_0$  is accepted (Peran et al., 2024).

## Results and Discussion

### Characteristics Respondents

Table 1. Distribution Frequency Characteristics Respondents

Characteristics	n	(%)
Age		
<20 years	3	8.6
20-35 year	28	80.0
>35 years	4	11.4
Education		
SD	10	28.6
Junior High School	13	37.1
Senior High School	12	34.3
Work		
Housewife	30	85.7
civil servant	5	14.3
Parity		
1	14	40.0
2- 4	21	60.0
Type Sex		
Man	15	42.9
Woman	20	57.1
Total	35	100.0

Source : data Primary 2024

Based on table 5.1 characteristics of respondents, there are a number of characteristics that are the focus of analysis of respondents (Gavine et al., 2022). First, in terms of age characteristics, as many as 3 respondents (8.6%) are included in the age category below 20 years, while 28 respondents (80.0%) were in the 20-35 years age category and 4 respondents were over 35 years old. Then, the educational characteristics of the respondents revealed that 10 respondents (28.6%) own level education SD, 13 person Respondent (37.1%) have a junior high school education level, 12 respondents (34.3%) have a high school education level. The characteristics of the respondents' jobs reveal that 30 respondents (85.7%) are housewives, 5 respondents (15.3%) are civil servants. Then the characteristics with Parity are 14 respondents (40.0%) were in parity 1 and 21 other respondents (60.0%) were in parity 2-4 (Bose & Panda, 2020). For gender characteristics, there were 15 respondents. respondents (42.9%) were male, 20 respondents (57.1%) were female.

### Univariate Analysis

#### *Description knowledge Mother about Breast milk Exclusive on Mother post partum Before health education.*

**Table 2.** Distribution Respondents Based on Knowledge Mother about Exclusive Breastfeeding in Postpartum Mothers Before Health Education

Knowledge before education health	Frequency (People)	Percent (%)
Good	17	48.6
Not enough	18	51.4
Total	35	100.0

Source : data primary 2024

The results showed that 17 respondents (48.6%) had good knowledge about Exclusive Breastfeeding, while the majority of respondents, namely 18 people (51%), had poor knowledge before receiving health education (Kisiangani et al., 2023).

#### *Description knowledge Mother about Breast milk Exclusive on Mother post partum After health education.*

**Table 3.** Distribution Respondents Based on Knowledge about Exclusive Breastfeeding in Postpartum Mothers After Health Education

Knowledge after education health	Frequency (People)	Percent (%)
Good	35	100.0
Total	35	100.0

Source : data primary 2024

The data shows that after health education, all 35 respondents (100.0%) have gained good knowledge about Exclusive Breastfeeding.

### Bivariate Analysis

#### *Test normality data*

**Table 4.** Test normality data, Tests of Normality

	Kolmogorov-Smirnov <sup>a</sup>			Shapiro- Wilk		
	Statistics	df	Sig.	Statistics	df	Sig.
Mother's knowledge about breast milk Exclusive before	.174	35	.009	.942	35	.063
Mother's knowledge about breast milk Exclusive after	.311	35	.000	.790	35	.000

Source : data Primary 2024

Before conducting the influence test, a data normality test was first conducted as shown in table 5.4, the data normality test in this study used Shapiro-Wilk with a significance of 0.000 which means the value is <0.05, the data is not normally distributed. This shows that this study is

nonparametric where the test used is the *Wilcoxon test* to see whether or not there is an influence (Asres & Amogne, 2024).

### Influence test

**Table 5.** Influence Education Health about breast milk Exclusively for postpartum mothers at the Ponrang Health Center UPTD

		N	Mean Rank	Sum of Ranks
Mother's knowledge about breast milk Exclusive after - Mother's knowledge about breast milk Exclusive before	Negative Ranks	0 a	.00	.00
	Positive Ranks	31 b	16.00	496.00
	Ties	4 c		
	Total	35		

Source : data primary 2024

Table 5 shows the results of the analysis of the influence of health education on postpartum mothers' knowledge about Exclusive Breastfeeding at UPTD Ponrang Health Center. The table results show that there is a significant difference in the level of knowledge of postpartum mothers after receiving health education compared to knowledge previously. From the total 35 Respondent No there is a negative ranking (Mean Rank = .00) after health education, while as many as 31 respondents got a positive ranking (Mean Rank = 16.00), with a total ranking of 496.00. In addition, there are 4 respondents cases with the same rank (ties). These results indicate that health education has a significant positive impact in improving postpartum mothers' understanding of Exclusive Breastfeeding at the Ponrang Health Center UPTD, with most respondents experiencing increased knowledge after the health education intervention (Neupane, 2024).

### Test Wilcoxon

**Table 6.** Wilcoxon Test

	Knowledge Mother about breast milk Exclusive after - Knowledge Mother about breast milk Exclusive before
Z	- 4.879 b
Asymp. Sig. (2- tailed)	.000

Source : data Primary 2024

Based on the results of the Wilcoxon test, the p value of 0.000 was obtained, which was smaller than the value of 0.05, so it was concluded that there was an influence of health education using the Bugis language on knowledge about exclusive breastfeeding in postpartum mothers at the Ponrang Health Center UPTD.

### The influence of health education on knowledge about exclusive breastfeeding in postpartum mothers at the Ponrang Health Center UPTD

Language is an arbitrary vocal code used in communication. man. All something Which produced by tool talk Humans produce sounds that have a certain meaning, symbol, or sign, according to the speaker's intention. Sounds and symbols produce words so that communication occurs between humans. Communication between humans will run smoothly if the speaker or lecturer and the listener understand each other's intentions.

The table results show that there are significant differences. significant in the level of knowledge of postpartum mothers after receiving health education compared to previous knowledge. Of the total 35 respondents, there were no negative ratings (Mean Rank = .00) after health education, while 31 respondents received positive ratings (Mean Rank = 16.00), with a total ranking of 496.00. In addition, there were 4 case respondents with the same rating (ties).

Knowledge is one of the important aspects that plays a role in shaping individual behavior. In the context of health, knowledge what a person has about their health condition can influence their decisions and actions in managing it. their own health. However, it is important to remember that

knowledge is not always enough to change a person's behavior. Factors such as beliefs, values, environment, and experiences can also influence a person's decisions and actions. Therefore, health education should include strategies and methods that not only increase knowledge, but also help change a person's attitudes and behavior.

Based on the results of the Wilcoxon test, the p value of 0.000 was obtained, which is smaller than the  $\alpha$  value of 0.05, so it is concluded that there is an influence of health education using the Bugis language on knowledge about Exclusive breastfeeding for postpartum mothers at the Ponrang Health Center UPTD

This is also supported by research by Purnamayanthi (2019) which shows that there is an influence of health education about exclusive breastfeeding on increasing knowledge in providing exclusive breastfeeding. (p value  $0.000 < \alpha 0.05$ ). before given health education regarding exclusive breastfeeding, respondents were obtained with a low level of knowledge. as much as 8 person (26%), category Enough as much as 20 person (67%), and good category as many as 2 people (7%). After being given health education about Exclusive Breastfeeding, it was found that respondents with a sufficient level of knowledge were 8 people (27%), and good category as many as 22 people (73%). After being given treatment in the form of health education about exclusive breastfeeding, there was a change in the composition of the knowledge level category of postpartum mothers. There were 22 people who experienced a change in their knowledge level to good and 8 people in the sufficient category and confirmed by statistical testing using the Wilcoxon test obtained mark p as big as 0,000. Matter This means  $H_a$  accepted or in other words, there is an influence of exclusive breastfeeding health education on increasing mothers' knowledge about exclusive breastfeeding. To improve the behavior of breastfeeding mothers, intervention is needed by increasing counseling about exclusive breastfeeding.

Another study by Tetti Solehati (2020) The average value of knowledge before being given health education was 10.59, the average value of knowledge after being given health education was 16.75, there was a difference in the average value of knowledge before being given health education and after being given health education, which was 5,800 with a standard deviation value of 2,668, a 95% confidence interval value with a minimum value of 4,552 and a maximum value of 7,048, with a p value of 0.000 less than  $\alpha$  ( $\alpha = 0.05$ ), it can be concluded that there is a significant difference between the average knowledge before being given health education and the average knowledge after being given health education. Thus it can be interpreted that  $H_0$  is rejected and  $H_a$  fails to be rejected. There is a significant influence between Health Education and maternal knowledge. Health education is a consciously planned process to create opportunities for individuals to continuously learn to improve awareness (Literacy) and improve knowledge and skills (Life skills) for the benefit of their health.

## Conclusion

Before accept education health, the majority of respondents have less knowledge okay . After get education health , all respondents have acquired good knowledge about Breast milk Exclusive . Results The Wilcoxon test obtained a p value of 0.000, which is smaller than the value of 0.05, so it is concluded that there is an influence of education. health use Language Bugis to knowledge about Exclusive Breastfeeding in Postpartum Mothers at the Ponrang Health Center UPTD.

## References

- Abekah-Nkrumah, G., Antwi, M. Y., Nkrumah, J., & Gbagbo, F. Y. (2020). Examining working mothers' experience of exclusive breastfeeding in Ghana. *International Breastfeeding Journal*, 15, 1–10.
- Asres, A. K., & Amogne, Y. (2024). Sub-City, Addis Ababa, Ethiopia. *Women' s Health Problems: A Global Perspective*, 127.

- Bose, M., & Panda, S. M. (2020). Women's Unpaid Work Through the Eyes of Men in Odisha, India. *Gedrag & Organisatie Review*, 33(2), 595–610.
- Chipojola, R., Chiu, H.-Y., Huda, M. H., Lin, Y.-M., & Kuo, S.-Y. (2020). Effectiveness of theory-based educational interventions on breastfeeding self-efficacy and exclusive breastfeeding: A systematic review and meta-analysis. *International Journal of Nursing Studies*, 109, 103675.
- Couto, G. R., Dias, V., & de Jesus Oliveira, I. (2020). Benefits of exclusive breastfeeding: An integrative review. *Nursing Practice Today*.
- Dukuzumuremyi, J. P. C., Acheampong, K., Abesig, J., & Luo, J. (2020). Knowledge, attitude, and practice of exclusive breastfeeding among mothers in East Africa: a systematic review. *International Breastfeeding Journal*, 15, 1–17.
- Duri, S., & Yuningsih, S. S. (2025). The relationship of mother's attitudes and level of knowledge regarding MP-ASI TO MP-ASI Practices at the russel baby spa clinic. *hearty*, 13(1), 141–152.
- Fraser, M., Dowling, S., Oxford, L., Ellis, N., & Jones, M. (2020). Important times for breastfeeding support: a qualitative study of mothers' experiences. *International Journal of Health Promotion and Education*, 58(2), 71–82.
- Gavine, A., Shinwell, S. C., Buchanan, P., Farre, A., Wade, A., Lynn, F., Marshall, J., Cumming, S. E., Dare, S., & McFadden, A. (2022). Support for healthy breastfeeding mothers with healthy term babies. *Cochrane Database of Systematic Reviews*, 10.
- Gomes, L. (2023). The level of knowledge of mothers about the beginning of breastfeeding to newborns in unit maternity at comoro health center the municipality of Dili, 2023. *American Journal of Medical and Clinical Research & Reviews*, 2(9), 1–9.
- Gunawan, W., Sartika, R. A. D., Wirawan, F., & Putri, P. N. (2024). Determinants of cessation of exclusive breastfeeding in the early postnatal period in Indonesia. *AcTion: Aceh Nutrition Journal*, 9(1), 1–11.
- Hasni, D., Anugrah, N. S., Al Asri, Z., & Jelmila, S. N. (2023). The Relationship Between Exclusive Breastfeeding and the Incidence of Stunting in Toddlers. *Nusantara Hasana Journal*, 3(7), 161–173.
- Joharmi, J., Pohan, A., & Lestari, S. (2022). The Effect Of Soybean Milk Feeding On Increasing Breast Milk Production In Public Mothers At Nasywa Clinic In 2022. *Science Midwifery*, 10(3), 2372–2376.
- Kartini, S., Wathan, F. M., Indriani, P. L. N., Yunola, S., & Aisyah, S. (2022). The Relationship Of The Role Of Delivery Aid, Breastfeeding Frequency, And Family Support With Exclusive Breastfeeding At Pmb Nurachmi Palembang In 2022. *Science Midwifery*, 10(3), 2464–2470.
- Kisiangani, P. O., Ouma, G., Turkson, R. K. D., Jumbale, C. M., & Atieno, T. O. (2023). *The Shift towards Value Based Care*. IPR Journals and Book Publishers.
- Laksono, A. D., Wulandari, R. D., Ibad, M., & Kusrini, I. (2021). The effects of mother's education on achieving exclusive breastfeeding in Indonesia. *BMC Public Health*, 21, 1–6.
- Mertasari, L., Kusuma, A. A. N. J., & Ani, L. S. (2023). Exclusive breast milk optimizes children's development: a systematic literature review. *Indonesia Journal of Biomedical Science*, 17(2), 147–152.
- Modak, A., Ronghe, V., Gomase, K. P., & Dukare, K. P. (2023). The psychological benefits of breastfeeding: fostering maternal well-being and child development. *Cureus*, 15(10).
- Muhsanatia, K., & Sulastri, S. (2024). The effectiveness of oxytocin massage on breast milk production: A literature review. *Malahayati International Journal of Nursing and Health Science*, 7(2), 214–223.
- Neupane, A. (2024). *Nutritional status and associated factors among premenopausal and postmenopausal women in urlabari municipality, morang, Nepal*. Department of Nutrition & Dietetics Central Campus of Technology Institute ....
- Paramashanti, B. A., Dibley, M. J., Huda, T. M., & Alam, A. (2022). Breastfeeding perceptions and exclusive breastfeeding practices: A qualitative comparative study in rural and urban Central Java, Indonesia. *Appetite*, 170, 105907.

Peran, P., Satriani, S., Joto, N. A., & Wiryanto, W. (2024). The Effect of Exclusive Breastfeeding

- Education on Changes in Knowledge and Attitudes of Toddler Mothers. *Journal of Health and Nutrition Research*, 3(1), 14–22.
- Rahmi, N., & Amelin, F. (2025). Infant and young children's mother profile related to breastfeeding practices during and after the flash floods disaster in Agam, West Sumatra, 2024. *E3S Web of Conferences*, 604, 5005.
- Sandhi, A., Lee, G. T., Chipojola, R., Huda, M. H., & Kuo, S.-Y. (2020). The relationship between perceived milk supply and exclusive breastfeeding during the first six months postpartum: a cross-sectional study. *International Breastfeeding Journal*, 15, 1–11.
- Sandriani, S., Fitriani, R., & Rahayu, G. Z. (2023). Effect of oxytocin massage on breast milk production in postpartum mothers: A case study. *Genius Midwifery Journal*, 2(1), 30–38.
- Shofiya, D., Sumarmi, S., Sulistyono, A., Suyanto, B., Rachma, R. A., & Rosyida, A. R. A. (2024). *The Onset Lactation, Early Initiation Breastfeeding, and Frequency of Antenatal Care as Determinants of Successful Exclusive Breastfeeding in Primipara Mothers*.
- Spezia, N., De Rosis, S., & Nuti, S. (2024). Sense of Community in the context of disease prevention and health promotion: A scoping review of the literature. *BMC Public Health*, 24(1), 3090.
- ST, E. Y. S. (2023). Scoping Review of Breastfeeding Mothers' Efforts to Increase Breast Milk Production. *Jurnal Aisyah: Jurnal Ilmu Kesehatan*, 8(4).
- Swastiningsih, N. (2024). *Life as a breastfeeding-working-mother: understanding challenges and support systems that contribute to the success of breastfeeding among working-mothers in Indonesia: a thesis presented in partial fulfilment of the requirements for the degree of Doctor of Philosophy in Psychology at Massey University, Palmerston North, New Zealand*.
- Theodorah, D. Z., & Mc'Deline, R. N. (2021). "The kind of support that matters to exclusive breastfeeding" a qualitative study. *BMC Pregnancy and Childbirth*, 21, 1–8.