

## THE ANALYSIS OF THE RELATIONSHIP BETWEEN EXTRINSIC AND INTRINSIC MOTIVATION WITH EXCLUSIVE BREASTFEEDING IN INFANTS 0-6 MONTHS OF AGE AT THE RANGKASBITUNG HEALTH CENTRE AREA, LEBAK REGENCY, BANTEN PROVINCE IN 2023

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### Abstract

Based on the preliminary study on the respondents of the Rangkasbitung Community Health Centre Area, Lebak-Banten Regency, it was found that mothers who did not carry out exclusive breastfeeding were caused by various factors, including the small amount of breast milk produced by the mother or even not coming out. Other causes are working mothers and external factors that influence them such as stress (deep thoughts) experienced by new mothers. The purpose of this study was to determine the frequency distribution of extrinsic and extrinsic motivation in exclusive breastfeeding for infants aged 0-6 months in the Rangkasbitung Health Centre Area, Lebak-Banten Regency. The method used in this study was a descriptive analytic survey method with a cross-sectional study design. The research sample was 21 respondents consisting of breastfeeding mothers and infants aged > 6 months to 24 months who came to Posyandu Teratai 13 which is located at Kp. Selahaur, Cijorolebak Village, Rangkasbitung District, Lebak-Banten Regency. The results showed that there was a relationship between extrinsic motivation (p value of 0.004) and intrinsic motivation (p value of 0.001) with exclusive breastfeeding in infants aged 0-6 months in the Rangkasbitung Health Centre Area, Lebak-Banten Regency. The value of extrinsic motivation of respondents was mostly in the high category, namely 11 respondents (52.4%), the value of intrinsic motivation of respondents was mostly in the high category, namely 13 respondents (61.9%) and most of them provided exclusive breastfeeding, namely 15 respondents (71.4%) out of a total of 21 respondents.

**Keywords:** Extrinsic Motivation, Extrinsic Motivation, Exclusive Breastfeeding

### Introduction

Breastfeeding is a complex, sensitive behaviour that has enormous health value for individuals and society (Prentice 2022). Exclusive breastfeeding can be defined as breastfeeding without the addition of other foods or drinks (Ramli 2020; Pamuji 2020; Akbar & Saleh 2021), is an important practice in infant care that supports their optimal growth and development (Karo 2021).

Regarding the importance of exclusive breastfeeding, various studies on exclusive breastfeeding in Indonesia have been conducted (Lestari *et al* 2012; Armini *et al* 2015; Wardani *et al* 2020; Martina & Jainurakhma 2021; Jahriah *et al* 2022). In addition, the World Health Organisation (WHO) recommends exclusive breastfeeding as a policy to improve child survival worldwide and reduce infant mortality from disease (Karimi *et al* 2019), WHO recommends that all countries promote and support exclusive breastfeeding up to six months of age (Odar Stough *et al* 2019; Jama *et al* 2020; Um *et al* 2020; Salim & Stones 2020; Vaz *et al* 2021). In addition to the WHO, the Indonesian government also strongly supports exclusive breastfeeding through various programmes.

Exclusive breastfeeding is regulated in Government Regulation No. 33 of 2012 on Exclusive Breastfeeding, where Article 13 states that health care providers and health facilities are obliged to provide information and education on exclusive breastfeeding to mothers (and their families) during ANC (Antenatal Care) visits until the end of the exclusive breastfeeding period (Gayatri 2021).

Breastfeeding has various health benefits, such as boosting the infant's immune system (Sabriana et al 2022), providing proper nutrition (Hanindita 2021; Umar 2021; Najahah et al 2023), and minimising the risk of future chronic diseases (Sudargo & Kusmayanti 2023). In addition to the health benefits for infants, exclusive breastfeeding practices also have a positive impact on maternal health, including faster postnatal recovery (Karo 2021) and a reduced risk of breast and ovarian cancer (Hashim 2020; Gayatri 2021; Mawaddah 2022).

Although the benefits of exclusive breastfeeding are well known, the rate of exclusive breastfeeding has not reached the desired target in many countries, including Indonesia. According to Qomarasari (2023), achieving the implementation of exclusive breastfeeding at the age of 0-6 months is not easy. The results of the Indonesian Demographic and Health Survey in 2019-2021, where in 2021 only 71.58% of the 80% target achievement of exclusive breastfeeding. Although the implementation of exclusive breastfeeding in 2021 has increased from the previous year, namely 69.62% (2020) and 66.69% (2019), it can be interpreted that the implementation of exclusive breastfeeding in Indonesia has not yet reached the target. In line with the Basic Health Research (RISKESDAS) data in 2018, babies 0-6 months who received exclusive breastfeeding in Indonesia were only half of the 2.3 million (52.5%) or experienced a 12% decrease from 2019. The decline also occurred in Early Breastfeeding Initiation (IMD), which in 2019 was 58.2% to 48.6% in 2021 (Karana 2022).

Based on the Banten Provincial Health Profile for 2021 released by the Central Statistics Agency (2021), it states that according to the Banten Provincial Health Office, the target of exclusive breastfeeding for infants 0-6 months was also not achieved in Banten Province with a percentage of 68.84% in 2019 and 71.17% in 2021. As well as Lebak Regency, the achievement of exclusive breastfeeding for infants 0-6 months has not met the target and has experienced fluctuating rates, namely an increase from 51.9% in 2018 to 76.9% in 2019 and a decrease in 2020 to 70% (Lebak District Health Office 2021).

The low percentage of exclusive breastfeeding in infants 0-6 months can increase the incidence of several diseases such as acute respiratory infections (ARI) and diarrhoea (Pitaloka et al 2018). Therefore, the authors argue that there are factors that have a significant role in influencing mothers' decisions to provide exclusive breastfeeding. This is in accordance with the opinion of Padmasari et al (2020) who said that one of the potential factors in exclusive breastfeeding is motivation, which can be grouped into extrinsic and intrinsic motivation (Asih, 2020).

Extrinsic motivation is external factors that encourage mothers to provide exclusive breastfeeding while intrinsic motivation is internal factors. This is in line with the opinion of Fishbach and Woolley (2022), that extrinsic motivation focuses on social influence or the use of punishment and rewards, while intrinsic motivation focuses on the individual.

Based on the preliminary study on the respondents of the Rangkasbitung Community Health Centre Area, Lebak-Banten Regency, it was found that mothers who did not carry out exclusive breastfeeding were caused by various factors, including the small amount of breast milk produced by the mother or even not coming out. Other causes are working mothers and external factors that influence them such as stress (deep thoughts) experienced by new mothers. From the problems found in the field, the author's opinion relates to motivational factors, both extrinsic and intrinsic, which play an important role in the mother's decision to provide exclusive breastfeeding. By understanding the motivational factors that influence maternal decisions, more effective interventions can be designed to improve exclusive breastfeeding practices.

## Methods

This study is a qualitative research that uses a survey design (Creswell 2018), which is descriptive analytical in nature (Adiputra et al 2021). The method used in this research is cross-sectional (Adiputra et al 2021). This research was conducted from November 2023 to January 2024 in the Working Area of Puskesmas Rangkasbitung, Lebak-Banten Regency, namely at Posyandu Teratai 13 which is located at Kp. Selahaur, Cijorolebak Village, Rangkasbitung District, Lebak-Banten Regency with a sample size of 21 people. The data that had been collected using questionnaire techniques, and observation sheets or checklists were analysed using the following stages (figure 1)



**Figure 1. Series of Research Data Processing**

After the data obtained from the questionnaire results were declared feasible (based on validity and reliability tests). The data analysis was carried out in two ways, namely (1) Univariate analysis to describe the data carried out on each variable from the research results in a frequency distribution table (Iman, 2016) and bivariate analysis to determine the relationship between the independent variable or extrinsic motivation and intrinsic motivation with the dependent variable or exclusive breastfeeding (Iman, 2016) as evidenced by the Chi-Square test with a significant level of  $\alpha = 0.05$  (Purnomo 2016).

## Results and Discussion

### Frequency Distribution of Extrinsic Motivation, Intrinsic Motivation and Exclusive Breastfeeding in Infants Aged 0-6 Months

The research data obtained from the results of the questionnaire, the frequency distribution of respondents based on the characteristics of age, education and occupation using the help of IBM SPSS Statistic v. 24 software, namely the age of breastfeeding mothers and having babies aged > 6 months to 24 months who have filled out the questionnaire is < 20 years as many as 5 people (23.8%), age 20-35 years as many as 12 people (57.1%) and age > 35 years as many as 4 people (19%). The education level of breastfeeding mothers with infants aged > 6 months to 24 months who had filled out the questionnaire was elementary school as many as 1 person (4.8%), junior high school as many as 4 people (19%), high school as many as 14 people (66.7%) and S1 as many as 2 people (9.5%). Meanwhile, the types of work of breastfeeding mothers who have babies aged > 6 months to 24 months who have filled out the questionnaire are housewives as many as 10 people (46.7%), self-employed as many as 8 people (38.1%), employees / civil servants as many as 2 people (9.5%), and private employees as many as 1 person (4.8%).

The frequency distribution of intrinsic motivation variables in exclusive breastfeeding can be seen in the table 1.

**Table 1 Frequency distribution of extrinsic motivation for exclusive breastfeeding**

No	Extrinsic Motivation Variable	Total	
		Frequency	%
1	High	11	52,4
2	Medium	5	23,8
3	Low	5	23,8
<b>Total</b>		<b>21</b>	<b>100</b>

Source: IBM SPSS Statistict v. 24, 2024

Based on table 1, it is known that most of the respondents' extrinsic motivation is in the high category, namely 11 respondents (52.4%) out of a total of 21 respondents. It can be concluded that the extrinsic motivation of breastfeeding mothers and having babies aged > 6 months to 24 months who come to Posyandu Teratai 13 which is located at Kp. Selahaur, Cijorolebak Village, Rangkasbitung District, Lebak-Banten Regency is high.

Furthermore, to find out the frequency distribution of intrinsic motivation variables in exclusive breastfeeding can be seen in the table 2.

**Table 2 Frequency Distribution of Intrinsic Motivation for Exclusive Breastfeeding**

No	Intrinsic Motivation	Total	
		Frequency	%
1	High	13	61,9
2	Medium	3	14,3
3	Low	5	23,8
<b>Total</b>		<b>21</b>	<b>100</b>

Source: IBM SPSS Statistict v. 24, 2024

Based on table 2, it is known that the intrinsic motivation of respondents is mostly in the high category, namely 13 respondents (61.9%) out of a total of 21 respondents. It can be concluded that the intrinsic motivation of breastfeeding mothers and having babies aged > 6 months to 24 months who come to Posyandu Teratai 13 which is located at Kp. Selahaur, Cijorolebak Village, Rangkasbitung District, Lebak-Banten Regency is high. Furthermore, to know the frequency distribution of the exclusive breastfeeding variable can be seen in Table 3.

**Table 3 Frequency distribution of exclusive breastfeeding**

No	Exclusive breastfeeding	Total	
		Frequency	%
1	Provide	15	71,4
2	Not Provided	6	28,6
<b>Total</b>		<b>21</b>	<b>100</b>

Source: IBM SPSS Statistict v. 24, 2024

Based on Table 3, it is known that most respondents provide exclusive breastfeeding, namely 15 respondents (71.4%) out of a total of 21 respondents. It can be concluded that breastfeeding mothers and infants aged > 6 months to 24 months who come to Posyandu Teratai 13 which is located at Kp. Selahaur, Cijorolebak Village, Rangkasbitung District, Lebak-Banten Regency provide exclusive breastfeeding.

### The relationship between extrinsic motivation and exclusive breastfeeding in infants aged 0-6 months

The results of research on the relationship between extrinsic motivation variables and exclusive breastfeeding variables can be seen in the table 4.

**Table 4 Relationship between extrinsic motivation and exclusive breastfeeding**

No	Extrinsic Motivation	Exclusive breastfeeding						p Value
		Provide		Not Provided		Total		
		f	%	f	%	f	%	
1	High	11	52,4	0	0	11	52,4	0,004
2	Medium	3	14,3	2	9,5	5	23,8	
3	Low	1	4,8	4	19	5	23,8	
<b>Total</b>		<b>15</b>	<b>71,5</b>	<b>6</b>	<b>28,5</b>	<b>21</b>	<b>100</b>	

Source: IBM SPSS Statistict v. 24, 2024

From table 4, it is known that some respondents have extrinsic motivation in the low category, namely 4 respondents (19%) and extrinsic motivation in the high category, namely 11 respondents (52.4%).

The results of the Chi-Square test used a significant level of  $\alpha$  (0.05), where the p value obtained was 0.004 which means  $p \leq \alpha$  or  $0.004 \leq 0.05$  which means  $H_0$  is rejected so that it can be interpreted that there is a relationship between extrinsic motivation and exclusive breastfeeding in infants aged 0-6 months in the Rangkasbitung Health Centre Area, Lebak-Banten Regency.

The results of this study are in accordance with the theory that extrinsic motivation is motivation that is manifested by external benefits obtained from the mother or from outside the individual (Locke & Schattke 2019) so that they can provide exclusive breastfeeding through aspects of family support, the environment, and rewards or prizes (Pieter 2018).

### The relationship between intrinsic motivation and exclusive breastfeeding in infants aged 0-6 months

The results of research on the relationship between intrinsic motivation variables and exclusive breastfeeding variables can be seen in table 5.

**Table 5: Relationship between intrinsic motivation and exclusive breastfeeding**

No	Intrinsic Motivation	Exclusive breastfeeding						p Value
		Provide		Not Provided		Jumlah		
		F	%	f	%	f	%	
1	High	13	61,9	0	0	13	61,9	0,001
2	Medium	1	4,8	2	9,5	3	14,3	
3	Low	1	4,8	4	19	5	23,8	
<b>Total</b>		<b>15</b>	<b>71,5</b>	<b>6</b>	<b>28,5</b>	<b>21</b>	<b>100</b>	

Source: IBM SPSS Statistict v. 24, 2024

From table 5, it is known that some respondents have intrinsic motivation in the low category, namely 4 respondents (19%) and intrinsic motivation in the high category, namely 13 respondents (61.9%).

The results of the Chi-Square test used a significant level of  $\alpha$  (0.05), where the p value obtained was 0.001 which means  $p \leq \alpha$  or  $0.001 \leq 0.05$  which means  $H_0$  is rejected so that it can be interpreted that there is a relationship between intrinsic motivation and exclusive breastfeeding in infants aged 0-6 months in the Rangkasbitung Health Centre Area, Lebak-Banten Regency.

The results of this study are in accordance with the theory that intrinsic motivation is motivation manifested by a desire within oneself to carry out an activity originating from within the individual (Kruglanski et al 2018) so that it can provide exclusive breastfeeding through aspects of needs, desires, and interests (Rahayuningsih 2021).

Exclusive breastfeeding is a very important practice in newborn care (Zielinska et al 2017; Hossain et al 2018; Couto et al 2020; Gayatri 2021). Breast milk contains rich nutrients and is very useful for infant growth and development (Mazzocchi et al 2019; Sánchez et al 2021; Verduci et al 2021). Breast milk contains antibodies that help strengthen babies' immune systems, protecting them from infections and diseases (Łubiech & Twarużek 2020; Rio-Aige et al 2021). The right nutrients in breastmilk also support optimal development of infants' brains and digestive systems (Yi & Kim 2021; Jiang et al 2022). Therefore, the practice of exclusive breastfeeding is an important endeavour in achieving global health and sustainable development goals (Gupta et al 2019).

From the various definitions above, it can be interpreted that exclusive breastfeeding is the provision of breastmilk as the sole source of food for newborns or infants aged 0-6 months (without providing other additional foods such as formula, water, or solid foods) which means that infants are only given breastmilk as their main nutrition during that period (Sinaga & Rambe 2021; Harahap 2023).

Exclusive breastfeeding for infants aged 0-6 months in the Rangkasbitung Health Centre Area, Lebak-Banten Regency is related to extrinsic motivation and intrinsic motivation. Extrinsic motivation is motivation driven by external factors such as family support, the environment, and rewards or prizes (Pieter 2018), while intrinsic motivation is motivation driven by needs, desires, and interests (Rahayuningsih 2021).

Extrinsic motivation can be related to exclusive breastfeeding in infants aged 0-6 months by providing support from family, environment, and rewards or gifts to mothers who provide exclusive breastfeeding. In addition, intrinsic motivation also has a relationship with exclusive breastfeeding. Intrinsic motivation encourages mothers to provide exclusive breastfeeding through their needs, desires, and interests in providing breast milk to their babies. Intrinsic motivation can also arise from mothers' desire to provide the best for their baby's health and development.

Extrinsic motivation and intrinsic motivation are the only factors associated with exclusive breastfeeding in infants aged 0-6 months. There are other factors that may also be associated with exclusive breastfeeding, such as mothers' knowledge of the benefits of exclusive breastfeeding, social support, and environmental factors.

## **Conclusions**

Based on the results of the research and discussion in this study, the authors can provide the following conclusions: First, the frequency distribution of extrinsic motivation in exclusive breastfeeding for infants aged 0-6 months in the Rangkasbitung Health Centre Area, Lebak-Banten Regency was categorised as high because the value of extrinsic motivation of the respondents was mostly in the high category, namely 11 respondents (52.4%) out of a total of 21 respondents. Second, the frequency distribution of intrinsic motivation in exclusive breastfeeding for infants aged 0-6 months in the Rangkasbitung Health Centre Area of Lebak-Banten Regency was concluded to be high. This can be seen from the value of intrinsic motivation of respondents, most of which are in the high category, namely 13 respondents (61.9%) out of a total of 21 respondents. Third, the frequency distribution of exclusive breastfeeding for infants aged 0-6 months in the Rangkasbitung Health Centre Area, Lebak-Banten Regency can be concluded that most mothers provide exclusive breastfeeding, namely 15 respondents (71.4%) out of a total of 21 respondents. Fourth, the relationship between extrinsic motivation and exclusive breastfeeding obtained a p value of 0.004 which means  $p \leq \alpha$  or  $0.004 \leq 0.05$  so it can be concluded that there is a relationship between extrinsic motivation and exclusive

breastfeeding in infants aged 0-6 months in the Rangkasbitung Health Centre Area, Lebak-Banten Regency, and Fifth, the relationship between intrinsic motivation and exclusive breastfeeding obtained a p value of 0.001 which means  $p \leq \alpha$  or  $0.001 \leq 0.05$  so it can be interpreted that there is a relationship between intrinsic motivation and exclusive breastfeeding in infants aged 0-6 months in the Rangkasbitung Health Centre Region, Lebak-Banten Regency.

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