

**UTILIZATION OF MCH HANDBOOK AND EXCLUSIVE
BREASTFEEDING AMONG MOTHERS OF CHILDREN 6 TO 12
MONTHS OLD IN MANADO, INDONESIA**

VONNY ELISABETH PANDARA

**A THESIS SUBMITTED IN PARTIAL FULFILLMENT OF
THE REQUIREMENTS FOR THE DEGREE OF
MASTER OF PRIMARY HEALTH CARE MANAGEMENT
FACULTY OF GRADUATE STUDIES
MAHIDOL UNIVERSITY**

2006

ISBN 974-04-6944-2

COPYRIGHT OF MAHIDOL UNIVERSITY

UTILIZATION OF MCH HANDBOOK AND EXCLUSIVE BREASTFEEDING
AMONG MOTHERS OF CHILDREN 6 TO 12 MONTHS OLD IN MANADO,
INDONESIA.

VONNY ELISABETH PANDARA 4838004 ADPM/M

M.P.H.M. (PRIMARY HEALTH CARE MANAGEMENT)

THESIS ADVISORS: SIRIKUL ISARANURUG, M.D., DIP.THAI BOARD OF
PEDIATRICS, SHAFI ULLAH BHUIYAN, Ph.D.

ABSTRACT

A cross sectional study was conducted by interviewing 300 mothers of children 6 to 12 months old in Manado municipal, Indonesia. This study aimed to identify breastfeeding patterns, and the association between practicing exclusive breastfeeding and a range of variables; socio-demographic factors, level of use MCH (Maternal and Child Health) handbook, mothers' knowledge about breastfeeding, health provider support, prenatal class attendance and a number of other related factors . The instruments used for data collection were a structured questionnaire and a checklist.

The study respondents' ages ranged from 16 to 43 with an average age of 27.6. The majority of respondents worked inside, graduated from secondary school, had small family size and low to moderate family monthly income.

The results showed that the exclusive breastfeeding rate was 49.67 %. Only 22.22 % of mothers have high levels of using the MCH handbook. It was found that there were significant associations between the independent variables of education, occupation, family size, family income, previous experience of exclusive breastfeeding, child birth order, husband support and the dependent variable of practicing exclusive breastfeeding.

Mothers with low levels of using the MCH handbook were less likely to practice exclusive breastfeeding compared with those who had high levels. Those who have job outside are 0.34 times less likely to give exclusive breastfeeding compared to the inside job group.

Based on the study findings, health professionals need to develop a continual program to promote the MCH handbook, and how to use it as a basic source of health information including exclusive breastfeeding. Exclusive breastfeeding promotion should encourage mothers to breastfeed not only in health centers but also in the workplace.

KEY WORDS: MCH HANDBOOK/ EXCLUSIVE BREASTFEEDING

76P.ISBN 974-04-6944-2