

## RELIGIOUS KNOWLEDGE AND BREASTFEEDING MOTHERS STATUS IN INDONESIA

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**ABSTRACT:** The high rate of stunting is one of the nutritional problems in Indonesia. Stunting is a condition in which Indonesian children do not achieve optimal height according to the age. Attention to the first 1,000 days of life particularly promotion of breast-feeding for two full years is regarded as a solution to solve this problem. This study aims to examine the relationship of religious knowledge related with breastfeeding encouragement in the Koran and the status of breastfeeding mothers. This research was a quantitative and qualitative research. The data collection was done by cross sectional in Makassar and Palopo on mothers of children aged 12-36 months. The results showed that there were 98 mothers fulfill selection criteria. 83 mothers (84.7%) knew the advice to breastfeed in the Qur'an, while 15 mothers (15.3%) did not know. In addition, there were 57 mothers (58.2%) still breast-feeding, and 41 (41.8%) had stopped breastfeeding by  $p = 0.007$ . Finally, this study confirmed that religious suggestion to enhance breast-feeding for two years proved to be a boost to the mother to breastfeed her child.

**Keywords:** *Religious Knowledge, Breastfeed*

### Introduction

Demographic bonus for the people of Indonesia is expected to occur in 2020. This situation is the highest form of achievement of childbearing age would be an asset for economic development. The challenge for the occurrence of this demographic dividend is the formation of men of reproductive age who have quality and a positive contribution to Indonesia.

Another problem is the data that shows the number of children risked (social security program) stunting in Indonesia is quite high. Stunting indicates chronic malnutrition problems that occur in children and it is becoming one of the markers of the failure of the first 1000 children through a period of his life is a golden period of development and growth of children.

Period of 1000 days of life are the answer to the second face of the situation. The government's attention during pregnancy, childbirth, breastfeeding to both mother and son are believed to have a positive impact on creating a future generation of qualified (Sikorski, et al. 2003).

The teachings of Islam teaches mothers to breastfeed their children for two full years. Various studies have confirmed the role of breastfeeding in helping the child's cognitive development including the development of speech and language disorders. Breast milk also

contains nutrients that contribute to the development of the brain which in turn affects cognitive development.

There are currently no studies that looked at the relationship of Islamic knowledge about breastfeeding with influence on the mother's desire to breastfeed up to two years, how the practice of breastfeeding and breastfeeding and its impact on speech and language development in children.

Breastfeeding has been described by the Qur'an since 14 centuries ago (Bayyenat, et al. 2014). In fact, the Qur'an mentions the best duration of breastfeeding until the child is two years old, as mentioned in Surah al-Baqarah verse 233. The duration of breast-feeding for two years was also alluded to in other passages, ie Surah Luqman / 31: 14. Two the verse becomes a clue that Islam strongly encourages breastfeeding maximally until baby reaches two years of age. Moreover, in a hadis also explained that a nursing mother will get a reward for every drop of breast milk given to babies.

Moran and Gilad (2007) states that Islamic teachings are very concerned breastfeeding. Islam is not just talking about the duration of breastfeeding but also the law of kinship which can arise due to breastfeeding. In fact, Islamic societies tended to oblige the women to breast-feed their babies for two years even though the rule of breastfeeding in the Koran not as tight as it is (Gatrad, 1994). Haven been breastfeeding for two years and stopping without reason. Aside from being a form of maximum attention of parents to the baby, breastfeeding for two years also proved to make a healthier baby.

Al Hasani (1987) suggests that Islam explicitly describes breastfeeding as a right of every child that is born. For survival in order to grow and develop optimally, it must be given exclusive breastfeeding. Such treatment would have a major impact on the formation of intelligence development, spiritual and emotional development of the baby.

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