

The Community Health Volunteers description in Exclusive Breastfeeding Promotion and Improved Knowledge Through Training Based on The Concept of "Insufficient Milk Supply"

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Abstract	<p>Exclusive breastfeeding achievements in Indonesia have not met SDGs targets. The role of community health volunteers is very important to promote exclusive breastfeeding, especially in rural areas, but there's knowledge about exclusive breastfeeding is lack. This study was describe the community health volunteer's knowledge about exclusive breastfeeding and the influence of training programs based on the concept of "Insufficient Milk Supply" to increase volunteers's knowledge in the Baturaden Subdistrict, Central of Java, Indonesia. This study was use one group pretest and post test design techniques, with a total sample of 38 respondents. Univariate analysis to determine the characteristics of respondents, while the bivariate analysis in this study was use Wilcoxon test. The majority age category of respondents aged 41 to 50 years (55, 3%), the majority of level of education was elementary and high school respondents (28.9% respectively), the majority had jobs as housewives (81.6%), and the majority had 2 children (55.3%). The cadre's description of Exclusive breastfeeding showed that 78.9% of respondents stated that knowledge in the category was enough, 97.4% of respondents said they needed information about exclusive breastfeeding, 100% of respondents said they had the responsibility to promote exclusive breastfeeding, 63.2% of respondents stated that the exclusive breastfeeding promotion was the responsibility of the whole community, and 81.6% of respondents said the biggest obstacle to promoting exclusive breastfeeding was a lack of knowledge. The results of data analysis using Wilcoxon showed the influence of the intervention on the improvement of respondents' knowledge scores, which can be seen through an increase in the mean post test score and p value= 0,000. The implementation of training programs based on the concept of "Insufficient Milk Supply" was effective to increase knowledge in community health volunteers in the Baturaden District.</p>
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