

Original Research Report

## Multiple Role Conflict of Working Mothers and Attitude of Exclusive Breast Milking in the New Neighborhood of the Bamboo Field, Medan Tuntungan District

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**Abstract:** Breast milk (ASI) is the most complete and natural source of food or nutrition for babies. Breastfeeding is an important activity in child care and preparation for future generations. Working mothers will encounter difficulties regarding timing between breastfeeding and work. This type of research is descriptive research, namely research or observations carried out simultaneously at one time (once). The population in this study were working mothers in the Baru Ladang Bambu Village, Medan Tuntungan District, who had 32 children aged over 6 months. The sampling technique was purposive sampling. The results of the statistical test between the dual role conflict of working mothers and the action of exclusive breastfeeding in the Baru Ladang Bambu Village, Medan Tuntungan District, obtained a correlation coefficient or r value of -0.420, the probability of 0.020 with a 95% confidence level where  $p < 0.05$ . This means that there is a relationship between the dual role conflict of working mothers and the action of exclusive breastfeeding in the Baru Ladang Bambu Village, Medan Tuntungan District. It is hoped that mothers will increase their knowledge about exclusive breastfeeding even while working, either through mass media or asking health workers.

**Keywords:** Breastfeeding, Exclusive Breastfeeding, Nutrition for Babies.



## 1. Introduction

Mother's milk is breastfeeding for babies without complementary foods and drinks (including orange juice, honey, sugar water), which starts from newborns up to 6 months of age. Breast milk as the best food for babies is currently quite unfortunate to have been abandoned more or less [1]. According to WHO (World Health Organization) and UNICEF (United Nation Children Fund) perinatal mortality worldwide is around 10 million live births with a record that about 9899% occur in developing countries, where the perinatal mortality rate is one hundred times greater than in developed countries.

The level of understanding of working mothers towards the action of exclusive breastfeeding is still very low in Indonesia. Therefore, through this study, the authors summarize the dual role conflict of working mothers and the attitude of exclusive breastfeeding in Medan Tuntungan District

## 2. Literature Review

The lack of understanding and skills of health workers about the advantages of breastfeeding and the benefits of breastfeeding causes them to be easily influenced by the promotion of formula milk which is often stated as a substitute for breast milk (PASI), so that nowadays more and more mothers give birth to bottle milk which actually harms them [1]. Multiple role conflicts arise when the demand for participation in one area is at odds with that in another; this conflict can have an important effect on the quality of work and family life. The existence of a balance between family and work will make household life more harmonious. In this study, one of the things that can overcome dual role conflict is the support from the family. Meanwhile, many think that breastfeeding is a matter between a mother and her child. Husbands and families also have a big role in exclusive breastfeeding [2]. Based on international guidelines it is very clear to recommend exclusive breastfeeding for the first 6 months based on scientific evidence about the benefits of breastfeeding for infant survival, growth and development. Breast milk provides all the energy and nutrients (nutrients) needed by babies for the first 6 months after birth [3].

## 3. Methods

This research is a descriptive research [4] [5] [6] [7] [8], namely research or observations carried out simultaneously at one time (once) the dual role conflict of working mothers and the act of exclusive breastfeeding in Baru Ladang Bambu Village, Medan Tuntungan District.

Population in this study were mothers who were working in the Baru Ladang Bambu Village, Medan Tuntungan District, who had 32 children aged over 6 months. The sampling technique used in this research is purposive sampling, which is a sampling method for certain purposes and certain characteristics. The research was conducted from April to August 2021.

## 4. Result and Discussion

Characteristics of respondents based on the age of the majority are in the age category of 26-30 years, namely as many as 16 respondents (53.1%).

Tabel 1. Frequency Distribution of Respondents Characteristics in the New Village of Ladang Bambu, Medan Tuntungan Sub-district in 2021

No.	Characteristics	N	%
1	<b>Age</b>		
	22 - 25 tahun	11	37.5
	26 - 30 tahun	16	53.1
	31 – 35 tahun	5	18.8
2	<b>Departments and Classes</b>		
	III/A	12	37.5
	III/B	10	31.3
	III/C	6	18.8
	III/D	4	12.5

3 Job Place			
	Health Institution	20	62.5
	Educational Institution	10	31.3
	Social Service Institution	2	6.3

Characteristics of respondents based on the mothers working in government institutions in the City of Takengon, it was found that most of the respondents who had actions in exclusive breastfeeding were in the low category, namely 46.9% or 15 people.

Tabel 2. Frequency Distribution of Actions in Exclusive Breastfeeding

Category	Frequency	Percentage
	(Individual)	(%)
YES	11	34.4
NO	21	65.6
Total	32	100

Characteristics of respondents based on the working mothers in the Village of Baru Ladang Bambu, Medan Tuntungan District shows that most of the respondents had a dual role conflict level in the aspect of childcare in the high category, namely 65.6% or 21 0 people. In this aspect, working mothers can carry out their duties and can take care of their children well. In this case, it is exclusive breastfeeding. Mothers often feel guilty for leaving their children to work, especially when there is no reliable party to take care of.

Tabel 3. Parenting Frequency Distribution

Back Pain	N	Average	SD
Before Pregnancy Yoga Demonstration	30	4.8000	1.49482
After Pregnancy Yoga Demonstration	30	2.0000	1.33907

Characteristics of respondents based on working mothers in the Village of Baru Ladang Bambu, Medan Tuntungan District showed that most of the respondents had a dual role conflict level in the aspect of assistance in housework in the very high category, namely 78.1% or 25 people.

Tabel 4. Frequency Distribution of Housework Assistance

Category	Frequency	Percentage
	(Individual)	(%)
YES	7	21,9
NO	25	78.1
Total	32	100

Table 5. Distribution of Communication Frequency Distribution and Interaction with Husband

Category	Frequency	Percentage
	(Individual)	(%)
YES	15	46.9
NO	17	53.1
Total	32	100

Characteristics of respondents based on the potential for conflict to arise whether there is too little or too much communication showed that most of the respondents had a dual role conflict level in the aspect of communication and interaction with children and husband in the aspect of communication and interaction with children and husband in the high category, namely 53.1 or 17 people.

Characteristics of respondents based on working mothers in the Village of Baru Ladang Bambu, Medan Tuntungan District showed that most of the respondents had a dual role conflict level in the aspect of family time in the high category, namely 87.5% or 28 people. In this case, the wife must be able to balance the time between work and family. Wives must know when it is time for family and work.

Tabel 6. Time Frequency Distribution for Family

Category	Frequency	Percentage
	(Individual)	(%)
YES	15	46.9
NO	17	53.1
Total	32	100

Characteristics of respondents based on mothers working in government institutions in Takengon City, it was found that most of the respondents had a dual role conflict level in the career pressure aspect in the high category, namely 90.6% or 29 people. Working mothers who have high positions in their work tend to have the potential to cause conflict, because more time will be spent on work

Tabel 7. Career Pressure Frequency Distribution

Category	Frequency	Percentage
	(Individual)	(%)
YES	3	9.4
NO	29	90.6
Total	32	100

Characteristics of respondents based mothers working in government institutions in the City of Takengon, it was found that most of the respondents had a dual role conflict level on the aspect of family pressure in the high category, namely 84.4% or 27 people, as shown in Table 8.

Husbands have different views of their wives who have dual roles, namely as housewives and career women. Based on the results of research on working mothers in government institutions in the City of Takengon, it was found that most of the respondents had a dual role conflict level in the

husband's perspective on the dual role of women in the very high category, amounting to 78.1% or 25 people, as shown in Table 9.

Tabel 8. Family Pressure Frequency Distribution

Category	Frequency (Individual)	Percentage (%)
YES	5	15.6
NO	27	84.4
Total	32	100

Tabel 9. Frequency Distribution of Husband's View of the Dual Role of Women

Category	Frequency (Individual)	Percentage (%)
YES	7	21,9
NO	25	78.1
Total	32	100

The Pearson correlation coefficient value shows a negative sign, which means that there is an opposite or unidirectional relationship. An increase in a variable will allow a decrease in another variable, while a decrease in a variable will allow an increase in another variable. In other words, the higher the dual role conflict of working mothers, the lower the mother's actions in exclusive breastfeeding and conversely the lower the dual role conflict of working mothers, the higher the mother's actions towards exclusive breastfeeding.

Based on the research about Risk Factors Causing Failure of Exclusive Breastfeeding [9] [10] [11] [12], it is known that the failure of exclusive breastfeeding is caused by busy mothers, psychological factors in the mother namely fear that the breast milk is not sufficient for the baby's needs, the promotion of formula milk causes mothers to be interested in giving formula milk to their babies, the mother's health condition, namely the mother has problems in breastfeeding in the form of swollen breasts, blisters, sore nipples, cold body, breast milk out a little.

Based on research on working mothers who have babies, it was found that working mothers mentioned the reasons for not giving exclusive breastfeeding, one of which was because they worked and had less time at home so they could not exclusively breastfeed. Research conducted by Rejeki [13] states that the increasing female workforce is an obstacle in the success of exclusive breastfeeding, this is because maternity leave is only 12 weeks, of which four weeks in between often have to be taken before delivery. Thus, working mothers can only accompany their babies intensively for only two months, including breastfeeding their babies [14].

After that, mothers have to return to work and often mothers are forced to stop breastfeeding their children. Based on the chart of the relationship between dual role conflict and action on exclusive breastfeeding, it can be explained that dual role conflict in working mothers is caused by unbalanced child care. Mothers cannot divide their time between working in the office and taking care of children at home. In addition, another cause is the absence of smooth communication and interaction between husband and wife. Berry in Wulanyani & Sudiajeng [15] said that when working outside the home, sources of stress can come from rigid work rules, unwise bosses, heavy workloads, injustice, coworkers who are difficult to work with, long working hours, and other psychological discomforts. This condition will make the mother feel tired psychologically and physically, while there is still household work to be done at home.

Husbands can play an active role in the success of exclusive breastfeeding by providing emotional support to their wives and providing other practical assistance, such as changing diapers or burping

the baby. Understanding of his important role is the first step for a father to be able to support mothers to successfully exclusively breastfeed [16].

Research from Novi et al. [17] found that the role that a woman must carry out such as roles in her family or marriage and her work often creates conflicts as a result of different demands from these roles, for example, on the one hand, her gender role demands to be able to take care of her children, serve her husband, but on the other hand she has responsibilities in her career that must be fulfilled. Under these conditions, it is natural that women who play multiple roles can fulfill the conflict in fulfilling all of their roles.

This can be a conflict within the mother between prioritizing career or family. Not to mention the pressure in career and family, each of which demands a balance of time. In addition, the husband's view of the dual role of women also plays a role. If the husband has a positive view of the dual role of women, the wife will feel supported by her husband so that she is more relaxed in carrying out her dual role. However, this will apply otherwise if the husband has a negative view of the dual role of the wife. The wife will actually feel pressured in carrying out her obligations as a housewife and career woman.

This dual role conflict can affect the mother's actions in exclusive breastfeeding. Things that can influence are the existence of knowledge, experience, beliefs and beliefs, feelings of pleasure and displeasure, the existence of a system of values and norms in society as well as encouragement and behavior. These things cause a response or change in action in exclusive breastfeeding. In addition, there are two factors that play a role in this change in action, namely internal factors (personal experience, the influence of other people who are considered important and the presence of emotional factors) and external factors (influence of culture, mass media, educational institutions and religion) which then forms an action on exclusive breastfeeding, whether positive or negative

## 5. Conclusion

Mother's actions in providing exclusive breastfeeding in the Baru Ladang Bambu Village, Medan Tuntungan District. Most of the respondents in this study had the act of working mothers in exclusive breastfeeding in the no category, which was 65.6% or 21 people.

The dual role conflict of working mothers in the Baru Ladang Bambu Village, Medan Tuntungan District shows that the level of conflict in the dual role of working mothers in the Baru Ladang Bambu Village, Medan Tuntungan District. There is a dual role conflict 27 people with a high percentage of 84.4%. From the statistical test between the dual role conflict of working mothers and the action of exclusive breastfeeding in the Baru Ladang Bambu Village, Medan Tuntungan District. The correlation coefficient or r value is -0.420, the probability is 0.020 with a 95% confidence level where  $p < 0.05$ . This means that there is a relationship between the dual role conflict of working mothers and the action of exclusive breastfeeding in the Baru Ladang Bambu Village, Medan Tuntungan District so that the resulting working hypothesis is accepted.

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