

## ABSTRACT

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*Differences of Mother's Knowledge and Attitudes Before and After Education about Breast Milk in RW 10 RT 68 Sukajaya Sub-District, Sukarami District, Palembang*

### SKRIPSI

**PROGRAM STUDI ILMU KEPERAWATAN DAN NERS**

**FAKULTAS ILMU KESEHATAN**

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**Background:** Breast milk is the best food for babies. The target of exclusive government breastfeeding in 2017 is 80%, but the coverage of exclusive breastfeeding in 2018 is only 37.3%. This is caused by several factors including the lack of maternal knowledge of the superiority of breastfeeding, low public awareness in encouraging increased breastfeeding, lack of support from health care facilities and poor maternal attitudes.

**Aim:** To find out the differences of mother's knowledge and attitudes before and after being educated about Breast Milk in RW 10 RT 68, Sukajaya Sub-District, Sukarami District, Palembang

**Method:** This study used a pre-experimental design with a one group pretest posttest approach. The sample collection technique uses total sampling.

**Results:** Knowledge of mothers before being given an education, the majority of mothers had sufficient knowledge, namely 13 people (48.1%). The attitude of the mother before being given education is that the majority of mothers have a high attitude, as many as 14 people (51.9%). After being given education, the knowledge of mothers experienced an increase, namely mothers who had good knowledge as many as 23 people (85.2%). While the attitude of mothers has increased to a mother who has a high attitude as many as 26 people (96.3%). The results of the Wilcoxon test found differences in knowledge and attitudes of mothers before and after being educated about breast milk with p value 0,001. It is expected that midwives and Posyandu cadres can provide intensive education in order to improve mothers' knowledge and attitudes about breastfeeding.

**Key Word:** breastfeeding, mother's knowledge, mother's attitude, education.