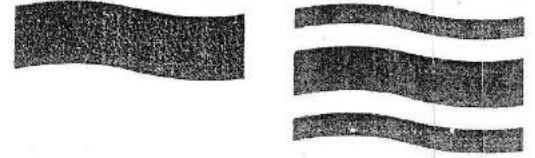


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A black and white photograph showing the entrance to Universitas Sriwijaya. In the foreground, there is a sign with the university's logo and the name "UNIVERSITAS SRIWIJAYA". Behind the sign, there are several flagpoles with flags flying, and a building in the background.

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**“EXPERIENCE BREASTFEEDING MOTHER ON TEENS
AT WORK AREA HEALTH CENTER PAYARAMAN YEAR 2011”**

Bina Melvia Girsang

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ABSTRACT

Background: One factor for the development of the child's future is Mother's Milk (ASI). ASI is a substance that is perfect for baby's growth and can accelerate the development of body weight. In Indonesia the intake of milk decreased from 7.9% to 7.2% during the past 10 years. Based on data from health centers Payaraman, in 2009 the number of babies given breast milk as many as 576 babies (42.2%), in 2010 the number of babies given breast milk 884 infants (65.8%). To the authors are interested in doing research on the experience of breastfeeding on the mother in the working area of adolescent health center Payaraman Year 2011. This study aims to gain an in-depth information about the picture of mother breast-feeding in the region of Adolescent Health Center Payaraman Year 2011. The experiment was conducted in June and July 2011.

Method: This study used qualitative methods with phenomenological approaches. Information obtained by conducting in-depth interviews with (WM) with a teenage mother who breast-feed as many as three people, a health worker (key informants), as well as observation and fielnote. **Result:** The results obtained five themes namely feelings of breastfeeding, barriers and solutions to breastfeed, breastfeeding behaviors, social support, and expectations of member Exclusive breastfeeding.

Conclusion: From the results of research can be in the know that teenage mothers who are breastfeeding can not explain how the right to breast feed, breast-feeding techniques as well as family support and health workers are important factors for increasing motivation in terms of breastfeeding mothers so that mothers can maintain and improve health, especially in breastfeeding.

Key words: breastfeeding, breast milk, teenage mothers

INTRODUCTION

Pregnancy, childbirth and breastfeeding is a physiological process that needs to be prepared by the women of infertile couples in order to pass safely. During pregnancy the mother and fetus are an inseparable unit function. Health of pregnant and lactating women is a critical requirement for optimal functioning and development of both parts of the unit. In awaiting the birth of a baby, the mother should be prepared beforehand fisikologinya state in the face of her baby later on, especially in terms of infant feeding (Widia, 2007).

One important factor for the development of the child is breast-feeding (breast milk). Breast milk is a substance that is perfect for baby's growth and can accelerate the development of body weight. Besides breast milk contains substances repellent disease and can provide satisfaction and bring mother and child as a means of establishing affection (CBS, 2008).

The presence of a newly born baby is the happiest moment for the couple husband and wife, of course many things have to be prepared, and one of the most important is to give Mother's Milk (Breast Milk) / breast-feeding. According to a statement with the World Heald Organization (WHO) / United Nations International Children Emergency Fund (UNICEF) breastfeeding is a way that is second to none in about providing ideal food for growth and development of a healthy baby and has

a unique influence on the biological and psychological health of mothers and babies (Perinasea, 1994). Breastfed infants should be supported with proper feeding techniques so that the benefits of breastfeeding are also more leverage WHO's latest research in 2005 cited by Siswono (2006) mentions that 42% of the causes of infant mortality in the world is as much as 58% of pneumococcal disease associated with malnutrition, malnutrition is often associated with lack of breast milk intake. In America, at the beginning of the 20th century, approximately 71% of babies get breast milk (breast milk) until the age of approximately 6 months (Soetjingsi, 1997).

Roesli experience as a pediatrician showed that of 100 mothers who can not breastfeed, only two have a hormonal or physical errors, while others are due to mismanagement of lactation. Keep in mind if the baby is generally not due to lack of breastfeeding mothers can not produce enough milk for the baby, but because babies can not take as much milk she needed. This is generally due to lack of proper feeding position. Nursing position here is the position of the baby's mouth with a mother's nipple (Gunawan, 1999).

Complaints and difficulties often arise when breastfeeding, especially if the mother is the first experience. Starting from the milk does not come out smoothly, nipple injury, up to the little fussy because it can not suckle properly. Difficulty feeding usually occurs when a new mother gave birth to her first child. Besides this is a new experience, usually the mother is still awkward in holding the child, or even easy to panic if she cries loudly for one thing. Instead of newborns must learn to breastfeed (Supriyadi, 2002).

Results of research conducted by Susanti (2006), poor feeding techniques gained 19 persons (59.38%), good breastfeeding technique 13 people (40.62%). Feeding techniques affect milk production, which means that mothers who have poor breastfeeding techniques tend to earn poor milk production.

In Indonesia the intake of milk decreased from 7.9% to 7.2% during the past 10 years. This is due to changes in the dynamics of women's lives in Indonesia which has led to a career woman so that the intensity of breastfeeding to children has decreased. Based on data from the clinic Payaraman, in 2009 the number of babies given breast milk as many as 576 babies, or 42.0%, in 2010 the number of babies given breast milk or infant 884 65.8%.

From the results of research with the characteristics of informants (nursing mothers) obtained infroman totaling 3 people with a health workers (village midwives) based on age, education, occupation and history of pregnancy results obtained through in-depth interviews, observation and work in the region fieldnote Health Center Payaraman Year 2011 From the results of research can be in the know that teenage mothers who are breastfeeding can not explain how the right to breast feed, breast-feeding techniques as well as family support and health workers are important factors for increasing motivation in terms of breastfeeding mothers so that mothers can maintain and improve health, especially in breastfeeding.

General purpose this studi is to know the experiences of teenage mothers breastfeeding at work in the region Payaraman Health Center in 2011. Specific Objectives :

1. To find out how the experiences of teenage mothers breastfeeding at work in the region Payaraman Health Center in 2011.
2. To find out how the benefits of breastfeeding babies of teenage mothers in the work area Payaraman Health Center in 2011.

3. To find out how to teen mothers in providing breast milk (milk) in the region working Payaraman Health Center in 2011.
4. To find out how the techniques of breastfeeding mothers working in the region teen health center Payaraman Year 2011.

RESEARCH METHOD

The study design was a qualitative study with a phenomenological approach to describe the experience of breastfeeding in teenage mothers in the Work Area Health Center Payaraman. Phenomenology derives from the Greek by ethnic origin *phainomenon* (symptoms / phenomena). Phenomenological study aims to explore the deepest consciousness of a subject of experience and meaning. While understanding the phenomenon itself is an experience Phenomenology Studies / events that enter into the consciousness of the subject. Phenomenology has a role and position in many contexts, such as the study of philosophy, as an attitude to life and as a research method. The focus of research is based on the discovery of the facts of a phenomenon from the perspective of informants. The purpose of using a phenomenological approach is to explore the phenomenon of nursing experience at the age of teenage mothers. Then conducted in-depth interview about how the experience of breastfeeding on the mother's perspective of adolescence according to informants.

The number of subjects in qualitative research is 3 people. And the number of midwives informant 1 person. The informant in qualitative research are selected based on their ability to provide information about the phenomenon. Informants were selected using purposive sampling technique that is the informants who have characteristics in accordance with the purpose of research. This type of sampling technique used for this study is the convenience sampling of all the informants who experienced the phenomenon under study and research has characteristics that match the desired researcher, namely: 2 1) adolescent mother who has experience in breastfeeding their babies; 2) Understanding Indonesian and study areas, 3) and are willing to become informants. For the next informant was the validity of the information in Payaraman health center nurse.

The selection process starts from the informant saw the monthly book report notes Payaraman Health Centre which is also assisted by health workers Payaraman public health. The informant further prospective informants seek approval for the study, researchers and informants jointly set the time for the interview process.

The study was conducted in the working area of adolescent clinics payaraman at home mothers who have breastfeeding experience. Judging from existing data on health center Payaraman, the reason is the health center site selection study Payaraman which is a region that has been in the survey and most teenage marriages. The study began with the preparation of research proposal in April to Augustus 2011.

The researchers in conducting a study to consider several aspects, namely: self-determination, privacy, anonymity, confidentiality and protect in of discomfort (Stereubert & Carpenter 1999).

The method used in this study are in-depth interviews (in-depth interviews) and field notes. In-depth interviews was chosen in this study to explore in depth the subjective meanings that are understood informant informants associated with experience in nursing infants. Form of questions asked during the interview process open-ended questions (open questions). Form of open questions based on the phenomenon of field and literature based on studies that explored in-depth information

in accordance with the viewpoint of the informant so that the information has the freedom to provide information.

Data research tool in this study is the researcher's own research, interview guides, field notes, mobile phones and mp3. The ability of the researcher as data collection tool was tested by conducting in-depth interviews on teen mothers who have breastfeeding experience. Researchers evaluating the smoothness of the interview process, the completeness of the contents of the interview, difficulty in attempt to uncover the experiences of breastfeeding in adolescent mothers. After a trial that generated that can be evaluated in-depth interview process smoothly, the completeness of the contents of the interview is finished, and there is no difficulty in the interview process.

Processing the data in this study begins to document the data with which to manage data in the form of taped interviews, field notes and print transcripts. The next step is the provision of the code to facilitate researchers in analyzing the data to distinguish the information from each informant. Coding is done by giving the bottom line in the transcript on key words and then give the code. For example provides code information to a 1-1 in I-2 on the second information, and so on. Provide a special mark to distinguish the terms in the transcripts or field recordings. Sign of this term is done by providing brackets in italics. Specification terms are not the words of the Indonesian language. Another sign is the statement in parentheses with the letters upright, for example (the informant to stop), meaning the field of recording. Data analysis procedures in a study conducted by reading the transcripts repeatedly and thoroughly to gain an understanding of the phenomena experienced by adolescents in nursing. Next, the researchers identify key words contained in each statement and give the bottom line. Furthermore, the researchers conducted *interpenasi* or take the meaning of significant keywords to determine questions of informants to determine the category *katagori*.selanjutnya ally grouped into themes. Next, the researchers grouped the theme of a special purpose. Further studies to validate the results of the analysis of the theme by showing the grille theme of the informants.

To ensure the validity of data obtained from informants, researchers will examine the methods of data triangulation. Triangulation of data is the best way to eliminate these differences the fact that there is construction in the context of the study when collecting data about events and relationships of the various views. According Esterberg (2002), distinguishes three kinds of triangulation as an inspection technique that utilizes the use of sources, methods, investigators and theories.

The validity of the above data in this study were developed through the efforts of the use of different resources, from the experience of breastfeeding in adolescent mothers. Furthermore, this research also developed a method of data collection in the form of field notes.

The information obtained is the headline. because the researchers directly obtain data from information on breastfeeding experiences of teenage mothers. to ensure the validity of the information in this study does is to check the triangulation of data sources that obtained from the informant and immediately carried out in accordance with the triangulation of data collection procedures.

RESULTS AND DISCUSSION

Based on the characteristics of the informants about the experience of breastfeeding in teenage mothers who gained five themes namely: 1). Feelings of breastfeeding 2). Barriers and feeding solution 3). Eating behavior 4). Social support 5). Expectation of exclusive breastfeeding.

Feelings During Breastfeeding Mother

A mother who has positive thoughts of course would love to see her baby, then think about it, lovingly. especially if you've kissed and cuddled the baby, of course, will cause untold feelings. All that happens when a mother in a state of calm. Conversely, if a mother in a feeling of worry, like worrying her breast milk does not come out, or his thoughts confused, sad, anxious and confused, of course, would greatly interfere with breastfeeding. Moreover, when the mother feels pain while nursing, even more so when there is a feeling embarrassed while breastfeeding, of course, the baby who would become his victims. (Oetami Roesli, 2009).

While breastfeeding is a very important activity for both mother and baby. In the process of breastfeeding, there is a close relationship between mother and child. A mother, want to be able to perform nursing activities comfortably and smoothly. However, sometimes there are things that interfere with eating breast swelling, abnormal nipples, sore nipples and sore nipples, clogged milk ducts, mastitis, frequent crying babies, and breastfeeding is rarely out. (Dr. Avie Andriyani).

A statement from the informant that he feels when breastfeeding is the informant feel sick, legah happy, happy, satisfied and happy when breastfeeding their baby because not everyone can breastfeed, continue informant also said that the spiritual bond with the child was strong.

Barriers and solutions breastfeeding

The problem is something that has always confronted the man, heavy, light, tough and easy, complicated or not all depends on the lead. Whether with family, community or other problems requiring a solution/resolution. Nadya Nandy (2010).

The problem is a bottleneck or problem to be solved in other words the problem is the gap between the reality with the expected good, in order to achieve goals with maximum results (If YaniUBB, 2010).

Other obstacles are breast-feeding mothers who are not equipped with enough knowledge about proper breastfeeding technique and management yng lactation (Giugliani, 2004). Sometimes there are things that bother eating breast swelling, abnormal nipples, sore nipples and sore nipples, clogged milk ducts, mastitis, frequent crying babies, and breastfeeding is rarely out. (Dr. Avie Andriyani).

Meanwhile, according to the informant issue a statement that often arise when breastfeeding nipple pain, swelling, out nana, ill keep the milk does not come out. The meraka do in a way to compress using warm water, then milk sucked out using a vacuum pump breast milk.

Feeding Behaviour

In a book entitled "Human Behavior" Drs. Leonard F. Polhaupessy, Psi. describes the behavior is a movement that can be observed from outside, such as walking, cycling, and riding a

motorcycle or car. For this activity they should do something, like which foot to put on the other foot. Obviously, this is a form of behavior. This story of one facet. If seseorang sits quietly with a book in hand, he is said to behave. He reads. Although the observations from the outside at least, the actual behavior of the body is behind the curtain, inside the human body.

In another book explained that the behavior is an activity or activities of organisms (living things) are concerned. Therefore, from a biological point of view all living things from plants, animals to humans behave, because they have an activity each. So dimaksudkan human behavior, is essentially a human action or darimanusia activity itself has a very broad expanse include: walking, talking, laughing, working, college, writing, reading and so on. From the description above can be concluded that the intended behavior (humans) are all activities or human activity, both of which can be observed directly or that can not be observed outside party (Notoatmodjo 2003).

Skinner (1983) a psychologist, theorized that a person's behavior is a response or reaction to stimuli (external stimuli). Based on the limitations of Skinner's behavior, the behavior is a response to one's health (organism) to the stimulus or object berkaitan with illness and disease, the health care system, food and beverages, as well as the environment (Notoatmodjo, 2007).

According to Lawrence Green (1980) in Notoadmojo (2000) that health behavior is influenced by three factors: predisposing factors, the factors supporting and reinforcing factors. Predisposing factors include education, economic (income), social relationships (environmental, social, cultural) and experience. Education affects the way a person views or highly educated people will more easily receive information or counseling that we provide and the more quickly changing his attitude in everyday life. On the economic status of mothers affects the behavior of a person or persons who come from higher socioeconomic likely to have a more positive attitude to see themselves and their future but for the mother or low socio-economic community will be afraid to take the attitude / action . Economy is always a determining factor in the process of healthy pregnancy. Families with considerable economic pregnancy can be checked on a regular basis, to plan deliveries in health personnel and make other preparations as well. But with good planning from the start, making savings in labor, pregnancy and childbirth can run well. Furthermore, in social relationships, humans are social beings who interact with each other lives. Families who will interact directly greater exposure to information. (Notoatmodjo, 2000).

The second factor that may influence health behaviors are the supporting factors include the availability of resources and adequate facilities. Resources and facilities should be explored and developed from his own family. Supporting factors are of two types of physical facilities and public facilities. Physical facilities ie facilities or health facilities such as health centers, hospitals, clinics, medicines. While the facilities of mass media including TV, radio, magazines or pamphlets (Notoatmodjo, 2000).

Factor of the amplifier as a third factor that affects health behavior include attitudes and behaviors of health workers. All health care workers on both the type and level of health is essentially pendidik. Thus health workers should have the attitude and behavior in accordance with the values of health. In addition to community leaders perilaku role models can also often other people to behave well (Notoatmodjo, 2000).

From the results of research on the behavior of nursing mothers find that breastfeeding is a very important process for the health of mothers and babies, especially for baby food. Eighty percent of the cause, can be overcome by feeding the baby with the right techniques. In addition, of course,

by addressing its causes, such as changing a diaper is wet, stroking the baby to be quiet, and took him to the doctor if it requires special handling because of illness. (Dr. Avie Apriyani).

Social Support

According Saronson et al (Suhita, 2005) social support has an important role to prevent the threat of mental health. Individuals who have social support smaller, more enabling experiencing negative psychological consequences. The advantage of individuals who have high social support would be more optimistic in the face of an individual's life now and in the future, more skilled in meeting the needs of psychology and has a higher system, and low levels of anxiety, improve interpersonal skills (interpersonal skills), have the ability to achieve what they want and are better able to guide individuals to adapt to stress. Haise and Kahn (Suhita, 2005) suggests that social support can be met from a friend or friendship, family, physician, psychologist, psychiatrist. The same is also expressed by Thorst (Sofia, 2003) that social support comes from people who have meaningful ties to individuals such as family, close friends, spouses, coworkers, neighbors, and relatives. While Nicholson and Antil (Suhita, 2005) social support is the support of family and close friends or companions. The sources of social support are:

a) Husband

According Wirawan (1991) the marriage relationship is the relationship closely followed by the same interests, same interests, share feelings, support each other, and resolve permasalahan together. Meanwhile, Santi (1985) revealed in a marriage relationship can become a harmonious family, joy in life as husband and wife who love and harmony based on a willingness to live together.

b). Family

According Heardman (1990) family is a source of social support because of family ties create a trusting relationship. Individuals as family members will make the family as a set of expectations, storytelling, a place to ask, and where complaints are issued when someone is having problems.

c). Friends / Companions

According to Neilsen Kail and (Suhita, 2005) a close friend is a source of social support because it can provide the love and support when experiencing problems. Meanwhile, according to Ahmadi (1991) friendship is a relationship of mutual support, mutual care, provision of goods or friendship can be realized without the element of exploitation of attention. From the results of the research support given by husbands, parents and close friends, greatly influencing the physical and psychological comfort provided by friends and family for people who deal with stress, with social support, people tend to exist in a state of physical health and better able to cope with the stress they experience.

Social support is generally describes the role or influence that can be inflicted by others means such as family members, friends, relatives, and coworkers. Johnson and Johnson argue that social support is the provision of such material, emotional, and information that affect human welfare. Social support was intended as a pitcher and the willingness of people being mean, who can

be trusted to assist, encourage, receive, and retain individuals. Based on the theory theory above can be concluded that social support is a form of assistance which may be material, emotional, and information provided by people who have a meaning such as family, friends, friends, relatives, coworkers atupun boss or a loved one by individual concerned. Help or assistance given for the purpose of individuals who are having problems feel cared for, supported, appreciated and loved.

Providing exclusive breastfeeding Hope

Hope is a basic form of belief in something that is desired to be obtained or an event which will fruit well in the future. In general expectation in the abstract, not visible, but it is believed even occasionally, dibatin and make suggestions to materialize. But there are times when hope is concentrated on someone or something. In practice many people trying to make a wish come true by praying or trying to.

Air Susu Ibu (ASI) is a fat emulsion in a solution of the gland secretion proteins, lactose and inorganic salts by the mother's milk, which is useful as food for her baby. Exclusive breastfeeding is breastfeeding without additional food and beverages for babies aged zero to six months. Even water is not provided in the stage of exclusive breastfeeding. From the results indicate that the mother wants to give exclusive breastfeeding of infants aged 0-6 months at least, the program increased the use of breastfeeding, especially exclusive breastfeeding for 6 months is a priority program, because the impact of the use of exclusive breastfeeding on nutritional status and health of infants and toddlers. Current practice of breastfeeding in Indonesia is quite alarming, according to IDHS 1997 and 2002, more than 95% of mothers ever breastfed their babies, but breastfeeding within the first hour tends to decrease from 8% in 1997 to 3.7% in 2002. Scope 4 months of exclusive breastfeeding rose slightly from 52% in 1997 to 55.1% in 2002. Scope of exclusive breastfeeding 6 months decreased from 42.4% in 1997 to 39.5% in 2002. While the use of infant formula has increased more than 3 times for 5 years from 10.8% in 1997 to 32.5% in 2002 (health department, 2005).

CONCLUSIONS AND RECOMMENDATION

Based on the results of research and discussion, can be summed up as follows:

1. Feelings of teen mothers breastfeeding at the Center for Occupational Health Payaraman area in 2011. It is the informant feel sick, happy, happy, legah, satisfied and happy when breastfeeding their baby because not everyone can breastfeed, continue informant also said that the spiritual bond with the child was strong.
2. Barriers to breastfeeding babies of teenage mothers in the region Payaraman Occupational Health Center in 2011. That informant said nipple pain, stiffness, pain, swelling panyudara, babies cry and how to deal with informants compressed using warm water, using a suction pump panyudara in Kemudain give the baby crying in infants breastfed by mothers to sleep comfortably.
3. The behavior of teenage mothers in providing the benefits of breastfeeding in the region Payaraman Occupational Health Center in 2011, ie From the results of research on the behavior of nursing mothers find that breastfeeding is a very important process for the health of mothers and babies, especially for baby food.

4. Social support provided husbands, parents and closest friends when the informant attempted to breastfeed, be patient and pray because social support has an important role to prevent the threat of mental health. Individuals who have social support smaller, more enabling experiencing negative psychological consequences. The advantage of individuals who have high social support would be more optimistic in the face of an individual's life now and in the future, more skilled in meeting the needs of psychology and has a higher system, and low levels of anxiety, improve interpersonal skills (interpersonal skills), have the ability to achieve what they want and are better able to guide individuals to adapt to stress.
5. Expectations of mothers in exclusive breastfeeding for at least 0-6 months old baby is affecting the health of babies because breast milk Exclusive merupakan yng government programs should we do about the health of mothers and babies.

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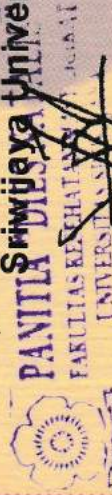
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