

## LITERATUR REVIEW : THE RELATIONSHIP OF EARLY BREASTFEEDING INITIATION TO NEONATUS: EFFORT TO IMPROVE BOUNDING ATTACHMENT AS A MEAN OF IMPROVING PHYSICAL AND PHYCHICAL HEALTH IN NEONATUS

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### ABSTRACT

**Introduction:** *Early Breastfeeding Initiation is the first step to allow the baby to breastfeed from an early age, namely in the first minutes within one hour after the baby is born by allowing direct skin contact between mother and baby until the initial breastfeeding process ends within one hour. or more. According to the theory, attachment occurs when an infant becomes close to a person or object that provides oral gratification. Thus, early initiation of breastfeeding has met the requirements for the formation of the baby's attachment to the mother. In addition, early initiation of breastfeeding can also improve physical and psychological health which affects child growth and development and reduces the risk of infant mortality and plays an important role in maternal health. Methodology:* literature review from a collection of several journals (Google Scholar and Mendeley) in the period 2017-2021. **Research findings:** A good breastfeeding process from an early age will strengthen the bond between mother and baby (bounding attachment) which is important for the emotional, physical and psychological development of children in the future. **Conclusions:** Early Initiation of Breastfeeding (EIBF) is the first step to allow the baby to suckle on its own immediately after birth and be breastfed for an hour or more. The principle of EIBF itself is to provide direct contact between the mother's skin and the baby's skin. This EIBF is very helpful for the release of colostrum which is very beneficial for the baby's immune system and it has been proven that babies who are given the opportunity to breastfeed within the first hour and allow direct contact between the baby and the mother, can reduce 22% infant mortality in the first 28 days.

**Keywords:** *early initiation of breastfeeding, neonatus, bounding attachment*

### 1. INTRODUCTION

Neonates are individuals who are growing and have recently experienced birth trauma and must be able to make adjustments from intrauterine life to extrauterine life (Nanny, 2014). Neonates are infants aged 0 (newborn) up to 28 days of age. Early neonates are infants aged 0-7 days. Late neonates are infants aged 8-28 days (Marmi, 2015).

Bounding attachment is an increase in the affectionate relationship with the inner connection between parents and babies. This is a process of continuous interaction between the baby and the parents who love each other. Meanwhile, what is meant by the success of bounding attachment between mother and child until the age of 0-3 years since it is the basis for the construction of a healthy relationship for children in the next

life at the age of 0-3 years. It focuses on the psychological development of

basic trust vs. mistrust in newborns aged 0 to 1 year. When the baby realises that the mother will feed/drink him or her on a regular basis, both mother and baby learn and acquire the first quality of ego or ego identity, the feeling of basic trust. This approach can be used after childbirth or throughout the postpartum period (Handayani, Esti, and Pujiastuti, 2016).

Early Initiation of Breastfeeding is the process of starting breastfeeding early, namely in the first minutes of the baby's birth where the baby looks for the mother's nipple. Early initiation of breastfeeding is very influential on the baby, namely making the baby calmer, less stressed, breathing and heart rate more stable, this is because the contact between mother and baby's skin can strengthen the bond of affection between mother and child. Parental touch is the basis for the development of communication that will lead to mutual love (Nikmah & Yanuaringsih, 2020). The results of research by Lamtumiari (2020) and Yuliastanti (2013) that a good breastfeeding process from an early age (early initiation of breastfeeding) will strengthen the bond between mother and baby (bonding attachment) which is important for emotional development and self-confidence in later life.

One way for bonding attachment is to do Early Breastfeeding Initiation (EBFI) after the baby is born immediately the baby is placed in One way for bonding attachment is to do Early Breastfeeding Initiation (EBFI) after the baby is born immediately the baby is placed on top of the mother, he will crawl and looking for the

mother's nipple so that the baby can do the suckling reflex immediately. According to Klaus, Kenell in Lamtumiari (2020) bonding attachments are unique, specific and long-lasting. The bond between parents and their children can continue forever even though they are separated by distance and time and physical signs of existence are not visible.

Based on the description above, researchers are interested in researching "the relationship between early initiation of breastfeeding as an effort to" Literature Review.

## 2. METHODS

The data collection method is library study. The type of data used in this study is secondary data, namely data obtained from Scientific Journal papers, and research journals conducted in 2017-2021 through Google Scholar, and PubMed. The inclusion criteria and document selection used keywords, namely "the relationship between early breastfeeding initiation as an effort to increase bonding attachments and the physical and psychological health of neonates". A literature search through the author's database found a number of 3. Articles on Google. The article has met the criteria, namely being published in a scientific journal, relevant to the research title, available in full text, open access, in Indonesian and English, and within the last 2 years

## 3. RESULTS AND DISCUSSION

This article identifies databases based on several criteria, including published in scientific journals, relevant to the research

title, available full text, open access, in Indonesian and English, and in the last 2 years 15 journals have been obtained. 10 relevant research titles were obtained, from

10 relevant studies were analyzed based on the criteria and produced 3 articles for analysis.

**Table 1 List of search results articles**

No.	Writer	Year	Title	Results
1.	Murtiana Ningsih	2021	THE MIRACLE OF EARLY BREASTFEEDING INITIATION	The results of this study are in line with the cohort research conducted by Budi, in line with the approach taken by Husnah with the Cross Sectional approach, it is known that there is a relationship between maternal knowledge and parity with breastfeeding behavior in the first hour of the baby's life. Knowledge is the basis for the formation of a person's behavior or actions. If citing L.Green's theory, it is explained that the factors that influence the formation of behavior are the first three predisposing, enabling and reinforcing factors. Mother's knowledge is included in the predisposing factors that will determine a mother's decision to behave.
2.	Kurniasari Pratiwi	2021	Bounding Attachment to Mothers Who Initiated Early Breastfeeding	The results showed that the bounding attachment of mothers who did early initiation of breastfeeding within 1 hour with those who did early initiation of <30 minutes had different attachment interactions, this was indicated by the closeness between mother and baby, mother's touch, eye contact, and voice contact. there is even a difference in the sucking reflex in babies. Infants who underwent IMD for an hour or until they got the mother's nipple were known to have better attachment behavior, the baby was calmer, and the sucking reflex

was better, which met 3 criteria for the suckling reflex, namely the rooting reflex and the sucking reflex. ), and the swallowing reflex. Interpretation of bounding attachment based on observations includes touch, eye contact, smell, body warmth, voice, style of language.

3.	Psiari Kusuma Wardani	2019	Effect of Early Initiation of Breastfeeding on Temperature Changes Body in Newborn.	<p>The results showed that the bounding attachment of mothers who did early initiation of breastfeeding within 1 hour with those who did early initiation of &lt;30 minutes had different attachment interactions, this was indicated by the closeness between mother and baby, mother's touch, eye contact, and voice contact. there is even a difference in the sucking reflex in babies. Infants who underwent IMD for an hour or until they got the mother's nipple were known to have better attachment behavior, the baby was calmer, and the sucking reflex was better, which met 3 criteria for the suckling reflex, namely the rooting reflex and the sucking reflex. ), and the swallowing reflex. Interpretation of bounding attachment based on observations includes touch, eye contact, smell, body warmth, voice, style of language.</p> <p>The results showed that the body temperature data in newborns before the IMD obtained an average value of 0.42 or abnormal body temperature. This is related to</p> <p>Research conducted by Heny Ekawati in 2015 at the Mitra Husada Maternity Clinic, Maduran District, Lamongan</p>
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Regency, almost all babies or 76.2% of newborns

those who have not done IMD have hypothermic temperature and a small percentage or 23.8% have normal body temperature with 21 respondents.

The body temperature of newborns experiences heat loss due to evaporation of the amniotic fluid on the baby's body surface or the occurrence of a heat loss mechanism by convection (transfer of heat flow from the body surface to a cooler environment with ambient temperature in a cold room). Control of the various modes of heat loss is the basis of the rules and techniques of infant care. (Perry, 2013).

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Early Initiation of Breastfeeding (EIBF) is a breastfeeding process that begins immediately after the baby is born, which is done by allowing the baby to have direct skin-to-skin contact for at least the first hour after birth or until the early breastfeeding process ends. According to WHO (2009) the principle of good infant and child feeding is to carry out Early Initiation of Breastfeeding (EIBF), exclusively breastfeed for 6 months, provide appropriate complementary foods (MPASI) starting from the age of 6 months and continue breastfeeding. up to 2 years (Fikawati et al, 2015).

It can be said that the Early Initiation of Breastfeeding (EIBF) is an effort to "return rights" for babies that have been taken by various parties which immediately separate the baby from the mother, even if only for a moment. Many losses are caused

to health, the worst possibility is to experience psychological shocks that should get the protection needed from the mother so that it will affect the child's growth and development.

The way babies do EIBF is called the breast crawl or crawling looking for the breast (Roesli, 2012). In essence, human babies have the ability to breastfeed themselves to their mothers and determine when to breastfeed from their mothers for the first time. The process of sucking, the movement in looking for the mother's nipple for 35-50 minutes occurs when the baby is placed on the mother's chest with the help of the baby's senses of smell, taste, hearing and vision. get colostrum (Fikawati et al, 2015).

Theoretically, a newborn's sense of smell will function first with a "typical smell" stimulus. The mother's breast

secretes milk and glandular colostrum with a distinctive odor that will lure the baby closer to the mother's breast, this is in line with the amniotic fluid in the baby's body which produces a distinctive odor that is identical to the distinctive odor produced by the breast glands (the baby's body is not cleaned but only dried).

Attachment (attachment) is a lasting and reciprocal emotional bond between infants and caregivers, which both contribute to the quality of the caregiver-baby relationship (in Papalia 2008:274). Attachment is also defined as a strong affectionate bond that we have with certain people in our lives that makes us feel happy when interacting with them and comfortable when they are near us in times of stress (in Berk 2012: 256).

Furthermore (Santrock 2002: 196) explains attachment refers to a relationship between two people who have strong feelings for each other and do many things together to continue the relationship. Meanwhile, in the psychological dictionary (J.P. Chaplin) attachment is an emotional attraction or dependence between two people. From some of these understandings, it can be concluded that attachment is a relationship between two people who have an emotional bond that lasts long enough because someone feels comfort, pleasure and trust in others. According to Freud (Santrock 2011: 306), attachment is when a baby becomes close to a person or object that provides oral gratification. For most babies, this person is the mother, because usually she is the one who breastfeeds and provides food when the baby is hungry.

Increasing the closeness and affection between mother and baby is one of the benefits of Early Breastfeeding Initiation (EIBF). During the EIBF process, the baby will experience direct skin to skin contact between the baby and the mother (skin to skin contact), at that time the mother will directly see the baby crawling towards the mother's breast. Direct skin contact between baby and mother (skin to skin contact) in the first hours after birth can strengthen the inner bond between mother and baby. During the EIBF process, the mother will feel comfortable (relaxed) when she sees her newborn baby suckling to her so that the mother's body will produce the hormone oxytocin which acts as the mother's letdown reflex, besides the auditory stimulation that the mother immediately gives can have a positive effect on the baby's social emotional development. at a later age.

Early initiation of breastfeeding is very influential on the baby, namely making the baby calmer, less stressed, breathing and heart rate more stable, this is because the contact between the mother's skin and the baby can strengthen the bond of affection between mother and child (Mochtar, 2008).

Early Initiation of Breastfeeding (EIBF) is not only beneficial in improving psychological health and building an inner bond between mother and child, but more than that. By doing EIBF which is indeed a key and a big step towards health, EIBF has benefits in improving physical health. A small example of the impact if not carrying out the EIBF process other than there is no inner bond between mother and baby is reduced immunological power in infants, baby's motor skills during breastfeeding are

not trained and cannot develop nerves in infants (Nanny, Vivian. 2010).

#### 4. CONCLUSIONS

Based on the literature review of the 3 articles above, it can be concluded that EIBF can increase the closeness and affection between mother and baby. During the EIBF process, the baby will experience direct skin contact between the baby and the mother (skin to skin contact) in the first hour after birth, which can strengthen the inner bond between the mother and the baby so that the mother's body will produce the hormone oxytocin which acts as the mother's letdown reflex. In addition, the auditory stimulation that the mother immediately gives can have a positive effect on the social emotional development of the baby at a later age. Early initiation of breastfeeding is very influential on the baby, namely making the baby calmer, less stressed, breathing and heart rate more stable, this is due to skin contact. Mother and baby can strengthen the bond of affection between mother and child (EIBF) not only beneficial in improving psychological health but more than that. By doing EIBF which is indeed a key and a big step towards health, EIBF has benefits in improving physical health. A small example of the impact if you do not carry out the EIBF process other than there is no inner bond between the mother and the baby is the reduced immunological power of the baby, the baby's motor skills during breastfeeding are not trained and cannot develop nerves in the baby.

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