

Literature Review: Maternal Knowledge and Parity Related to Exclusive Breastfeeding

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Article Info	Abstract
Article History Submitted, 2025-11-02 Accepted, 2025-11-30 Published, 2025-12-31 Keywords: Exclusive breastfeeding, maternal knowledge, parity, early breastfeeding, initiation	Exclusive breastfeeding is breastfeeding without any additional food to babies from birth to 6 months of age, however, the achievement of exclusive breastfeeding in Indonesia is still below the national target, which reaches 70%, still below the target of 80%. Knowledge and parity are one of the factors that can affect mothers in providing exclusive breastfeeding. The aim of this research was to analyze the relationship between maternal knowledge and parity with exclusive breastfeeding. This literature review uses a systematic Articles were analyzed using PICO with keywords exclusive breastfeeding, maternal knowledge, parity, early breastfeeding initiation with eight articles of relevant articles on Scholar google, Proquest, PubMed with eight studies with observational quantitative design, with publications between 2020 - 2025. The research article can be accessed in full text. The result of this research were knowledge plays an important role in the formation of breastfeeding attitudes and behaviors. Increased knowledge can be done with counseling, lactation counseling, and education during pregnancy can increase the success of exclusive breastfeeding. Mother's knowledge has a significant influence on exclusive breastfeeding. Multipara mothers are more experienced and have higher confidence in breastfeeding than primipara so paritas also affects exclusive breastfeeding. In this study, there was a significant relationship between knowledge and parity for exclusive breastfeeding p (< 0.05). Conclusion of this research were knowledge and parity are important determinants in exclusive breastfeeding. Efforts to increase knowledge through health education and lactation assistance, especially for primitive mothers, need to be strengthened to increase the coverage of exclusive breastfeeding in the community.

Introduction

Exclusive breastfeeding is breastfeeding Mother without addition food or other drinks to baby since born until age six months. Exclusive breastfeeding proven increase system immune baby, lower risk disease infection, as well as support development brain. However, the Ministry of Health ,2023 shows that exclusive breastfeeding coverage national new reach around 70%, still below the target of 80%. Knowledge And parity become Wrong One factors that can influence Mother in Providing Exclusive.

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Breastfeeding Factors that Influence success of exclusive breastfeeding including knowledge mother, experience giving birth (parity), support family, work, and service health. Knowledge Mother play a role important in increase awareness will benefits of breast milk and technique proper breastfeeding, while parity influence trust self and experience mother in breast-feed.

The term exclusive breastfeeding can be referred to as a practice in which mothers feed their babies with only breast milk without any additional food or drink (except vitamins or medicines) from newborn until the babies turn six months. Exclusive breastfeeding is very important since breast milk contains complex nutrients and antibodies needed to help strengthen babies' immune system, encourage optimal development, and prevent illnesses and allergies. Moreover, breast milk is also proven to protect babies from gastrointestinal and respiratory infections, obesity, endocrine diseases, and also promote mental health and psychomotor development (Couto et al., 2022). Poor exclusive breastfeeding will definitely hinder children's growth and development.

Noting the importance of breastmilk, WHO (World Health Organization), UNICEF (United Nations Children's Fund), and the Ministry of Health of Indonesia have made some initiatives to encourage the practice of exclusive breastfeeding. Globally, since 1991, it is notable that WHO and UNICEF have worked hand in hand in creating a worldwide program to promote breastfeeding named after "Baby-friendly Hospital Initiative" (Couto et al., 2022). Additionally, in the case of Indonesia, the Ministry of Health has made several initiatives such as launching local programs ASSIX (Ayo Sukseskan Asi Eksklusif/Let's Make Exclusive Breastfeeding a Success) and encourage workplaces to provide lactation facilities and rest periods for breastfeeding mothers. Moreover, the government has also enacted laws to regulate exclusive breastfeeding practices, which is Law Number 36 of 2009 concerning health.

However, despite the aforementioned efforts that have been undertaken, the coverage of exclusive breastfeeding, both globally and in Indonesia, is still low and far from the expected rate. As noted by Pareek (2019), the global coverage of exclusive breastfeeding is only 30-50%. Meanwhile, in Indonesia, despite a rise in the rate of exclusive breastfeeding, from 52% in 2017 to 66,4% in 2024, this number is still under the national target of 80% (WHO, 2025).

The low rate of exclusive breastfeeding clearly has something to do with several factors, including mothers' knowledge, prior experience of giving birth (parity), family and work support, and accessible health service. As many may have noticed, traditional breastfeeding practices still exist in Indonesian tribes. According to Laksono et al. (2021), Indonesian mothers in several Indonesian tribes obviously feed their few days old babies with more than breast milk such as water, honey, and sago. Mothers' knowledge or education plays a pivotal role in such a case. As found by Laksono et al. (2021), mothers with better education tend to give better possibilities of exclusive breastfeeding for their babies. When mothers have good education, they definitely will not allow their babies to be given any kinds of food except breast milk when they are still under six months. Besides mothers' knowledge, parity also seems to influence the exclusive breastfeeding practice. That is because parity shows mothers' experience in giving exclusive breastfeeding for their babies.

Based on the background that has been mentioned above, this study has the goal to identify the impact of mothers' knowledge or maternal knowledge and parity on exclusive breastfeeding practices in Indonesia. The result of this study is expected to identify several factors that can influence exclusive breastfeeding, improve breastfeeding practice, encourage targeted interventions (especially for midwives and health workers) and also expand scientific knowledge for the betterment of health policy.

Methods

Literature This arranged based on results review from seven article study national published between 2020 to 2025 and can accessible through the journal portal Indonesian health such as Google Scholar, Proquest, PubMed. With design quantitative observational, Article study can accessible in full text. Article analyzed use PICO, with article a total of 8 articles.

All article use approach quantitative observational, majority with cross-sectional design. Subjects study is Mother breast-feed or Mother with baby under 12 months of age. Data is collected through questionnaire structured and interview, then analyzed use Chi-square test and regression logistics for seeing connection between knowledge, parity, and exclusive breastfeeding practices. This study utilized a systematic literature review (SLR) with PICO to collect, evaluate, and synthesize all relevant research literature under the topic of the influence of mothers' knowledge and parity to exclusive breastfeeding. The literature was obtained through several reputable websites including Google Scholar, Proquest, and PubMed. After further screening, eight Indonesian research articles that met the requirements were selected. All of the articles were published in a time span of 2020 to 2025 and can be accessed in full text. Furthermore, the chosen articles also employed a quantitative observational approach, with the majority used cross-sectional design. The subjects of the study in the articles were

breastfeed mothers or mothers with babies under twelve months and the data were collected through structured questionnaires and interviews. Furthermore, the data in the selected articles were analyzed using Chi-square test and regression logistics to see the relationship between maternal knowledge, parity, and exclusive breastfeeding practices.

Results and Discussion

Eleven Results review show consistency between all study that there is connection meaningful between level knowledge Mother And practice exclusive breastfeeding ($p < 0.05$). Mother with knowledge tall about benefits of breast milk, signs adequate breast milk supply, and technique breast-feed own opportunity more biger provide exclusive breastfeeding. Factor parity Also play a role significant: multiparous mothers tend to own trust self more taller in breastfeeding, able overcome constraint lactation, as well as own time more adaptation Good compared to primipara.

A number of research (eg journal numbers 5 and 14) too show that education health and support power health on moment labor as well as implementation Initiation Breastfeeding Early (IMD) strengthens success of exclusive breastfeeding. Besides that, found that factor external like support husband and family, work mother, and exposure media information also influence knowledge and exclusive breastfeeding practices. However, the variables knowledge and parity still become determinant dominant.

The results of the literature review shows that there is a consistency on all of the eight chosen articles. All of the articles indicate that there is a significant relationship between the level of mothers' knowledge and exclusive breastfeeding practices ($p < 0.05$). Moreover, all of the article suggests that mothers with profound knowledge and well-informed about the benefits of breast milk tend to succeed in giving exclusive breastfeeding. Additionally, the articles also concur that parity also plays a significant role in providing exclusive breastfeeding. All of the articles revealed that multipara mothers tend to have more self-confidence to breastfeed than primipara mothers, making them more determined to provide exclusive breastfeeding. Beside mothers' knowledge and parity, several research also show that external factors, such as health education, adequate support from husband and family, working mother, media exposure, and early initiation of breastfeeding (EIB) can also foster the success of exclusive breastfeeding. The research articles that were analyzed in this study found that there is a significant relationship between mothers' knowledge and parity in the practice of mothers providing exclusive breastfeeding. The aforementioned result was proven consistently through the chi-square analysis that was carried through in all of the articles. This result emphasizes that internal or maternal factors, both cognitive or reproductive experience, play a pivotal role in the success of exclusive breastfeeding practice. In regards to parity, the majority of the study reveals that multipara mothers are more likely to give their infants exclusive breastfeeding than those primipara mothers.

Research conducted by Retnawati and Khoiriyani (2022), Liswarni (2023), and Harviana et al. (2025) have consistently revealed the significant relationship between parity and exclusive breastfeeding practice. Such a result is foreseeable because mothers with prior experience of giving birth have had prior breastfeeding experiences, hence they have more technical breastfeeding skills than primipara mothers. Moreover, with such a condition, multipara mothers are also easier to overcome lactation constraints and easier to adapt to exclusive breastfeeding than primipara mothers. This is clearly in line with the experiential learning theory, in which past experiences can shape attitudes and behavior in the future. However, several studies also reveal that parity does not always relate to good exclusive breastfeeding practices, especially if the parity is not followed by mothers' knowledge and supportive environment. Indriani et al. (2025) and Puspayanti et al. (2025) assert that parity should be considered as a supportive factor that is indirect in nature and its effectivity is heavily dependent on other variables including mothers' knowledge, early initiation of breastfeeding (EIB) and adequate support from the health workers. Therefore, parity functions as a predisposition factor and not an only determinant. In regard to mothers' knowledge, all articles which delve into this variable show that there is a positive relationship with exclusive breastfeeding practice. Mothers with good knowledge about the benefits of breastfeeding, breastfeeding technique (proper latch, positioning), feeding cues and lactation management to prevent pain during breastfeeding are proven to have a higher chance to provide exclusive breastfeeding to their infants for six months and address common myths about breastfeeding.

This finding is supported by Indriani et al. (2025), Fitriani and Atikah (2025) and Putri et al, (2025) which suggest that mothers' knowledge does not only directly influence mothers to provide exclusive breastfeeding but also encourages breastfeeding self-efficacy or mothers' confidence. Additionally, mothers' knowledge has the role as a cognitive factor that shapes mothers' attitude and believe in exclusive breastfeeding. Putri et al. (2025) notes that mothers with profound knowledge are highly related to the high prenatal breastfeeding self-efficacy, which contributes to the success of postpartum breastfeeding. The interrelation between mothers' knowledge and parity can also be found in this literature review analysis. It is apparent

that multipara mothers with profound knowledge show a better likelihood of giving exclusive breastfeeding, while primipara mothers with low knowledge are more likely to fail in providing exclusive breastfeeding. Indriatni et al. (2025) and Puspayanti et al. (2025) affirm that the combination between past experiences and better understanding give a stronger encouragement in breastfeeding practices. This finding therefore highlights the importance of more educative measures for primipara mothers, especially during antenatal and early postpartum.

Beside mothers' knowledge and parity, Wirdariyanti et al. (2025) also found out that there are external factors that can encourage the success of exclusive breastfeeding, namely access to health information or media exposure, the quality of health education, and early initiation of breastfeeding (EIB). Therefore, increasing mothers' knowledge heavily relies on the role of the public healthcare system in providing hands on and sustainable lactation counselings. Despite the aforementioned external factors, it has to be noted that mothers' knowledge and parity still prevail to be the most significant determinants among these external factors. The literature review conducted in this study then suggests that the success of breastfeeding practices depends on the combination between several factors namely individual factor, experience, and health system support. Therefore, in order to increase the rate of exclusive breastfeeding, especially in Indonesia, the maternal education for primipara mothers must be strengthened and the role of health workers in the accompanying breastfeeding process must be optimized.

Conclusion and Recommendations

On the whole, based on the eight articles that have been reviewed, it can be concluded that knowledge and parity are pivotal in exclusive breastfeeding practices. Knowledgeable mothers and mothers who have given birth more than one time (multipara) tend to succeed and are more determined in providing exclusive breastfeeding. Therefore, it is deemed necessary for health workers, particularly midwives, to encourage health education, lactation counseling, and mentoring for primipara mothers in order to help improve and achieve the national target of exclusive breastfeeding.

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