

# ASSOCIATION OF HEALTH WORKER ROLES AND FAMILY SUPPORT TO ANXIETY AND BREASTMILK SUFFICIENCY IN MOTHERS WITH LOW BIRTH WEIGHT INFANTS

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**ASSOCIATION OF HEALTH WORKER ROLES AND FAMILY SUPPORT TO ANXIETY AND BREASTMILK SUFFICIENCY IN MOTHERS WITH LOW BIRTH WEIGHT INFANTS**

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**ABSTRACT**

**Background:** *Low Birth Weight (LBW) is the largest contributor to infant mortality during perinatal period. Yogyakarta is a province in Indonesia with the second highest LBW incidence, reached to 12.1%. One effort of LBW is to maintain exclusive breastfeeding. Stress experienced by the mother affects the smooth breastfeeding process and breast milk sufficiency. This research is aimed to identify the relation of support of health officer and family with the anxiety and sufficiency of breast milk to mothers who have LBW.*

**Methods:** *This research is a cross-sectional study. The respondents of the study were mothers who had LBW infants treated in the hospital's perinatal chamber. The data was obtained using a set of questionnaires and observation sheets.*

**Results:** *The results shows that the majority of mothers were in healthy reproductive age (20-35 years), upper secondary education, unemployment, low socioeconomic classes and sufficient breastfeeding. Most mothers received family support from husbands and other family members and do not experience physical or psychological anxiety.*

**Conclusion:** *From this study, it is noted that there is no relationship between family support with maternal physical and psychological anxiety. However, the study found there is a relationship between support of health workers and families with breastfeeding adequacy. It is suggested that the Standard Operating Procedures (SOP) and leaflet assistance for mothers who have LBW in hospital perinatal room may play important roles in handling mothers' anxiety and breastmilk sufficiency.*

**Keywords:** *Support, Maternal anxiety, Breastmilk sufficiency.*

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