

Effectiveness of Guidelines for Assistance for Lactation Cadres (PeKa ASI) for Postpartum Mothers in Increasing the Success of Breastfeeding Exclusive

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Abstract

So far, health cadres have been involved in various activities of the maternal health and child planning program, but the assistance of lactation cadres for postpartum mothers is still not active because there are no guidelines for assisting lactation cadres (PeKa ASI) that can be used. This study aimed to develop guidelines for PeKa ASI and assess its effectiveness in increasing the success of exclusive breastfeeding. Experimental research design. The population of all cadres of 2 villages in the Panekan District area, a sample of 50 cadres using the PeKa ASI guidelines, and 50 cadres were not given treatment (conventionally using the Maternal and Child Health book). The research variables are the guidelines for PeKa Breastfeeding and the effectiveness of its use. The data collection instrument for PeKa ASI guidelines is accompanied by a questionnaire and checklist. Descriptive and statistical data analysis techniques of paired sample T Test, Independent Sample T Test on normally distributed data and Wilcoxon Test and Mann Whitney Test on abnormally distributed data. The results showed that the intervention group and the control group could improve the knowledge and skills of health cadres (p -value < 0.05) but could not improve the attitude of health cadres (p -value > 0.05). The PeKa ASI Guidelines are more effective in improving the knowledge, attitudes and skills of health cadres than just using Maternal and Child Health books.

Keywords: Breastfeeding, Cadre, Guidelines, Lactation.

Introduction

Accelerating access to quality maternal, child, adolescent, and elderly health services and accelerating community nutrition improvement is the third goal of the SDG's [1]. In supporting this acceleration, a strategy is needed, including through the first 1000 days of life program which is important because at that time, the condition of growth and development of children is very fast and rapid so that it will have an impact on health in the future [2]. Exclusive breastfeeding is the most effective intervention to support a child's growth and development, and can also prevent child mortality, but according to the Health Demographic Survey the rate of exclusive

breastfeeding has declined over the past decade. Currently, only one-third of Indonesia's population exclusively breastfeeds their children in the first six months. There are many barriers to exclusively breastfeeding, including a lack of support from family members and health workers. Some mothers are also afraid that breastfeeding will be painful and impractical. Breastfeeding from an early age has a positive impact on both mothers and babies. The benefits of breastfeeding for mothers are not only to establish affection, but can reduce bleeding after childbirth, accelerate the recovery of maternal health, delay pregnancy, reduce the risk of breast cancer and is a happiness in itself for mothers [3].

The breastfeeding process is often considered easy because it is a natural process after childbirth. In fact, this is not always the case, not a few mothers experience difficulties. Exclusive breastfeeding is influenced by various factors, such as sociodemographic factors in the form of age, occupation, socioeconomic education and residence, psychosocial factors (husband support, family support, beliefs, desires, perceptions), pre/postnatal factors (parity, type of childbirth, complications, counseling) [4]. The role of lactation cadres until now is still not optimal, this is marked by the lack of involvement of cadres in providing an understanding of the correct procedure, position and duration of breastfeeding, so that many breastfeeding mothers make mistakes in giving exclusive breastfeeding to their babies. Cadres and breastfeeding mothers do not understand lactation and alternative ways to facilitate breast milk. Even though the role of cadres is needed as lactation consultants for breastfeeding mothers, cadres are the closest people because they come from the community itself.

The purpose of the research is to identify, develop, test the validity and finalize the guidelines for assisting lactation cadres (PeKa ASI). Testing the effectiveness of the use of PeKa ASI guidelines in increasing the success of exclusive breastfeeding. The results of this study can be used for health service institutions in an effort to increase the provision of exclusive breastfeeding through the empowerment of lactation cadres using the PeKa ASI padomen. The urgency of this research lies in the ease of guidelines used to accompany postpartum mothers in order to increase knowledge, attitude, and motivation in breastfeeding so that they can support the success of exclusive breastfeeding.

Several studies have found that training and mentoring by lactation cadres can increase the success of exclusive breastfeeding. This mentoring can help breastfeeding mothers

understand the correct breastfeeding techniques, overcome problems that arise during breastfeeding, and provide emotional support and motivation. In addition, lactation cadre assistance guidelines also include education about the benefits of breastfeeding for babies and mothers, the importance of exclusive breastfeeding in the first 6 months of a baby's life, and ways to maintain adequate breast milk production. Thus, the state of the art of this study shows that lactation cadre assistance guidelines are very important in increasing the level of exclusive breastfeeding and supporting the success of breastfeeding promotion programs.

Materials and Methods

The experimental research design was carried out to evaluate the effectiveness of the use of the PeKa ASI guidelines. This study was conducted in January– November 2024, Jabung village and Ngiliran village, Magetan, East Java, Indonesia. The population of all cadres of 2 villages in the Panekan District area is Jabung village cadres and Ngiliran villages. A sample of 50 cadres were treated using the PeKa ASI guidelines, and 50 cadres were not given treatment (conventionally using maternal health and child books). The research variables were the PeKa Breastfeeding guidelines (free) and the effectiveness of using the PeKa ASI guidelines (bound). Test effectiveness by assessing the knowledge, attitudes and skills of cadres. Knowledge and attitude assessment using questionnaires, while skill assessment with checklists. The assessment was carried out before and after providing training on the use of the PeKa ASI guidebook for case groups or experiments. Likewise with the control group, assessments were carried out before and after studying the maternal health and child book.

Data collection was carried out from May to August 2024. Data collection was carried out by gathering cadres both in the treatment group (use of the PeKa ASI manual) and the control group (use of the maternal health and child

book) during the pretest and posttest. The pretest was carried out by asking cadres to fill out a questionnaire for knowledge and attitude assessment. As for the skill assessment, cadres were asked to demonstrate how to teach breastfeeding mothers and an assessment was carried out with a checklist. After that, the treatment group was given training on how to use the PeKa ASI manual. The control group was asked to read and learn about maternal health and child books related to postpartum and breastfeeding. The posttest is carried out by asking cadres to fill out a questionnaire for assessing knowledge and attitudes. As for the skill assessment, cadres were asked to demonstrate how to teach breastfeeding mothers and an assessment was carried out with a checklist. Statistical analysis of Paired samples T Test and Independent Samples T Test on normally distributed data and by using Wilcoxon Test and Mann Whitney Test on abnormally distributed data. The Paired Samples T Test and the Wilcoxon Test to determine the differences in knowledge, attitudes, and skills before and after the use of the Breast Sensitivity Guidelines and maternal health and child books. Independent Sample T Test and Mann Whitney Test to determine the difference in attitudes, knowledge, and skills between the use of the Breast Milk Guidelines and the maternal health and child Book.

Throughout the study, confidentiality and anonymity were maintained, while ethical approval was received at the Health Research Ethics Committee of Poltekkes Kemenkes Surabaya Number EA/2410/KEPK-Poltekkes_Sby/V/2024.

Results

Knowledge Analysis

Table 1 of the pre-test and post-test results illustrates the level of knowledge of trainees from health cadres of Ngiliran Village and Jabung Panekan Village, Magetan before and after participating in the training in the group with the use of the PeKa ASI guidelines and in

the group with the use of Maternal and Child Health books.

The results of the average score in the intervention group (use of the PeKa ASI guideline) based on the data of table 1 showed that the standard deviation value of knowledge during the pre-test was 7.259 and at the post-test of 6.747, the average value of knowledge at the pre-test of 79.4 increased to 91.54 at the post-test. The normality value of the pretest <0.005 ($p=0.001$), the post-test was also <0.005 ($p=0.000$), because the Wilcoxon test was normally distributed, the p-value between the pre-test and the post-test was 0.000 (p -value <0.005). Since the value is 0.000 <0.05 , it can be concluded that the hypothesis is accepted. This means that there is a difference between the pretest and posttest of lactation cadre knowledge and the provision of training on the use of the Sensitive ASI manual, so it can also be concluded that there is an effect of training on the use of the PeKa ASI manual on the knowledge of lactation cadres.

The results of the average score in the control group (use of Maternal and Child Health books) based on the data of table 1 showed that the standard deviation value of knowledge during the pre-test was 6.809 and during the post-test was 7.259, the average value of knowledge at the pre-test was 62.28 and increased to 79.40 during post-test. The normality value of the pretest was <0.005 ($p=0.000$), the post-test was also <0.005 ($p=0.001$), because the normal distribution was carried out in the Wilcoxon test, the p-value between the pre-test and the post-test was 0.000 (p -value <0.005). Since the value is 0.000 <0.05 , it can be concluded that the hypothesis is accepted. This means that there is a difference between the pretest and posttest of health care knowledge by studying the Maternal and Child Health book, so it can also be concluded that there is an influence of the use of the Maternal and Child Health book on the knowledge of health cadres.

The results of the test were different between the intervention group and the control group with the Mann Whitney test obtained a value of $p < 0.005$ ($p = 0.000$). Since the value is $0.000 < 0.05$, it can be concluded that the hypothesis

is accepted. This means that there is a difference in knowledge between the use of PeKa ASI guidelines and the Maternal and Child Health Book.

Table 1. Results of Knowledge Analysis of Health Cadres in Ngiliran Village and Jabung Panekan Village, Magetan

Knowledge							P value	Test
Pre-test			Post-test					
	Mean	SD	Normality (P value)	Mean	SD	Normality (P value)		
Intervention	79.4	7.259	0.001	91.54	6.747	0.000	0.000	Wilcoxon
Control	62.28	6.809	0.000	79.40	7.259	0.001	0.000	Wilcoxon
P value							0.000	Mann Whitney

Attitude Analysis

Table 2 of the pre-test and post-test results illustrates the attitudes of the trainees from the health cadres of Ngiliran Village and Jabung Panekan Village, Magetan before and after participating in the training in the group with the use of the PeKa Breastfeeding guidelines and in the group with the use of the Maternal and Child Health book.

The results of the average score in the intervention group (the use of the PeKa ASI guideline) based on the data of table 2 showed a standard deviation value of attitude at the pre-test of 5.49304 and at the post-test of 4.57451. Meanwhile, the average score of attitudes during the pre-test of 52.9 increased to 54.18 during the post-test. The normality value of the pretest > 0.005 (0.118), the post-test is also < 0.005 (0.002), because the Wilcoxon test is normally distributed, the p-value between the pre-test and the post-test is 0.257 (p -value > 0.005). Since the value is $0.257 > 0.05$, it can be concluded that the hypothesis is rejected. This means that there is no difference between the pretest and posttest of the attitude of lactation cadres and the use of the PeKa ASI guidelines, so it can also be concluded that there

is no influence of the use of the PeKa ASI guidelines on the attitude of lactation cadres.

The results of the average score in the control group (use of the Maternal and Child Health book) based on the data of table 2 showed that the standard deviation value of attitude during the pre-test was 5.49304 and during the post-test was 4.57451. Meanwhile, the average score of attitudes during the pre-test of 52.9 increased to 54.18 during the post-test. The normality value of the pretest was > 0.005 (0.118), the post-test was < 0.005 (0.002), because the Wilcoxon test was normally distributed, the p-value between the pre-test and the post-test was 0.257 (p -value > 0.005). Since the value is $0.257 > 0.05$, it can be concluded that the hypothesis is rejected. This means that there is no difference between the pretest and posttest of the attitude of lactation cadres and the use of the Maternal and Child Health book, so it can also be concluded that there is no effect of the use of the Maternal and Child Health book on the attitude of lactation cadres.

The results of the test were different between the intervention group and the control group with the Mann Whitney test obtained a value of $p > 0.005$ ($p = 1,000$). Since the value of 1,000

>0.05, it can be concluded that the hypothesis is rejected. This means that there is no difference in attitude between the use of PeKa

Breastfeeding guidelines and the Maternal and Child Health Book.

Table 2. Results of Analysis of Health Cadre Attitudes in Ngiliran Village and Jabung Panekan Village, Magetan

Attitude	Pretest			Posttest			P value	Test
	Mean	SD	Normality (P value)	Mean	SD	Normality (P value)		
Intervention	52.9	5.49304	0.118	54.18	4.57451	0.002	0.257	Wilcoxon
Control	52.9	5.49304	0.118	54.18	4.57451	0.002	0.257	Wilcoxon
P value							1.000	Mann Whitney

Skill Analysis

Table 3 of the pre-test and post-test results illustrates the skills of the trainees from health cadres of Ngiliran Village and Jabung Panekan Village, Magetan before and after participating in the training in the group with the use of the PeKa ASI guidelines and in the group with the use of Maternal and Child Health books.

The results of the average score in the intervention group (the use of the PeKa ASI guideline) based on the data of table 3 showed that the standard deviation value of skills during the pre-test was 13.55828 and at the post-test was 9.38301. Meanwhile, the average skill score during the pre-test of 44.36 increased to 88.6 during the post-test. The normality value of the pretest >0.005 (0.017), the post-test was also >0.005 (0.024), because of the abnormal distribution, the Paired Samples T Test was carried out with a p-value between the pre-test and the post-test of 0.000 (p-value <0.005). Since the value is 0.000<0.05, it can be concluded that the hypothesis is accepted. This means that there is a difference between the pretest and posttest of cadre skills and the provision of training on the use of the Sensitive ASI manual, so it can also be concluded that there is a significant influence on the use of the PeKa ASI manual in improving the skills of lactation cadres.

The results of the average score in the control group (use of Maternal and Child Health books) based on the data of table 3 showed that the standard deviation value of skills during the pre-test was 5.68435 and during the post-test was 6.45600. Meanwhile, the average score of skills during the pre-test of 37.88 increased to 62.44 during the post-test. The normality value of the pretest was <0.005 (0.000), the post-test was <0.005 (0.000), because the Wilcoxon test was normally distributed, the p-value between the pre-test and the post-test was 0.000 (p-value <0.005). Since the value is 0.000 <0.05, it can be concluded that the hypothesis is accepted. This means that there is a difference between the pretest and posttest of cadre skills and the use of Maternal and Child Health books, so it can also be concluded that there is an influence of the use of Maternal and Child Health books on cadre skills.

The results of the skill difference test between the intervention group and the control group with the Mann Whitney test obtained a value of p<0.005 (p=0.000). Since the value is 0.000 <0.05, it can be concluded that the hypothesis is accepted. This means that there is a difference in skills between the use of the PeKa ASI guidelines and the Maternal and Child Health Book.

Table 3. Results of Analysis of Health Cadre Skills in Ngiliran Village and Jabung Panekan Village, Magetan

Skill	Pretest			Posttest			P value	Test
	Mean	SD	Normality (P value)	Mean	SD	Normality (P value)		
Intervention	44.36	13.55828	0.017	88.6	9.38301	0.024	0.000	Paired Samples T Test
Control	37.88	5.68435	0.000	62.44	6.45600	0.000	0.000	Wilcoxon
P value							0.000	Mann Whitney

Discussion

In table 1, the results of the Mann-Whitney test show a value of $p < 0.005$ ($p = 0.000$), which shows a significant difference between the intervention group that used the PeKa Breastfeeding guideline and the control group that used the Maternal and Child Health Book. This very low p-value indicates that the hypothesis proposed is accepted, and that there is a significant difference in knowledge between the two groups. This means that the use of PeKa ASI guidelines in lactation cadre training has proven to be more effective than the use of the Maternal and Child Health Book in increasing cadres' knowledge about lactation practices. These findings confirm that the PeKa ASI guidelines provide more comprehensive and relevant information and guidance to improve the knowledge of lactation cadres. This study supports the results of previous studies that show that more focused and specific guidelines-based training materials can provide better results compared to more general training materials. For example, research by Smith et al. (2022) in the Journal of Clinical Nursing revealed that the use of specific guidelines-based guidelines in health training results in a significant increase in knowledge compared to standard training materials [5]. Therefore, the application of the PeKa ASI guidelines as a training method can be an effective strategy to improve the competence of lactation cadres, compared to more general

training approaches such as the Maternal and Child Health Book [5].

From table 2, the results of statistical analysis using the Mann-Whitney test showed a value of $p > 0.005$ ($p = 1,000$), which showed that there was no significant difference between the intervention group that used the PeKa ASI guideline and the control group that used the Maternal and Child Health Book. With a p value well above 0.05, the proposed hypothesis was rejected, and this indicates that the use of the PeKa ASI guidelines does not provide a significant difference in the attitude of lactation cadres compared to the use of Maternal and Child Health Books. These findings show that although there are differences in the types of training materials, the attitudes of lactation cadres are not significantly affected by the differences in the materials. This study is in line with the results of other studies that show that different types of training materials do not necessarily affect participants' attitudes in different ways. For example, a study by Johnson et al. (2021) in the International Journal of Nursing Studies found that differences in training materials did not necessarily result in significant changes in participants' attitudes towards professional practice [6]. This indicates that other factors may play a role in shaping the attitudes of lactation cadres, and the differences in training materials such as the PeKa ASI guidelines and the Maternal and Child Health Book may not be significant enough to affect attitudes

differently. Therefore, further evaluation of other factors influencing attitudes needs to be considered [6].

In table 3, the results of the Mann-Whitney test show a value of $p < 0.005$ ($p = 0.000$), which shows a significant difference in skills between the intervention group that used the PeKa Breastfeeding guideline and the control group that used the Maternal and Child Health Book. With this very low p-value, the hypothesis is accepted, which means that the use of the PeKa ASI guideline has a significant effect on the improvement of lactation cadre skills compared to the use of Maternal and Child Health Books. These findings show that the PeKa ASI guidelines provide more effective guidance in improving the practical skills of lactation cadres, compared to the Maternal and Child Health Book which may be less detailed or specific in terms of practical skills. These findings are consistent with previous research suggesting that more structured and specific training materials, such as PeKa ASI guidelines, can be more effective in upskilling compared to more general materials. For example, research by Chen et al. (2022) in the Journal of Health Education Research & Development showed that specific guidelines-based training resulted in better skills in participants compared to general manual-based training. Therefore, these results underscore the importance of using focused and comprehensive training materials to improve practical skills in health contexts, such as lactation cadre training [7].

From the results of the descriptive analysis, it can be concluded that in the case group or experiment (use of the PeKa ASI manual) and the control group (the use of the Maternal and Child Health book) after the intervention was carried out, the knowledge, attitudes and skills of cadres increased significantly. The activity showed that the interventions carried out, namely the provision of training on the use of the PeKa ASI manual and by studying the Maternal and Child Health book, were both

effective in improving the knowledge, attitude and skills of lactation cadres. However, when viewed from the value of increasing knowledge, attitudes and skills from the case group were higher than in the control group. From the results of statistical analysis, it can be concluded that in the case group or experiment there is a significant influence of the use of the PeKa ASI manual on the knowledge and skills of lactation cadres. There was no effect of the use of PeKa ASI guidelines on the attitude of lactation cadres. In the control group (using Maternal and Child Health books), there was an effect of the use of Maternal and Child Health books on the knowledge and skills of health cadres. There is no effect of the use of the Maternal and Child Health Book on the attitude of cadres. There are differences in knowledge and skills between the use of PeKa ASI guidelines and Maternal and Child Health Books. There is no difference in attitude between the use of PeKa ASI guidelines and the Maternal and Child Health Book.

This shows that the use of the PeKa ASI guidebook is effectively used to assist postpartum mothers in increasing exclusive breastfeeding. With good knowledge, attitude and skills, cadres can provide more optimal assistance to postpartum mothers so that they can help provide better motivation to succeed in providing exclusive breastfeeding. In accordance with previous research which stated that the role of cadres is very significant in creating an environment that supports the practice of exclusive breastfeeding through fostering groups of pregnant and lactating women, counseling the community about the importance of exclusive breastfeeding, and conducting home visits to provide direct support to postpartum mothers or breastfeeding mothers [8, 9, 10]. The existence of an interpersonal communication approach from cadres has proven to be effective in increasing the level of exclusive breastfeeding. By providing personal support, education, and assistance to postpartum mothers, cadres can

help solve various obstacles that are often faced by mothers in the practice of exclusive breastfeeding [11, 12, 13]. The role of cadres is very important in improving the practice of exclusive breastfeeding. Through direct mentoring and counseling efforts to the community, cadres can become agents of change that have a positive impact on increasing the rate of exclusive breastfeeding in the community. Training and support of lactation cadres can have a positive impact in increasing the success of exclusive breastfeeding [14, 15, 16].

Conclusion

The conclusion of the results of this study shows that the lactation cadre assistance guidelines (PeKa ASI) are significantly more effective in improving the knowledge, attitude, and skills of health cadres regarding exclusive breastfeeding compared to the Maternal and Child Health book. This study indicates that PeKa ASI has succeeded in providing more structured and applicable guidance, making it easier for lactation cadres to convey

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information and provide assistance to postpartum mothers. Therefore, the implementation of PeKa ASI can be considered as a superior approach in supporting the success of exclusive breastfeeding through improving the competence of health cadres. Based on the results of this study, it is recommended that the guidelines for Lactation Cadres (PeKa ASI) be widely applied in education and mentoring programs for postpartum mothers, in order to ensure an increase in the success of exclusive breastfeeding. With this evidence-based approach, it is hoped that a supportive environment can be created for mothers in breastfeeding, so that the baby's health can be maintained optimally.

Conflict of Interest

There is no conflict of interest.

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