

ABSTRACT

Ari, Silmi Najiyah. 2025. Description of Attitudes of Mothers Who Married at a Young Age toward Exclusive Breastfeeding in Pandansari Village, Poncokusumo District, Malang Regency. Thesis. Diploma Program in Midwifery. Politeknik of Health, Ministry of Health Malang. Main Supervisor: Jupriyono, M.Kes.

Early marriage remains prevalent in rural areas and may affect a mother's readiness to fulfill her role as a parent, including the practice of exclusive breastfeeding. A mother's attitude toward breastfeeding is a key factor in the success of breastfeeding practices. This study aimed to describe the attitudes of mothers who married at an early age toward exclusive breastfeeding in Pandansari Village, Poncokusumo District, Malang Regency. This research employed a descriptive quantitative design with descriptive statistical analysis. The sample consisted of 32 mothers who had married at an early age within the past five years, selected using total sampling technique. The instrument used was the IIFAS (Iowa Infant Feeding Attitude Scale) questionnaire, consisting of 17 Likert-scale items. The respondents' total scores were converted into T-scores and categorized into two attitude groups: supportive and unsupportive of exclusive breastfeeding. The results showed that 17 respondents (53.1%) had an unsupportive attitude, while 15 respondents (46.9%) had a supportive attitude. These findings illustrate that the majority of mothers who married at an early age have not yet developed a supportive attitude toward exclusive breastfeeding. This highlights the importance of educational interventions and social support involving families and the surrounding community to improve supportive attitudes toward exclusive breastfeeding, particularly among mothers who married at a young age.

Keywords: Mother's Attitude, Early Marriage, Exclusive Breastfeeding, T-Score