

## Mothers' Knowledge and Attitudes About Milk Eczema in Infants (0-24 Months) in Sianipar Village, Sub-District Balige Toba District

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**Abstract :** Milk eczema is a chronic, recurring skin inflammation accompanied by itching that is often experienced by infants. This milk eczema problem is actually not caused by breast milk (ASI) because from the results of a study conducted by Osborn (2007) it was found that babies who received breast milk intake for a longer time were less likely to experience milk eczema when compared to babies who had been given formula milk or solid food too early. The purpose of this study was to determine the knowledge and attitudes of mothers about milk eczema in infants (0-24 months) in Sianipar Sihail Hail Village, Balige District, Toba Regency in 2024. The design of this study was descriptive with a cross-sectional approach with a sample size of 38 people with a total sampling method. This study was conducted from October to November 2024. The instruments in this study were in the form of a questionnaire covering demographic data and a questionnaire on the knowledge and attitudes of mothers about milk eczema in infants (0-24 months). The results of the study showed that the majority of mothers had sufficient knowledge as many as 23 people (60.5%) and had a positive attitude 26 people (68.4%) about milk eczema. From this study, it is expected to be an input for every health worker in hospitals and private practices in improving the provision of information and understanding about milk eczema that occurs in infants, especially during immunization, considering that the incidence of milk eczema is still found today.

**Keywords :** Knowledge, Attitude, Milk Eczema.

### 1. INTRODUCTION

Breast milk is the first, main, and best food for babies, which is natural. Breast milk contains various nutrients such as protein, carbohydrates, fats, vitamins, and minerals in balanced amounts that are very much needed in the growth and development of babies. Therefore, WHO recommends exclusive breastfeeding for 6 months. Related to that, there is something that is unfortunate, namely the low understanding of mothers, families, and communities regarding the importance of breast milk for babies. As a result, the Exclusive Breastfeeding program does not run optimally (Prasetyono, 2009).

The suboptimal provision of exclusive breastfeeding to infants by mothers is often associated with the problem of milk eczema that occurs in infants. Based on data obtained from the Division of Pediatric Dermatology, Department of IKKK, Faculty of Medicine, University of Indonesia/ Dr. Cipto Mangunkusumo Hospital, throughout 2005-2009, it shows that the incidence of milk eczema ranks first in infants and toddlers from the 10 most common diseases in the Dermatology Division.

Milk eczema is a chronic, recurring skin inflammation accompanied by itching. In the medical world it is known as atopic eczema or atopic dermatitis (FKUI, 2005, p. 5). Milk eczema occurs more often in infants with skin disorders that are often found in the cheek area,

therefore it is often misunderstood that milk eczema occurs due to breast milk residue sticking to the cheeks (Jhonson, 2009.) so that errors occur in its handling.

This eczema problem is actually not caused by breast milk (ASI) because from the results of research conducted by Osborn (2007) it was found that babies who receive breast milk intake for a longer time are less likely to experience eczema when compared to babies who have been given formula milk or solid food too early (Hendra, 2006). This is because breast milk contains immunoglobulin A (IgA) which can help protect babies from allergens that can come from formula milk or solid food (Judarwanto, 2009).

Although the problem of milk eczema that occurs in babies is not a contagious and fatal disease, if not treated properly it will cause discomfort to the baby considering the symptoms caused by this milk eczema are itching in the eczema area (FKUI, 2008). However, there are still mothers who ignore this because of ignorance of the problem of milk eczema that is often experienced by their babies, especially in the first year of birth.

Based on data from a research survey conducted by researchers on September 4 , 2024 using an interview method on 6 mothers who had babies with milk eczema, there were 4 mothers who said that their babies had milk eczema because of the remaining breast milk that stuck to the cheeks after the baby was breastfed, while the others said they did not know why their babies had milk eczema.

## **2. THEORETICAL STUDY**

### **Knowledge**

Knowledge is an impression in the human mind as a result of the use of its five senses and is different from beliefs , superstitions , and misinformation (Soekanto, 2003, p. 8). *Knowledge is also defined as the result of knowing, and this occurs after people sense a particular object. Sensing occurs through the five human senses , namely the senses of sight, hearing, smell, taste and touch. Most human knowledge is obtained through education, personal experience, both alone and others, mass media and the environment (Notoadmodjo, 2007).*

#### **1. Level of knowledge**

Analysis bloom's taxonomy is presented by Notoatmodjo (2003) states that that knowledge in the cognitive domain has 6 levels that is :

- a. Know, *Know means remembering a material that has been studied previously. Verbs to measure that people know about what they are studying include mentioning, describing, defining and stating. Therefore, know is the lowest level of knowledge.*

- b. Understanding (*comprehension*), Understanding is the ability to explain correctly about known objects and can interpret the material correctly. People who have understood must be able to explain, give examples, conclude and predict.
- c. Application ( *application*), Application is the ability to use material that has been learned in real situations or conditions.
- d. Analysis, Analysis means the ability to describe material or an object into the smallest components/parts but still related. This analysis ability is seen from the use of verbs such as; describe, distinguish, separate and group.
- e. Synthesis (synthesis), Synthesis is an ability to compile new formulations from existing formulations. Such as being able to compile, plan, summarize, and adjust to an existing theory or formulation.
- f. Evaluation, *Evaluation is related to the ability to make an assessment of a material or object based on self-determined criteria.*

### **Attitude**

Attitude is a person's readiness to take action. Attitude is a reaction or response that is still closed from a person to a stimulus or object (Syafuruddin, 2009, p. 126). Attitude is a willingness to act and not the implementation of a particular motive. Attitude is not yet an action or activity, but is a predisposition to an action of a behavior. According to Maramis (2006, p. 254) attitude is a form of response or action that has a positive or negative value towards an object or person accompanied by emotion.

1. The attitude level consists of;
  - a. Receiving, Receiving means that the person/subject is willing and pays attention to the stimulus given. For example, *a person's attitude towards nutrition* can be seen from the person's willingness and attention to lectures on nutrition.
  - b. Responding, Responding means giving an answer when asked, doing and completing the tasks given.
  - c. Valuing, inviting others or discussing a problem is an indication of attitude.
  - d. Responsible, Responsible for everything that has been chosen with all the risks is the highest attitude. Attitude measurement can be done directly and indirectly. Directly it can be stated how *the respondent's opinion or statement is towards an object. In general*, the respondent's opinion towards an object.

## 2. Attitude Scale

Attitudes can be measured using *the Likert Scale*. It is a method of implementing attitude statements that uses the distribution of respondents as the basis for determining the scale value. This test group should have characteristics that are as similar as possible to the characteristics of the individual whose nature is to be expressed. *The Likert scale* is used to measure attitudes consisting of components of strongly agree, agree, disagree and strongly disagree (Arikunto, 2006, p. 148).

## Milk Eczema

Milk eczema is a chronic disease and often recurs (FKUI, 2006). Milk eczema or in medical terms called atopic dermatitis is a skin disorder, chronic in nature, in the form of redness on the facial skin, which is very itchy and recurrent (Sutawijaya, R. 2010).

### 1. Milk Eczema Classification

The classification of milk eczema consists of:

- a. Infantile or baby stage milk eczema, As many as 80% of cases of milk eczema or atopic dermatitis are suffered by babies and about 50% are cured at around 2 years of age. Baby boys suffer from milk eczema more often than baby girls. The initial skin condition is usually a reddish patch accompanied by itching on the cheeks, abrasions, scabs caused by scratching and experiencing secondary infections. This condition can last for several months to years. The itching suffered often results in sleep disorders in babies so that it often causes emotional disturbances that can worsen the disease.
- b. Childhood milk eczema, Milk eczema suffered by young children can be a continuation of the course of infantile milk eczema or just arise at an early age. Children's skin tends to be dry. Typical areas that occur in children are on the wrists, elbow folds, knees, back of the feet and hands. In addition, it can also occur on the cheeks, eyelids and nape.
- c. Adult stage milk eczema, The abnormalities that arise remain symmetrical. The affected areas are often on the eyelids, forehead, around the mouth, nape, neck, upper chest, shoulders, folds and back of the hands. The affected skin is dry, has red patches and is accompanied by many scratch marks.

### 3. RESEARCH METHODS

The research design used in this study is a descriptive type with a *cross-sectional approach* (research conducted only once) which aims to determine the knowledge and attitudes of mothers about milk eczema in infants (0-24 months) in Sianipar Sihail Hail Village, Balige District, Toba Regency in 2024.

The population in this study were all mothers who had babies (0-24 months) who had experienced milk eczema in Sianipar Sihail Hail Village, Balige District, Toba Regency in 2024, as many as 38 people. The sampling technique used with sampling was *total sampling*, namely all mothers who had babies (0-24 months), as many as 38 people. With the criteria that can be used as samples are:

- a. All mothers who have babies (0-24 months) whose babies have experienced milk eczema.
- b. Willing to be a respondent

In conducting this research, the instrument used was a questionnaire sheet/survey prepared by the researcher himself with direction from the supervisor. A questionnaire is a number of written questions used to obtain information from respondents. The questionnaire in this study contains demographic data of respondents, knowledge questionnaires and attitude questionnaires.

Questions for knowledge as many as 10 (ten) questions consist of answer choices: a, b, c. If the answer is correct then it is given a value of one (score = 1), and if the answer is wrong then it is given a value of zero (score = 0). The assessment used is according to the guttman scale (Riduan, 2010).

The questionnaire of mothers' knowledge and attitudes about milk eczema in infants (0-24 months) was compiled and developed by the author. So before being distributed, a trial of the questionnaire was conducted on 10 mothers who had the same criteria as the sample, namely mothers who had babies (0-24 months) and whose babies had or were experiencing milk eczema.

#### 1. Validity Test

Validity is a measurement and observation that means the principle of instrument reliability in data collection. The instrument must be able to measure what should be measured (Nursalam, 2006, p. 104). The *validity test* carried out is by means of content validity *which* was tested by Dr. Christoffel L. Tobing, SpOG (K) .

#### 2. Reliability Test

Reliability is the similarity of measurement and observation results when the facts or realities of life are measured or observed many times at different times. The reliability

coefficient was conducted on January 27, 2011, at the Nurma Siringo-ringo Maternity Clinic, Jln. Jaya Gg. Seray No. 4 Simpang Limun Medan with 10 mothers as respondents who had the same criteria as the sample, then the data was processed using the SPSS Program by finding the *Alpha Cronbach reliability coefficient value* for knowledge 0.946 and for *Alpha Cronbach attitude* 0.804.

Data collection was carried out by filling out a questionnaire by respondents to determine the knowledge and attitudes of mothers about milk eczema in infants (0-24 months) in Sianipar Sihail Hail Village, Balige District, Toba Regency in 2024. The data collection procedure carried out was by submitting a letter of application for research permit to the Akper HKBP Balige educational institution, and submitting a request for permission to conduct research to the head of Sianipar Sihail Hail Village, Balige District, Toba Regency in 2024, after obtaining permission, the researcher conducted the research. Furthermore, the researcher visited the clinic twice a week and the researcher also came during the immunization schedule held at this clinic, namely every 6th and 20th of each month.

After that, the researcher looked for potential respondents who met the criteria and explained the purpose and benefits of this study and asked for the approval of potential respondents to become respondents by signing *an informed consent*, after that the researcher accompanied the respondents and explained to the respondents if there were any questions that were unclear. Then the researcher rechecked the completeness of the data. Furthermore, the data that had been collected was analyzed.

Analysis of the data used with with stages: 1) *Editing*, namely data is checked/checked questionnaire entries. If incomplete then ask respondents to fill it in again, 2) *Coding* , namely by providing a code for each respondent's answer to make it easier for researchers to analyze and process data and draw conclusions from data entered into a table, 3) *Entering*, namely entering data that has been scored into a computer/SPSS program, 4) *Cleaning* , rechecking the data that has been *entered* whether there are errors or not so as to avoid data processing errors. The data analysis carried out was univariate and bivariate analysis.

#### **4. RESULTS AND DISCUSSION**

To identify mothers' knowledge and attitudes about milk eczema in infants (0-24 months), researchers used a questionnaire containing ten knowledge questions and ten attitude statements. The following will describe the results of the study, namely the characteristics of respondents, knowledge and attitudes of mothers about milk eczema in

infants (0-24 months) in Sianipar Sihail Hail Village, Balige District, Toba Regency in 2024.

### Respondent characteristics

In this study, the characteristics of respondents include age, education, occupation and number of parities. Based on table 5.1, it is known that mothers aged 20-35 years are the most respondents, namely 33 people (86.8%), the most education is junior high school (SMP) namely 13 people (34.2%), the most jobs are self-employed namely 16 people (42.1%), and the most parities are respondents who have 2 children, namely 14 people (36.8%).

**Table 1. Distribution of Respondents Based on Mother's Characteristics about Milk Eczema in Babies (0-24 months) in Sianipar Sihail Hail Village, Balige District, Toba Regency in 2024**

Characteristics	f	%
<b>Age</b>		
<20 years	2	5.3
20-35 years	33	86.8
>35 years	3	7.9
<b>Total</b>	38	100
<b>Education</b>		
No graduated from elementary school	2	5.3
SD	7	18.4
JUNIOR HIGH SCHOOL	13	34.2
SENIOR HIGH SCHOOL	10	26.3
PT	6	15.8
<b>Total</b>	38	100
<b>Work</b>		
housewife	6	15.8
Self-employed	16	42.1
Employee private	13	34.2
civil servant	3	7.9
<b>Total</b>	38	100
<b>Amount Parity</b>		
1 person	4	10.5
2 persons	14	36.8
3 people	13	34.2
>3 people	7	18.4
<b>Total</b>	38	100

### Respondent knowledge

Knowledge is the result of *knowing*, and this happens after people sense a particular object. Sensing occurs through the five human senses, namely the senses of sight, hearing, smell, taste, and touch. Most human knowledge is obtained through the eyes and ears.

Based on table 2. the choice of answers to the mother's knowledge, it was found that the mothers who answered the questions correctly were 35 people (92.1%) in question number

6, and it was found that the mothers who answered the questions correctly were 22 people (57.9%). 1 was 34 people (89.5%), and questions 2 and 4 were 30 people (78.9%). Meanwhile, the mothers who answered the questions incorrectly were 16 people (42.1%) in questions 7 and 9, and it was found that the mothers who answered the questions incorrectly were 3 people (7.9%).

**Table 2. Distribution of Respondents Based on Characteristics of Questions on Mothers' Knowledge of Milk Eczema in Infants (0-24 months) in Sianipar Sihail Hail Village, Balige District, Toba Regency in 2024**

No	Question	Choice Answer			
		Correct		Wrong	
		f	%	f	%
1.	Definition eczema milk	34	89.5	4	10.5
2.	Symptoms of milk eczema	30	78.9	8	21.1
3.	Itching in milk eczema	26	68.4	12	31.6
4.	Factor initiator eczema milk	30	78.9	8	21.1
5.	Skin texture affected by milk eczema	24	63.2	14	36.8
6.	Location of milk eczema	35	92.1	3	7.9
7.	Age the emergence eczema milk	22	57.9	16	42.1
8.	Complications from eczema milk	25	65.8	13	34.2
9.	How to prevent the occurrence eczema milk	22	57.9	16	42.1
10.	Treatment method eczema milk	27	71.1	11	28.9

Source : processed data by author , 2024

Based on table 3, it states that the majority of respondents showed sufficient knowledge about milk eczema, namely 23 people (60.5%) and good knowledge 15 people (39.5%).

**Table 3. Distribution of Respondents Based on Mother's Knowledge about Milk Eczema in Babies (0-24 months) in Sianipar Sihail Hail Village, Balige District, Toba Regency in 2024**

Category	f	(%)
Good	15	39.5
Enough	23	60.5
Total	38	100

Source : processed data by author , 2024

### **Respondents' Attitudes**

Attitude is a person's reaction or response that is still closed to a stimulus or object. Attitude clearly shows the suitability of the reaction to a particular stimulus. Based on table 4, the results of the mothers' answer choices regarding the attitude statement about milk eczema, it was found that for positive statements (numbers 1, 2, 4, and 5), most mothers chose the answer agree on number 4, which was 19 people (50.0%), those who answered disagree on



number 5 were 21 people (55.3%), and the respondents who answered most disagree on statements number 2 and 5 were 6 people (15.8%).

For negative statements (numbers 3 and 6), the most respondents who answered agree to number 3 were 8 people (21.1%), those who answered disagree to number 6 were 13 people (34.2%) and those who answered disagree to number 6 were 24 people (63.2%).

**Table 4 Distribution of Respondents Based on Mother's Attitude Statements About Milk Eczema in Babies (0-24 months) in Sianipar Sihail Hail Village, Balige District, Toba Regency in 2024**

No	Statement	Choice Answer					
		Agree		Not enough agree		No Agree	
		F	%	F	%	F	%
1.	Eczema milk happen No Because used milk or breast milk that sticks to the cheek baby after breastfeeding	17	44.7	14	36.8	7	18.4
2.	Affected babies eczema milk should still breastfed	18	47.4	14	36.8	6	15.8
3.	Eczema milk seldom happen on baby who has given food breast milk supplement before aged not enough from 6 months	8	21.1	20	52.6	10	26.3
4.	Areas experiencing eczema milk should do n't scratch For prevent the occurrence infection	19	50.0	11	28.9	8	21.1
5.	The itchy feeling felt by baby can triggered Because weather hot And sweat	11	28.9	21	55.3	6	15.8
6.	Clothes newly bought baby No must washed clean before use	1	2.6	13	34.2	24	63.2

Source : processed data by author , 2024

## 5. DISCUSSION

### Mother's Characteristics of Milk Eczema in Babies (0-24 months)

Based on table 4, it is known that from 38 mothers who were respondents, the majority were mothers aged 20-35 years, as many as 33 people (86.8%) and the minority of mothers aged <20 years were 2 people (5.3%). This is related to the opinion of Mubarak (2007) who stated that with increasing age, there will be changes in the psychic and psychological (mental) aspects where a person's level of thinking becomes more mature and adult. This is in accordance with the theory that reproductive age is indeed more active in seeking and obtaining information compared to non-productive age.

At the level of education, it was found that the majority of mothers had junior high school education, namely 13 people (34.2%) and the minority did not graduate from elementary school, namely 2 people (5.3%). In accordance with the opinion of Notoadmojo (2007) who stated that the basic concept of education is a learning process which means that

in education there is a process of growth, development, or change towards a more mature, better, more mature individual, group or society. Starting from the concept of education, the learning process in individuals, groups or communities from not knowing about health values to knowing, from not being able to overcome their own health problems to being able. This aims to see that the higher the education of the respondents, the easier it is to absorb information and ideas. The higher a person's education is expected in the knowledge and ability they have to behave healthily.

In terms of work, it was found that the majority of mothers worked as entrepreneurs, namely 16 people (42.1%) and a minority of mothers worked as Civil Servants (PNS) as many as 3 people (7.9%). According to Mubarak (2007), the work environment can make someone gain experience and knowledge both directly and indirectly. Judging from the number of parities, the majority of mothers have 2 children, namely 14 people (36.8%) and the minority of mothers with 1 parity as many as 4 people (10.5%). This is in contrast to the opinion of Notoadmojo (2007) who stated that there is a tendency for the health of mothers and babies with low parity to be better than those with high parity, there is an association between parity levels and certain diseases.

### **Mother's Knowledge about Milk Eczema in Babies (0-24 months)**

Based on the research results obtained, the majority of respondents had sufficient knowledge about milk eczema, namely 23 people (60.5%) and a minority of respondents had good knowledge, namely 15 people (39.5%). Respondents still answered many wrongly on knowledge about the age at which milk eczema can occur, how to prevent milk eczema, the texture of the skin of babies affected by milk eczema, and complications that can occur. Knowledge will affect a person's lifestyle in improving health in a conducive manner. There are still many respondents who have sufficient knowledge about milk eczema in babies (0-24 months) influenced by various factors such as the lack of counseling provided by health workers about milk eczema to mothers who have babies so that prevention of this disease cannot be done.

### **Mother's Attitudes about Milk Eczema in Babies (0-24 months).**

Based on the results of the study, it is known that the majority of mothers have a positive attitude, namely 33 people (86.8%). Respondents mostly chose to agree with positive statements about areas with milk eczema should not be scratched, babies with milk eczema should still be given breast milk, and milk eczema is not due to leftover milk or breast milk

that sticks to the baby's cheeks after breastfeeding. For negative statements, the majority of respondents answered disagreeing about newly purchased baby clothes not having to be washed clean before use. According to the author's assumption that the majority of respondents have a positive attitude, it is not necessarily applied directly to the actions of mothers in caring for their children. This attitude is still a closed reaction, not yet an action or activity but a predisposition to action.

## **6. CONCLUSION AND SUGGESTIONS**

From the results of research that has been conducted on Knowledge and attitudes of mothers about milk eczema in infants (0-24 months) in Sianipar Sihail Hail Village, Balige District, Toba Regency were obtained :

1. In terms of characteristics of milk eczema in infants (0-24 months), it is known that mothers aged 20-35 years are the largest respondents, namely 33 people (86.8%), the largest education is junior high school (SMP) namely 13 people (34.2%), the largest occupation is self-employed, namely 16 people (42.1%), and the largest number of parities are respondents who have 2 children, namely 14 people (36.8%).
2. In terms of knowledge about milk eczema in infants (0-24 months), it shows that the majority of respondents have sufficient knowledge, 23 people (60.5%).
3. In terms of attitudes towards milk eczema in babies (0-24 months), the majority of respondents have a positive attitude, 26 people (68.4%).

Which is the research suggestion This is that The results of this study are expected to be input for every health worker in hospitals and private practices in improving the provision of information and understanding about milk eczema that occurs in infants, especially during immunization.

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