

## Exclusive Breastfeeding can maintain A Newborn's body Temperature in a Normal Temperature State

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### Abstract

The investigate pointed to decide the impact of breastfeeding on body temperature, body weight, and jaundice of 0–72 h-old infants in Sitti Khadijah I Mother and Child Clinic of Makassar. The investigate was an observational longitudinal plan. The tests were breastfeeding moms and 0–72 h-old infant newborn children comprising of 70 individuals chosen utilizing the purposive examining strategy. The information was analyzed utilizing the Chi-square test. The result of the research demonstrated that there are 29 respondents giving select breastfeeding with newborn children typical body temperature 29 people. There is an effect of giving breastfeeding on body temperature ( $p = 0.016$ ), but there's no impact on body weight ( $p = 0.168$ ) and jaundice ( $p = 0.083$ ) of 0–72 h-old infants.

**Keywords:** Breastfeeding; Body temperature; Bodyweight; Jaundice

### Introduction

Breastfeeding in the early days is exceedingly recommended since it gives health benefits for both mother and child. The benefits of breastfeeding immediately are for the baby's survival, immunity, preventing hypothermia, the sucking reflex of the mother's nipple, and releasing the hormone Oxytocin will invigorate drain production. The World Wellbeing Organization (WHO) states that breast milk (ASI) is the first food for newborn children. It is detailed that 2/3 of under-five deaths happen in infancy, most of which are related to destitute feeding hones. It is broadly recognized that the part of immediate breastfeeding can decrease 22% of all neonatal deaths so that breastfeeding gets to be a beat need for infants. In expansion to preventing hypothermia, breastfeeding is also related with expanded birth weight [1-3].

Neonatal weight misfortune within the first days is frequently a concern for moms. Usually a handle of physiological alteration of the intrauterine environment's transition from the intrauterine environment. Usually, term neonates will experience a weight loss of about 5–10% of birth weight amid the primary week of life. Weight loss of more than 10% of birth weight indicates a problem with breastfeeding. Inadequate breastfeeding causes a need of caloric intake, lack of hydration, decreased gastrointestinal motility [4]. The WHO statement has not been fully executed, it is proven that there are still babies aged months getting nourishment and drinks other than breast drain, as detailed by the Essential Wellbeing Inquire about (RIKESDAS) about the rate of breastfeeding designs in infants based on the month age gather, there are 39.8% who get exclusive breastfeeding. 55.1% were given water and nectar, and 20% were given equation drain. The causes of failure in breastfeeding include working mothers, need of knowledge of mothers, culture in society, and the expansion of promoting formula drain.

### Materials and Method

The population was all normal newborns at RSIA Siti Hadijah I Makassar. A sample of 70 individuals was selected by purposive inspecting who met the incorporation criteria, namely: Babies born with normal conveyance, sound babies, moms being able to breastfeed, and willing to require portion in this ponder by marking the educated assent issued by the Ethics Committee of the Faculty of Medicine Hasanuddin University. Information collection was done by coordinate observation and systematic recording of the protest to be considered. [5-7] Researchers carried out observations by observing and recording:

Breastfeeding, which incorporates; the primary time breastfeeding was given, estimation of the baby's body temperature, weighing the baby's weight, and surveying jaundice in the infant. The analysis within the form of univariate and bivariate analysis is the investigation of the free variables that are thought to have a relationship with the related factors. Examination of the data utilized is the Chi-Square test. Through the Chi-Square test, a conclusion is then drawn; if the  $p$ -value  $<0.05$ , at that point  $H_a$  is acknowledged, showing an impact between the dependent variable and the autonomous variable. In the interim, in case the  $p$  esteem  $>0.05$ , then  $H_o$  is rejected, which demonstrates there's no impact between the dependent variable and the independent variable.

### Discussion

Early initiation of breastfeeding (IMD) is a condition when the infant begins breastfeeding itself after birth, when the baby can be able to suckle on its possess, with the criteria that the mother's skin contact with the baby's skin occurs in the to begin with 60 min after the child is born This prepare is known as skin to skin between the infant and mother so that the warmth from the mother's skin can consequently affect the temperature of the infant who is prone to warm loss [8]. One of the endeavors to avoid a diminish within the baby's temperature within the to begin with hour of birth is early breastfeeding start. In expansion, in hypothesis, the mother's skin capacities as a hatchery, a thermoregulatory for the infant. Mother's skin temperature is  $1^{\circ}\text{C}$  higher than moms who are not giving birth; with the event of skin-to-skin contact, the mother's skin temperature will naturally increment by  $2^{\circ}\text{C}$ .

In addition to hypothermia, there was hyperthermia in 1 person (2.4%) with a body temperature of  $37.6^{\circ}\text{C}$  in mothers who did not give exclusive breastfeeding. Hyperthermia is an increase in body temperature above the hypothalamic setting point when the heat loss

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mechanism is irritated or affected by warm, for example, the utilize of warming gadgets that are too hot, thick clothing coming about in dehydration and need of fluids or from breast milk substitutes such as equation drain so that it happens. In addition, the baby's sensitivity (hypersensitivities) and a warm reaction happen in the baby's body. When examined from the characteristics of the respondents, the education level and the mother's occupation influence not giving elite breastfeeding. This is taking after a few studies in which, information results from "knowing," which happens after individuals have sensed a specific protest [9-10]. Formal instruction variables impact knowledge itself. While the study comes about were based on the baby's weight, it was found that there was no impact of breastfeeding on the weight of infants aged 0–72 h.

This happens that newborns often experience weight loss because, within the womb, the baby gets nutrition directly from the mother through the umbilical cord so that when outside the womb, the baby must try to get nutrition results of this study are in line with research<sup>6</sup> with the title *The Relationship Between Frequency, Length of Breastfeeding With Baby Weight At the Mariani Maternity Polyclinic Medan*. The result was that there was no relationship between the frequency of breastfeeding and the baby's weight  $p = 0.815$  ( $p > 0.05$ ), and also between the duration of breastfeeding and the baby's weight. Breastfeeding with Growth and Development of 6 Months Old Babies at Nanggalo Wellbeing Center with examination comes about  $p = 0.696$  and formative values  $p = 0.062$ . This thinks about explains that there's no relationship between breastfeeding and the development and improvement of infants aged six months.

Excess weight in formula-fed babies indicates weight, and corpulence can occur when seen from the normal development curve of breastfed babies. The weight gain of babies fed equation milk is higher than that of babies who are solely breastfed. However, this does not mean that babies nourished formula drains are better than exclusively breastfed babies. When examined from the characteristics of the respondents, maternal parity impacts the failure to breastfeed. Parity has something to do with looking for information about a mother's knowledge of breastfeeding. The encounter gained by the mother can extend one's knowledge in breastfeeding. That the experience of mothers in caring for children affects knowledge around elite breastfeeding and the physical and mental readiness of experienced moms will undoubtedly be more arranged than mothers who have not experienced. Then these results too showed that there was no impact of breastfeeding on the incidence of jaundice in infants matured 0–72. It happens that babies who are breastfed often pass meconium early, so they tend to have a low incidence of physiological jaundice.

## Conclusion

Exclusive breastfeeding can maintain a newborn's body temperature in a normal temperature state. There is no difference between exclusive breastfeeding or not exclusive breastfeeding on weight loss of infants aged 0–72 h. There is no effect of select breastfeeding on the incidence of jaundice in newborn children matured 0–72 h. It is recommended that there's a lactation counseling room for both mothers who are still in care and for mothers who are going home.

## Conflict of Interest

The authors declared that there is no conflict of interest

## Acknowledgement

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