

Baby-Friendly Facilities to Support Healthy Tourism

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Abstract—Breastfeeding can reduce the risk of acute infections such as diarrhea, haemophilus influenza, meningitis, and urinary tract infections. WHO and UNICEF recommend exclusive breastfeeding for six months. The² motivation to provide exclusive breastfeeding can come from within the individual or from outside the individual. Social support has a big¹⁰ role in the success of breastfeeding. Government also plays a role in providing social support to breastfeeding mothers as listed in PP RI No. 33 of 2012 concerning the Provision of Exclusive Breastfeeding articles 3, 4 and 5. Regulations for organizers of public facilities listed in PP RI No. 33 of 2012 article 30. Special facilities for breastfeeding and/or milking breast milk is essential when travelling. The existence of lactation room is one of the factors that support the convenience of traveling This study is a descriptive qualitative research with case study as the research design It was conducted in March-October 2018. There were several research locations in this study namely Adi Sutjipto International Airport, Giwangan Terminal, Jombor Terminal, Yogyakarta Tugu Train Station and Lempuyangan Train Station. The research subjects in each study location consisted of five people. The tools and instruments used in the study were interview guides, checklists, voice recorders and stationery. Data collection was carried out by interviewing the subject of the study as well as observations of the lactation room facilities at the research location. The results of the study were as follows. Lempuyangan Station, Tugu Station, Giwangan Terminal, Jombor Terminal, and Adi Sutjipto International Airport have provided lactation rooms. However, the facilities and infrastructure of lactation rooms in these locations were not yet in accordance with the minimum standards of lactation space. Provision of lactation rooms in the airport and the two stations were quite good. Meanwhile, the lactation room and its facilities in Giwangan Terminal and Jombor Terminal needs to be improved.

Keywords: *breastfeeding, lactation room, facilities, traveler, tourist*

I. INTRODUCTION

One indicator of the success of health development is a decrease in infant mortality and an increase in community nutritional status [1]. The results of the 2017 Indonesian Demographic Health Survey (IDHS) showed that the infant mortality rate (IMR) amounted to 24/1000 live births [2]. IMR is a health indicator that is included in the one of

MDGs goals. The IMR in Indonesia is shown to be declining from year to year.

The infant mortality rate in DIY Province in 2017 reached 313 cases [3]. The health profile of Kulon Progo Regency in 2016 explained that the rate of infant mortality in Kulon Progo Regency in 2015 amounted to 9.7/1000 live births with causes of death including low birth weight, diarrhea and broncho pneumonia. One of the causes of these deaths was inadequate breastfeeding [4].

Breastfeeding decreases the risk of acute infections such as diarrhea, haemophilus influenza, meningitis, and urinary tract infections. Breastfeeding also protects babies from future chronic diseases such as type 1 diabetes. Breastfeeding temporarily delays female fertility and reduces the risk of postpartum bleeding, breast cancer, pre menopause and ovarian cancer [5]. Exclusive six-month breastfeeding continued breastfeeding up to 11 months, and, providing complementary foods at the age of six months can reduce under-five mortality by 13% [6].

WHO and UNICEF recommend exclusive breastfeeding for six months, breastfeeding in the first hour after giving birth, breastfeeding on demand (as often as the child wants), and not using bottles and pacifiers [7]. The Indonesian Health Demographic Survey explained that 55% of babies suckle up to the age of two and the percentage of children who do not get breast milk rose from 8% in the 2012 IDHS to 12% in the 2017 IDHS [2].

The target of the coverage of exclusive breastfeeding in Indonesia in 2014 was 80% [1]. Based on the 2013 IDHS report, the achievement of exclusive breastfeeding was 42% [8]. According to the data from the Provincial Health Office in 2014, the exclusive national breastfeeding coverage was 54.3% (8), and exclusive breastfeeding coverage in DIY Province in 2017 was 74.9% [3].

According to Nuryanti and Hadjam, motivation to give exclusive breastfeeding is the impulse that arises to start breastfeeding, maintain breastfeeding behavior, and direct the behavior to achieve the² goals of exclusive breastfeeding [9]. Motivation can come from within the individual itself or from outside the individual.

Baron and Byrne (2010) stated that social support is physical and psychological comfort provided by friends, people

around the environment or family members [10]. In line with this statement,

Sarafino mentioned that social support is a feeling of comfort, attention, appreciation, or assistance received from other people or groups. Sarafino added that people who receive social support have the belief that they are loved, valued, and are part of a group that can help them when they need help [11]. Smet (1994) in Sopiyan, added that social support consists of verbal or non-verbal information or advice, real assistance, or actions or actions obtained because of the presence of others and has emotional benefits for the recipient [12]. Soetjningsih argued that social support from the environment around mothers has a large role in the success of breastfeeding. In addition to the support of the closest people, government also plays a role in giving social support to nursing mothers [13]. This is stated in the Government Regulation of the Republic of Indonesia No. 33 of 2012 concerning Provision of Exclusive Breastfeeding. Article 3, article 4 and article 5 state the responsibility of the government in supporting exclusive breastfeeding programs including fostering, supervising and evaluating the implementation and achievement of exclusive breastfeeding programs in public facilities on a national, provincial and district/city scale [5]. This resulted in the issuing of regulations for organizers of public facilities.

This regulation is stated in Government Regulation of the Republic of Indonesia Number 33 of 2012 article 30, namely the stakeholder of public facilities must support the exclusive breastfeeding program listed in paragraph 1. Special facilities to support breastfeeding and/or milking breast-milk must be provided in public facilities as stated in article 2. The public facilities are referred in Article 30, one of which is airport [5].

Based on the existing empirical data from observations and also the experience of the researchers, special facilities for

breastfeeding and/or milking breast-milk are very necessary when travelling specially for nursing mothers. The existence of a lactation room is one of the factors that support the convenience of traveling.

II. METHOD

This type of research is descriptive qualitative research with case study as the research design. The goal of case study is to explore a case by collecting various sources of information through observation, interviews and document review. The location chosen for this study consisted of one airport, two terminals, and two train stations in Special Region of Yogyakarta. The research sites included Adi Sutjipto International Airport, Giwangan Terminal, Jombor Terminal, Tugu Railway Station, and Lempuyangan Railway Station. The research was conducted during March-October 2018. The research subjects in each study location were five people consisting of leaders, staff, male visitors, non-nursing mothers, and nursing mothers. The tools and instruments used in the study were interview guides, checklists, voice recorders and stationery. Data collection was done by interviewing the research subjects and observing the lactation room facilities in the research location.

III. RESULTS

Lactation Room Observation

The facilities in the lactation room at Lempuyangan Station, Tugu Station, Giwangan Terminal, Jombor Terminal and Adi Sutjipto International Airport are presented in Table 1. The table shows that Jombor Terminal was the worst facilities while airport and Lempuyangan station were the best.

TABLE I. LACTATION ROOM FACILITIES

Variable	Lempuyangan Train Station		Tugu Train Station		Giwangan Terminal		Jombor Terminal		Adi Sutjipto Airport	
	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Air conditioning room	√	-	√	-	√	-	-	√	√	-
Sink	-	√	-	√	√	-	-	√	√	-
Sterilizer	√	-	-	√	-	√	-	√	-	√
Soap washing hand	-	√	-	√	-	√	-	√	√	-
Chair/sofa	√	-	√	-	√	-	-	√	√	-
Table	√	-	√	-	-	√	-	√	√	-
Baby box	√	-	√	-	-	√	-	√	√	-
Pillow	√	-	-	√	-	√	-	√	-	√
Tissue/handwipe	√	-	-	√	-	√	-	√	√	-
Cupboard cooler	-	√	-	√	-	√	-	√	√	-
Dispenser	√	-	-	√	-	√	-	√	√	-
Washcloth	-	√	-	√	-	√	-	√	-	√
Dustbin	√	-	-	√	-	√	-	√	√	-
Media IEC	-	-	√	-	-	√	-	√	-	√

Source: Primary Data, 2018

The observation results of the general lactation room infrastructure are presented in Table 2. The table shows that the airport and Lempuyangan station were the best.

TABLE II. LACTATION ROOM INFRASTRUCTURE

Variable	Lempuyangan Station		Tugu Station		Giwangan Terminal		Jombor Terminal		Adi Sutjipto Airport	
	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Area of 3x4 m ²	√	-	-	√	√	-	-	√	-	√
Enclosed space	√	-	√	-	√	-	-	√	√	-
The door can be locked	-	√	√	-	√	-	√	-	√	-
The door is easily accessible	√	-	√	-	√	-	√	-	√	-
Waterproof floor	√	-	√	-	√	-	√	-	√	-
Ventilation	√	-	-	√	-	√	√	-	√	-
Enlightenment is enough	√	-	√	-	√	-	-	√	√	-
Hazard free	√	-	√	-	-	√	√	-	√	-
Quiet	√	-	√	-	-	√	√	-	√	-
Bright wall	√	-	√	-	√	-	√	-	√	-

Source: Primary Data, 2018

The observation results regarding the facilities of lactation room are presented in Table 3. This table shows that Tugu station had the best facilities.

TABLE III. FACILITIES OF PUBLIC LACTATION ROOM

Variable	Lempuyangan Station		Tugu Station		Giwangan Terminal		Jombor Terminal		Adi Sutjipto Airport	
	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Directions to the lactation room.	-	√	√	-	-	√	-	√	-	√
Easy to access	√	-	√	-	√	-	√	-	√	-
Room ID board.	√	-	√	-	√	-	√	-	√	-

Source: Primary Data, 2018

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The observation results of on supporting documents for training can be seen in Table 4. The table shows that the airport has no supporting documents for training.

TABLE IV. LACTATION ROOM SUPPORTING DOCUMENTS

Variable	Lempuyangan Station		Tugu Station		Giwangan Terminal		Jombor Terminal		Adi Sutjipto Airport	
	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Supporting documents	√	-	√	-	-	√	-	√	-	√

Source: Primary Data, 2018

IV. DISCUSSION

The range of lactation room facilities at the five research sites varied greatly. Lempuyangan Station's lactation room was generally good, but it lacked washbasins, hand-washing soaps, refrigerators, and washcloths. The observation of Tugu Station's lactation space revealed that it has met seven of the minimum requirements. The facilities that did not meet the requirements were a sink, sterilizer, hand washing soap, pillows, tissue/cloth, refrigerator, washcloth, dispenser and trash can. The Lactation Room of Giwangan Terminal only fulfilled three of the 14 observation variables while the one in Jombor Terminal did not fulfill any of the variables. Thus it could be said that the lactation rooms in the two terminals were inappropriate.. The lactation room at Adi Sutjipto International Airport was considered as good because it has met ten of the 14 observation variables.

However, it still lacked sterilizers, pillows, washcloths and IEC media.

In terms of infrastructure, the lactation room at Lempuyangan Station that has not fulfilled the requirements because the door could not be locked although it still could be opened/closed tightly. The lactation room at Tugu Station, Jombor Terminal and Adi Sutjipto Airport have not yet fulfilled several variables namely the size of space which is only enough for one breastfeeding mother, absence of air ventilation, uncovered space, and poor lighting although one of lactation room is equipped with AC. Meanwhile, Giwangan Terminal is not free from potential hazards and noise originating from buses.

Accessibility is usually determined by directions or placards or information boards. Regarding accessibility, several research locations such as Lempuyangan Station, Giwangan

Terminal, Jombor Terminal and Adi Sutjipto Airport, have not installed a signpost to the lactation room. Then, in terms of supporting documents, five research locations that have supporting documents for lactation rooms in the form of guest books were Lempuyangan Station and Tugu Station. Meanwhile, Giwangan Terminal, Jombor Terminal and Adi Sutjipto Airport have not provided one because the use of lactation space was still not optimal.

Supporting documents needs to be provided in addition to the necessary facilities of lactation room to create a comfortable atmosphere when breastfeeding in public space.

Weber's research [14] stated that to encourage and improve breastfeeding, workplace must provide breastfeeding space and maintain a comfortable and clean environment. Government has the obligation to guarantee the rights of babies to get exclusive breastfeeding. As stated in Law No. 36 of 2009 Article 128, every baby has the right to get exclusive breast milk from birth for 6 months unless there is a medical indication, and during exclusive breastfeeding mother must receive support from the family, government and community. This can be achieved by providing special time and facilities for the provision of public facilities as written in paragraph (2) held at workplaces and public facilities [15]. The existence of lactation room is necessary for mothers who wished to pump breast milk [16].

Besides Law No. 36 of 2009, the government also issued Government Regulation No. 33 of 2012 breastfeeding that regulate exclusive breastfeeding assistance and lactation space. In addition, Regulation of the Minister of Health of the Republic of Indonesia No. 15 of 2013 issued the Procedures for Providing Special Facilities for Breastfeeding and/or Reducing Breastfeeding in workplace. As a follow up to the existing regulations, the Mayor of Yogyakarta issued a special policy regarding breastfeeding through Yogyakarta City Regulation Number 1 of 2014 concerning Provisions for Exclusive breastmilk [15,17]. According to Labbok's research (2008), in order to achieve the ideal national reproductive health, breastfeeding and strong synergy from the health and policy sectors is vital [18]. According to Anderson et al (2015), the important thing in supporting lactation-friendly workplaces is interpersonal communication and positive strategies that are applied [19]. The American Dietetic Association (2009) states that sustainable support is very important to ensure the success of breastfeeding [20].

The Minister of Health Regulation of the Republic of Indonesia number 15 of 2013 [21] concerning Procedures for Provision of Special Facilities for Breastfeeding and/or Reducing Breastfeeding states that lactation rooms must cover facilities and infrastructure in accordance with the minimum standards and needs. The health requirements of lactation room include a minimum of 3x4 m² of space or adjusted for the number of breastfeeding mothers; accessible door; ceramic/cement/carpet flooring; adequate ventilation and air circulation; free from potential hazards and pollution; quiet environment, far from noise; sufficient room lighting, not dazzling; maximum room humidity of 60%; and sink with running water. The equipment in

lactation room is categorized into two namely breast milk storage equipment and supporting equipment. Breast milk storage equipment includes refrigerators (refrigerators), cooling gels (ice packs), refrigerated breast milk bags (cooler bags), and breast milk bottle sterilizers. The supporting equipment includes tables; chair/sofa with backrest; media for Educational Information Communication (IEC) on Breastfeeding and Early Breastfeeding Initiation (IMD) in the form of posters, photos, leaflets, booklets or counseling; storage cabinets; cold and hot dispenser; bottle washers; closed bins; air conditioner (fan/AC); curtain/limiting cloth; washcloth/tissue/cloth; and pillows to support while breastfeeding.

The facilities and infrastructure of lactation rooms in various research locations were not yet in accordance with the minimum standards of lactation space, namely the unavailability of sinks and hand washing soap, pillows, sterilizers, washcloths and IEC media about breastfeeding. Pillows are used to support the baby and to relieve the burden on the mother's arm that is used to support the baby. Breast milk bottle sterilizers are used to sterilize bottles used to store milk from milk. Washcloths are generally used to compress mother's breasts, usually with warm water if available. IEC media is used as a Health education media which is expected to increase the knowledge of mothers in giving exclusive breastfeeding and increasing mothers' ability to care for their breasts so that maternal and infant health increases [22].

V. CONCLUSION

Lempuyangan Station, Tugu Station, Giwangan Terminal, Jombor terminal and Adi Sutjipto International Airport have provided lactation room. The provision of lactation room at the airport and the two stations were quite good. Giwangan Terminal and Jombor need more improvement regarding lactation room and facilities. Those facilities are very important to support healthy traveling among tourists and traveler to support healthy tourism.

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