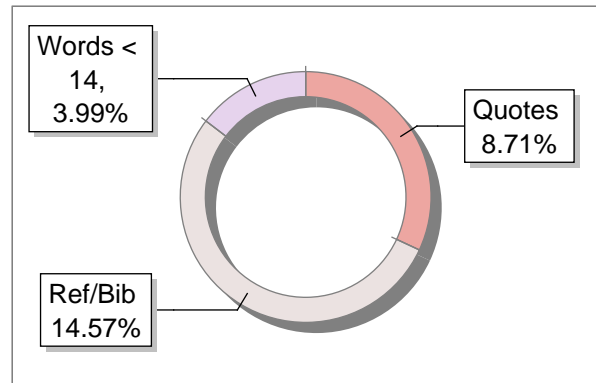
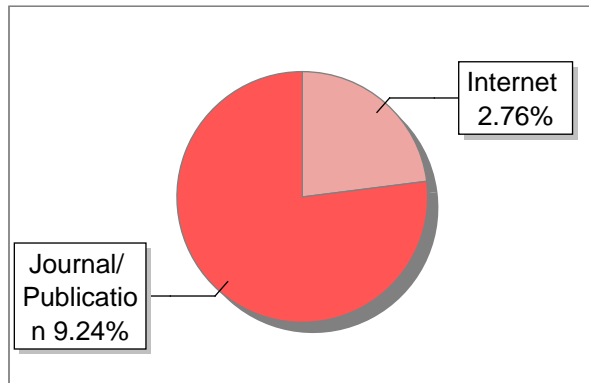
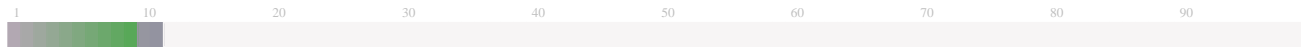


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**THE UNDERSTANDING OF THE MUSLIM SOCIETY OF  
THE BREASTFEEDING VERSES IN THE QUR'AN  
A STUDY ON BREASTFEEDING MOTHERS  
IN YOGYAKARTA**

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**PEMAHAMAN MASYARAKAT MUSLIM TERHADAP  
AYAT-AYAT MENYUSUI DI DALAM AL-QUR'AN  
PENELITIAN PADA IBU MENYUSUI DI YOGYAKARTA**

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**Abstract**

*This article examines four moderate indicators initiated by the Ministry of Religious Affairs of the Republic of Indonesia in Muslim student circles. The Ministry of Religious Affairs has claimed moderation in its institutions, but the question is; has it been implemented by Muslim students of Islamic Religious Colleges? This study used a qualitative approach through in-depth interviews with 36 students studying at three Islamic Religious Universities in Malang using the purposive sampling method. The focus of the study in this study is 1) students' religious understanding and practice related to the four moderate indicators of the Ministry of Religious Affairs; and 2) the cause of the articulation of moderation and its implications related to how to build moderate thoughts in students. The results showed; (1) there are differences in religious understanding and practice related to the four moderate indicators of the Ministry of Religious Affairs. Indicators that have problems are tolerance and non-violence in intrareligious areas, especially in minority sects. Other indicators (national commitment and accommodating to local culture) are in safe areas. (2) The causes of the emergence of moderation articulation among students from family backgrounds to organizations involved.*

**Keywords:** *Understanding of the Qur'an, Muslim society, breastfeeding of a religious perspective, Breastfeeding of a medical perspective*

**Abstrak**

Pemahaman masyarakat muslim Indonesia terhadap ayat-ayat AlQur'an disinyalir masih rendah. Potensi religiusitas masyarakat yang memiliki keyakinan agama yang kuat belum dimanfaatkan sebagai sarana sosialisasi urgensi pemberian ASI eksklusif. Salah satu buktinya yang terjadi di Kabupaten Kulonprogo Yogyakarta bahwa angka stunting pada anak akibat dari kurangnya asupan ASI pada bayi. Artikel ini bertujuan membentuk pemahaman ibu-ibu muslim Yogyakarta terhadap ayat-ayat menyusui dalam Qur'an dan faktor-faktor pemahaman ayat-ayat tersebut. Penelitian yang menggunakan pendekatan deskriptif kualitatif melibatkan partisipan yang berjumlah 90 orang (ibu menyusui di Kabupaten Sleman, Bantul, Kulonprogo, Gunung kidul), dan kota Yogyakarta. Penelitian yang memberikan sudut pandang baru terkait menyusui yang berupaya menggabungkan pendekatan kesehatan dan agama dalam pemahaman manfaat menyusui dengan merekomendasikan perlunya optimalisasi peran ulama dalam kajian perintah menyusui di dalam Al-Qur'an.

**Kata Kunci:** *Pemahaman Al-Qur'an, Masyarakat muslim, menyusui perspektif Agama, menyusui perspektif medis*

## INTRODUCTION

Child health problems related to the activities of breastfeeding mothers in the world are still interesting things to discuss, from the perspective of religion, environment, culture, the role of the family, and the facilities of the government and workplace institutions. Breastfeeding is essential for the normal growth and development of the newborn and also helps in the prevention of various infections and hence Islam has encouraged breastfeeding or breastfeeding for short (Zahid & Muhammad, 2017).

So far, the study of breastfeeding has been mapped into two perspectives: religious and health perspectives). The religious perspective, research on breastfeeding in Singapore has revealed a relationship between certain religions and the length of breastfeeding. Christian and Muslim mothers were more likely to breastfeed their children, compared to local Buddhist and Taoist mothers (Bensaid, 2021). However, in contrast to Africa, where the dominant religions of Islam and Christianity are, breastfeeding rates continue to be among the lowest in the world, with only 20% of babies under 6 months of age being exclusively breastfed and some breastfeeding rates as low as 2% and 4% respectively in Chad (Bensaid, 2021). Based on medical perspective, in Indonesia, exclusive breastfeeding is included in the Health Law and National Health Regulations. The promotion of exclusive breastfeeding is often

promoted by health workers and breastfeeding counselors (Spagnoletti et al., 2018). Through the socialization of the Health Office, officers and cadres of the Integrated Healthcare Center have worked to raise awareness of the value of breastfeeding for infants. So far, medical personnel tried to educate the public about the importance of breast milk. However, the success rate is still low, as evidenced by the high stunting rate.

Stunting is a massive issue discussed in the Indonesian health sector because it affects many children at their growing age (toddlers). According to the 2018 National Health Research data, the number of stunting sufferers in Indonesia is 30.8%, still far above the target threshold set by WHO, which is 20%, although it has decreased compared to 2013 data, which is 37.2% (Sukmawati et al., 2020).

One example of the occurrence of stunting in children is in the Kulonprogo area. Kulonprogo is one of the districts in Yogyakarta that still has a high rate of stunting in children. Kulonprogo Regency is a district that has the lowest Regional Original Income (PAD/Local Revenue) in Yogyakarta. This has resulted in a high level of poverty among its citizens and has resulted in reduced nutritional intake for children under five. Poverty also results in low human resources. According to data from the Kulonprogo District Health Office, the stunting rate in this district has reached 3,157 children (Islam et al., 2020). The areas with the highest number of cases are

Kalibawang, Samigaluh, and Kokap Districts.

Many factors cause stunting, but not giving exclusive breastfeeding is the dominant factor as a risk factor for children experiencing stunting (Hikmahrachim et al., 2020). This article aims to show the forms of understanding of Yogyakarta Muslim mothers towards the verses on breastfeeding in the Qur'an and the factors for understanding these verses.

This article makes the case that, in addition to medical knowledge, one more strategy is to inspire people through religious means. Yogyakarta society, as part of the Indonesian nation, is a society characterized by religion, so the religion approach is a very strategic effort. The Qur'an has strongly recommended breastfeeding mothers to provide exclusive milk for two years as stated in QS. Al-Baqarah [2: 233]. The potential for the religiosity of people with strong religious and religious beliefs and beliefs has not been used to socialize the urgency of exclusive breastfeeding (Vrublevskaya et al., 2019).

Suggestions for breastfeeding until the child is 2 years old are listed in the Qur'an, not less than 4 verses of the Qur'an that talk about breastfeeding, namely Q.S. Al-Baqarah, Luqman, Al-Ahqaf, and Q.S. Annisa (Salah El Gendy, 2020). As a country with a majority Muslim population, it is alleged that Indonesian Muslims' understanding of the Qur'an verses is still relatively low (Nuraniyah, 2018).

## **Breastfeeding in Islamic Perspective**

The religious approach is one of the efforts that are considered very appropriate and strategic. The Qur'an has explicitly recommended that breastfeeding mothers provide breastfeeding for two years as stated in the Q.S. Al-Baqarah (Ramani et al., 2019).

The urgency of breastfeeding through the approach of Islamic teachings with the obligation for every mother to breastfeed and perfect it for up to 2 years, can be a means of encouraging and motivating Integrated Healthcare Centre cadres to disseminate religious teachings to prevent stunting. For the community, this knowledge can increase religious awareness by realizing that exclusive breastfeeding is part of religious teachings to optimize the potential for infant growth and development. Socialization was also given regarding the intake of healthy and quality foods to increase the quantity and quality of breast milk provided by breastfeeding mothers (Ramezani et al., 2017). To help socialize the obligation of breastfeeding for mothers from an Islamic perspective, it would be nice if it is preceded by an understanding of the content of each verse of breastfeeding contained in the Qur'an. The verses are as follows. Breastfeeding is a form of worship based on Q.S. Al-Ahqaf: 15. This verse describes the mother conceiving, giving birth, and breastfeeding for up to 30 months. Before this verse, it was explained that Allah's right to humans was in the form of worshiping

Him, obeying His commands, and staying away from His prohibitions, so this verse concerning the mother's duty was related to worshipping Him. The previous verses describe Allah's right to humans, namely to worship and obey Allah's commands and stay away from His prohibitions. All of which requires to always be continuous, to raise a strong belief and avoid fear and grief. Before this verse, Allah said about worship, breastfeeding is part of a series of worship. About breastfeeding, Allah ordained humans to do personal to their parents, namely noble kindness and born from a dialectic of human origins from while in the womb to be able to do many things in adulthood.

The order for the completion of breastfeeding for up to 2 years is based on the Q.S. Al-Baqarah. The translation of the verse states that mothers feed their children for two full years, namely for those who wish to complete breastfeeding. It is the duty of the baby's father to provide sustenance and clothing to the mothers. From an early age, the Qur'an has outlined that breast milk is the best food for babies up to the age of two. However, of course, the biological mother's milk is better than breast milk from donor mother. By breastfeeding the biological mother, the child feels more at ease because, according to scientific research, when the baby hears the sound of the mother's heartbeat, which he has known specifically since the stomach. Heart rate is different between one woman and another woman (Fehlert et al., 2017). Mothers are ordered to breastfeed their children from birth to two

full years. Two years is the maximum limit for the perfection of breastfeeding. Providing breast milk for their babies to complete breastfeeding for up to 2 years based on Q.S. Luqman. The verse 13 is in the form of advice to monotheism Allah by not associating with other gods. Then verse 14 is a testament to serve mothers and fathers who must be honored because of their efforts in educating and providing for their children from the time of pregnancy and cleaning them and giving of them within two years from the day of the child's birth. This is if the parents wish to complete breastfeeding (Nadeem et al., 2017). As stated in Q.S. Al-Baqarah, which points out the perfection of breastfeeding for two complete years, *wa fishaaluhu fi 'amayni* is understood to mean continuing to breastfeed the child after two years, according to Ibn Kathir's commentary. (Brockway et al., 2018).

### Breastfeeding from a Medical Perspective

Breast milk is an important component in the growth and development of the baby. Breast milk is produced from the breast, the subcutaneous gland in which there are alveoli, which is where milk is produced. Besides, there is smooth muscle in the breast where the milk is released (Amaliasari et al., 2020). Nutrition in newborns in the early life phase plays an important role in the growth process of the baby and this will also affect the next phase of life when in



the childhood phase. Feeding formula milk at 3 months in the early life phase of an infant can result in the baby being overweight and obese during its growth process (Ra & Yun, 2020). In contrast, breastfed infants in the first 4 months of life prevented overweight infants in systematic reviews (Koplin et al., 2019).

The growth of the baby will be good (Hashem et al., 2019). It is marked by weight gain after breastfeeding. Besides, breastfeeding is also able to reduce the risk of the baby getting infectious diseases such as diarrhea, upper respiratory tract infections, herpes simplex, etc., this is due to the increased immunity of the baby due to breastfeeding. The benefits of breastfeeding have also been linked to a reduced risk of the infant being overweight in the first few years of life, as demonstrated by research and multiple systematic reviews that have already been published (Castagnoli et al., 2020). In the process of developing the baby apart from good growth. Breastfeeding will also increase the intelligence quotient in infants, in addition to better social development. In breastfeeding 2 specific types of long-chain polyunsaturated fatty acids, namely docosahexaenoic and arachidonic acid, have implications for the development of vision and also

neurodevelopment which plays an important role in cognitive abilities of infants, such as problem-solving (Khandelwal et al., 2020).

## RESEARCH METHOD

This research is qualitative with a descriptive approach. Participants in this research amounted to 90 breastfeeding mothers in the special area of Yogyakarta, four districts, and one municipality. The selection of participants used a purposive sampling technique where the researcher already had the criteria for determining breastfeeding mothers in the Yogyakarta area. In addition, mothers in Yogyakarta are alleged to have a high level of education and understanding in childcare. Types of work are civil servants, educators, private employees, and entrepreneurs. There are also various levels of education, from senior high school and the equivalent to diploma and college.

The research process for two months. In July-September 2020. This research was preceded by making preliminary observations on breastfeeding mothers with a list of questions related to their understanding of breast milk and how these mothers responded to the contents of the verses of the Qur'an related to this. An in-depth interview will be conducted after the survey in order to learn more about how breastfeeding mothers in Yogyakarta comprehend the verses and how to put them into practice. The goal of this interview is to learn more about the everyday tasks

performed during breastfeeding and mothers' perceptions on the Qur'anic guidance on raising infants. The instrument used in this research was an interview guide and questionnaire that had been provided in the form of a question and an observation guide in the form of a checklist of data on the understanding of the verses of the Qur'an which would be cross-checked with the research subjects.

Providing data begins with data collection in the form of the verses of breastfeeding in the Qur'an. Understanding breastfeeding verses in the Qur'an and their implementation in breastfeeding activities for mothers. The next data is obtained based on the results of intensive direct observation to fulfill the elements of a case study approach, in this case, women in Yogyakarta, Indonesia.

This data was collected using two methods: the observation method, the note-taking technique, which involved recording the data of the research object from a variety of writings, and the technique of competent engagement (interview), which involved speaking with breastfeeding mothers in Yogyakarta, Indonesia. Data classification then followed (Fawcett & Watson., 2016). The case study method by collecting various kinds of information, which are then processed to get a solution so that the problem revealed can be resolved (Althubaiti, 2016). In this case, the information needed is the extent to which mothers understand the verses of breastfeeding in the Qur'an.

the impact of verse understanding on breastfeeding mothers' behavior by asking about the specific actions taken while breastfeeding and providing guidance for the answers (Salloum et al., 2020). Observation, the expected character of respondents is those who understand the meaning of words in Arabic and can translate and understand the meaning of the Qur'an.

The second level correspondent character was someone who has received lectures or explanations linked to nursing verses if they were unable to meet the requirements as intended. In addition to conducting in-depth interviews with the study's subject, breastfeeding mothers, the researcher also conducted observations in accordance with an established interview technique. The method used to analyze the information data from the case study approach is coding, categorizing, comparing, and discussing (Chowdhury, 2015). Through this series of activities, qualitative data that is usually scattered and piled up can be simplified to understood more easily.

## RESEARCH RESULTS AND DISCUSSION

### The Descriptive Analysis of Mothers' Understanding of Breastfeeding Verses in the Qur'an

#### 1. The Respondent's domicile

The respondent's domicile in Yogyakarta is shown in table 1., as follows:

**Table 1**  
Respondent's domicile

No.	Area	Number of Respondents
1.	Yogyakarta city	38
2.	Sleman	15
3.	Kulon Progo	29
4.	Gunung Kidul	4
5.	Bantul	4
	Total	90

Source: data collecting

Respondents <sup>37</sup> in this study came from various regions in the Province of D.I Yogyakarta. The largest proportion came from the city of Yogyakarta, namely 38 respondents (42%), Kulon Progo: 29 respondent (33 %), Sleman: 15 respondent (17 %), Gunung Kidul: 4 respondent (5 %), and Bantul: 4 respondent (5 %).

2. The Respondent's age

<sup>10</sup> The age of the respondents is shown in table 2. Below:

**Table 2**  
The Respondent's age

No.	Age Range	Number
1.	22-27	21
2.	28-33	29
3.	34-39	23
4.	40-45	8
5.	46-51	5
6.	52-57	4

Source: data collecting

3. Respondent's profession

**Table 3**  
Respondent's profession

No.	Profession	Number
1.	Doctor	2
2.	Lecturer	6
3.	Teacher	15
4.	Housewife	35
5.	Employee	15
6.	Government employees	7
7.	Self-employed	10

Source: data collecting

Table 3 shows that the dominant profession of respondents is 35 respondents (39%) as housewives, while the remaining 55 respondents (51%) have professions, namely as doctors, lecturers, teachers, private employees, civil servants, and entrepreneurs.

4. The Respondent's education

**Table 4**  
The Respondent's education

No.	Educational level	Number
1.	Junior High School	3
2.	Senior High School	27
3.	Bachelor	41
4.	Masters	15
5.	Diploma	3
6.	Vocational School	1

Source: data collecting

The background of the respondents in this study was mostly bachelor <sup>1</sup>, namely 41 respondents (46%), next were high school graduates, 27 respondents (29%), masters, namely 15 respondents (17%), then diploma 3 respondents (3%), junior high school 3 respondents (3%), and vocational school 1 respondent (1%).

5. Understanding the verses of Qur'an about breastfeeding

Respondents' understanding of the verse on breastfeeding is shown in table 5 below:

**Table 5**  
Respondents' knowledge of breastfeeding verses

No.	Description	Number of people
1.	Ever heard of the	Answer: yes (78)

	verse breastfeeding	person) Answer: no (12 person)
2.	Legal knowledge of breastfeeding	obligatory (70 person), <i>sunnah</i> (18 person), <i>mubah</i> (2person)
3.	Knowledge of the benefits of breastfeeding is listed in the Qur'an	Answer: yes (12person) Answer: no (78 person).
4.	Duration of breastfeeding	1-6months (8 person) 7-12months (9 person) 13-18 months (4 person) 19-24 months (52 person) Lebih 24 months (17 person).

Source: data collecting

Based on table 5, the first data shows that 78 respondents (87%) of respondents have heard **the verses of the Qur'an** which reveal about breastfeeding babies, 12 respondents (13%) said they had not.

Based on the results in the field, it was found that from several research subjects some already understood the verse about breastfeeding and also those who did not know it. Participants who already know the average are obtained when they go to school and in the recitation assembly.

The second data shows that the majority of respondents are aware that the law on breastfeeding babies is mandatory – if you do it you get a reward and if you leave it, it will be a sin: 70 respondents (by 78%). The rest consider the law on breastfeeding a baby as a *sunnah* - It is recommended to do so in order to be rewarded, and if not done then there is no reward or sin 18 respondents (20%). 2 respondents (2%) of the respondents answered that the law is *mubah*/permissible –

it has no implications for rewards and sins.

This result is by the interview data carried out. One of the mothers who work as an teacher said that:

*"I once heard this material about breastfeeding at the Aliyah Islamic school in the subject of fiqh science. Even though it's been a long time, I still remember a little. Besides, now at my school teaching, there is also a recitation which discusses the science of jurisprudence, especially the material for pregnant women".*

This explanation was also strengthened by other mothers who work as civil servants. She explained that:

*"Knowledge about breastfeeding was previously obtained from mothers about the information on pregnancy, childbirth, breastfeeding, and baby care. So, we have already received information before".*

In general, there are three types of knowledge about the ruling on breastfeeding for breastfeeding mothers, namely that it is obligatory, *sunnah*, and *mubah* or permissible. The majority of participants were aware that breastfeeding is essential to parenting and infant care.

Field data shows that most of this data refers to interviews with several participants who explained what they know and understand about breastfeeding laws. One mother who works as a civil servant explained that

*"I realized that breastfeeding must be done. Usually given for two years if able. I did this because I was able to do it from the work left that the office gave after giving birth. Usually for three months mas on leave".*

This explanation was corroborated by one of the respondents who worked as a lecture. She stated that:

*"I will give time as long as I can give*

*breastmilk to my child. As far as I know, it is to provide maximum growth results for children. So, in my opinion, it is obligatory and very important to provide sufficient breast milk to children”.*

The third data regarding knowledge of the benefits of breastfeeding in the Qur'anic perspective, shows that most respondents do not know the benefits of breastfeeding as recommended in the Qur'an.

Several excerpts of interviews conducted with respondents related to knowledge about the benefits of breastfeeding according to the recommendations in the Qur'an, including the explanation of a young mother who works as an entrepreneur who explained that:

*"I didn't know the benefits of breastfeeding were already in the Qur'an. As far as I know, my parents used to only provide information that breastfeeding can keep children healthy and grow fast”.*

One respondent who works as a private employee also shared her knowledge that:

*"When I saw the doctor, I was explained that breast milk is very important and needs to be given to babies to provide maximum growth and can provide emotional closeness to children. If it turns out that it has been explained in the Qur'an, I don't know yet”.*

The last aspect studied <sup>5</sup> is the basis of the respondents' behavior in breastfeeding children. Most of them claimed that they had learnt about nursing through their parents' religious instruction and believed it was a religious requirement. The remainder were influenced by medical and health information, while the rest were founded on long-ago traditions of their parents.

The fourth data shows that most respondents

had an average of 19 to 24 months of breastfeeding. The reason most reported was that the respondents' breastfeeding mothers insisted on exclusive breastfeeding for 24 months because they wanted their children to be healthy and able to grow well. This information is <sup>10</sup> based on the results of interviews with respondents. One mother who is a civil servant said that

*"I insist on breastfeeding my child for up to 24 months. It can be done. Although we must do various ways to continue to provide breast milk, such as preparing a bottle before I go to work”.*

Another mother who works as an educator also said the same thing,

*"When I teach, I prepare breastmilk first into bottles to be given to children. Because not every time you can breastfeed your child, especially when you come to work. I do this to be able to give breast milk to children for up to 24 months”.*

### **The Factors of Understanding and Practice of Breastfeeding**

Based on table 5 above, shows 78 respondents (87%) do not know about the benefits of breastfeeding implied in the Qur'an. The low understanding of respondents about <sup>9</sup> the benefits of breastfeeding implied in the Qur'an is <sup>24</sup> due to the fact that the topic of breastfeeding orders is rarely a topic of preaching. Most preachers provide topics: worship, fiqh, Sakinah family, faith and morals, *sirah nabawiyah*, <sup>12</sup> as shown in the results of an interview with one of the following preachers (HW):

*"I have never delivered a breastfeeding topic of preaching in the Qur'an. Because the breastfeeding studies have been socialized at*

posyandu (integrated service post). The topic of preaching is usually adapted to the circumstances and conditions of society. For example, during a disaster situation, the topic of my preaching is: patience in dealing with adversity”.

Additionally, medical professionals did not assist the preachers in spreading the word about the advantages of nursing. This is because, according to the findings of an interview with one of the following medical staff (AR), not even medical professionals are aware that breast milk is mentioned in the Qur'an:

*"I don't know if in the Qur'an, there are verses commanding breastfeeding for up to 2 years."*

In the practice of breastfeeding children, some mothers also talked about breastfeeding planning and the length of breastfeeding. Almost all or 17 respondents explained that they would plan to provide exclusive breastfeeding ideally according to religious and medical recommendations, namely for 2 years. But in practice, many are unable to complete a two-year plan of breastfeeding. It happens because of psychological factors and other demands such as work, health factors, and factors of availability of breast milk. This is confirmed by the results of interviews that have been conducted. There is one breastfeeding mother who works as a civil servant who explained that:

*"After giving birth, I plan to provide exclusive breastfeeding for two years. But apparently, it could not be done because until the 14th month my milk production was getting low, so I gave my child continued milk from existing products”.*

The mother who works as a private employee, explained that after giving birth:

*"I planned to give exclusive breastfeeding to the child, but apparently, a psychological factor that arises in me, namely feeling lazy to give breast milk to the child. This is not good, but sometimes I feel that psychological factors affect the quality of breast milk. The child becomes less strong in drinking her breast milk. I ended up replacing it with the existing canned milk”.*

Organizations at work also play a part in deciding on policies that address the needs of breastfeeding moms, such as maternity leave and offering nursing rooms for mothers, in addition to psychological concerns.

## DISCUSSION

Three types of mothers' conceptions of nursing are identified in this article. The first stage is understanding the verses and the benefits of nursing that are suggested in the Qur'an for up to two years of excellent breastfeeding. Second, knowing the verse that encourages breastfeeding but failing to comprehend the advantages of breastfeeding that the Al-Qur'an alludes to. Therefore, continue nursing for a further two years. Third, according to the data, do not know, do not comprehend, and do not practice nursing for up to two years. This paper finds that Muslim mothers have low understanding of the benefits of breastfeeding contained in the Qur'an. So far, the urgency of breastfeeding has only been socialized with a medical approach. Therefore, a religious approach is needed through religious sources that explain the command to breastfeed in the Qur'an.

One of the efforts made to motivate the importance of breastfeeding is through religion, or in psychology called religious psychology. Religious psychology is a branch of psychology that explains the background of religious phenomena and behavior based on a psychological perspective according to its orientation to help someone be able to apply religious teachings in everyday life (Pankalla & Košnik, 2018).

Religious maturity can be achieved when the six dimensions of religiosity can function optimally within a person in realizing daily behavior. Among others: doctrine, knowledge, ritual, emotion, ethics, and community. At this point, when the six dimensions of a person's religiosity are functioning and developing optimally so that they affect daily behavior, both in the context of individual behavior and social behavior, then a person experiences religious maturity (Duguay, 2016).

Optimizing this understanding can increase the role of breastfeeding mothers for up to 2 years. Optimizing the understanding of the benefits of breastfeeding through medical and religious approaches as an effort to prevent stunting can be seen in figure. 1 of the following:



This research is different from previous research, which tends to look at the problems

of breastfeeding mothers from a health perspective (Ickes et al., 2021; Schindler-Ruwisch et al., 2019; Snyder & Worlton, 2021; Spagnoletti et al., 2018).

Based on these 3 typologies of understanding, this paper recommends the following to increase the understanding of breastfeeding mothers. First, there needs to be a public education process on understanding the verse commanding breastfeeding in the Qur'an. Public knowledge greatly influences attitudes and actions to improve breastfeeding for babies up to 2 years as an effort to prevent stunting. Second, the active involvement of health and religious institutions in understanding the benefits of breastfeeding. Religious institutions can make the best use of the expertise of both male and female scholars to comprehend breastfeeding-related verses in the Qur'an. These two recommendations are expected to be a solution in efforts to prevent stunting.

## CONCLUSION

The low understanding of mothers about the commands and benefits of breastfeeding in the Qur'an has been caused lack of knowledge among breastfeeding mothers regarding breastfeeding is part of worship in the Qur'an. This research has provided a new perspective in breastfeeding research that has so far been seen from a health perspective. This research seeks to combine health and religious approaches in understanding the benefits of breastfeeding.

This research is limited to analysis in one area of Yogyakarta. This analysis does not allow the

research results <sup>14</sup> to be used as a reference to explain on a broader scale. <sup>46</sup> On the basis of these limitations, it is necessary to carry out further research by paying attention to the aspect of regional comparison, based on more varied data. In this way it can be formulated in the framework of handling stunting due to low understanding of breastfeeding.

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