**EDUCATION ON EXCLUSIVE BREASTFEEDING TO PREVENT CONSTIPATION IN BABIES < 1 MONTH IN THE WORKING AREA OF THE OLAK KEMANG HEALTH CENTER, JAMBI CITY**

Dira Oktaviati\*Suryati\*Febri Tri Andini\*\*\*

D-III Nursing Study Program

Garuda Putih Jambi College of Health Sciences

Email: dirasungai@gmail.com

**ABSTRACT**

**Background:** Exclusive breastfeeding is the provision of breast milk or breast milk to babies from birth to 6 months without being replaced by other drinks or food. One of the benefits of breast milk is that it can prevent infection, namely constipation. Education about exclusive breastfeeding for babies aged 1 month is very important to help prevent constipation in babies.

**Objective:** This research was conducted with the aim of analyzing the prevalence of the influence of education in providing exclusive breastfeeding to prevent constipation in babies < 1 month old in the Olak Kemang Community Health Center working area, Jambi City.

**Method:** This type of research is descriptive. This research was carried out in the work area of ​​the Olak Kemang Community Health Center, Jambi City on 13-16 May 2024. with one respondent who had the criteria of being a mother with a baby < 1 month old. By using a Google Form measuring tool on respondents to see the mother's level of knowledge about exclusive breastfeeding and constipation

**Results:** Pre and post test results for Mrs. D shows that before and after the education was provided, the score was obtained from the pretest results with a score of 30 categories (not good) and the post test stage with a score (fairly good category).

**Conclusion:** Respondents' knowledge increased after being given education on exclusive breastfeeding to prevent constipation in babies <1 month old.

**Suggestion:** It is hoped that the results of this research can be used as a source of information or reference regarding the importance of exclusive breastfeeding to prevent constipation in babies <1 month old.

**Keywords:** exclusive breastfeeding, constipation, babies < 1 month.

**References:** 5 books, 21 journals.