



Laws and Regulations for Exclusive Breast Feeding: Bibliometrics Analysis

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Abstract. This study aims to determine the trend of the number of publications of laws and regulations for exclusive breastfeeding, the number of citations, and the direction of future research topics. The research method applied to this study is Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) which uses 8,441 scientific articles or proceedings sourced from database Dimensions. Review articles using the VOSviewer application. The results revealed that the number of publications on the topic of laws and regulations for exclusive breastfeeding has an upward trend, the number of citations on the topic of laws and regulations for exclusive breastfeeding has increased, network visualization on the topic of exclusive breastfeeding regulation provides information to find novelty on topics that have not been connected, there are 2 clusters in terms of co-occurrence, Overlay visualization on the topic of Laws and Regulations for Exclusive Breast Feeding provides trends in the direction of future research topics, Density Visualization on the topic of Laws and Regulations for Exclusive Breast Feeding which is still rare. The results of this study contribute to the development of a research roadmap on laws and regulations for exclusive breastfeeding.

Keywords: Bibliometrics Analysis, Linear Regression, PRISMA, Law and Regulation, Exclusive Breast Feeding.

1. Introduction

WHO and UNICEF recommend exclusive breastfeeding of infants from birth to six months of age [1], after that followed by complementary feeding with continued breastfeeding for at least two years [2]. Complementary foods can be introduced between the ages of 17 and 26 weeks, depending on the individual development of the child [3]. There is evidence of a global decline in exclusive breastfeeding regardless of health and economic benefits [4]. In addition to improving the well-being of the mother and her baby [5], breastfeeding can have a positive impact on society as a whole and should therefore be better defined in public policy [6]. In low- and middle-income countries, where access to clean water, adequate sanitation, and basic and social health services are often limited, the effects of breastfeeding

are suboptimal [7]. The low exclusive breastfeeding is also due to lack of knowledge [8] and an understanding of advocacy [9]. Low breastfeeding is also caused by low awareness and cultural practices of prelactation feeding, insufficient milk production, malnutrition in mothers, mothers' work as field workers, fewer birth spacing, low awareness about correct breastfeeding techniques, maternal and child diseases, abnormal breasts, and the influence of in-laws to start supplementary breastfeeding. Several facilitators have been identified: family support, proper maternal diet, maternal awareness, and support in the surrounding environment [10]. A large number of studies on exclusive breastfeeding have been conducted, but have not been systematically reviewed to identify the factors that promote exclusive breastfeeding [11]. Identify promoting and inhibiting factors [12] is an important step for designing policies and interventions [13]. Laws and policies in various countries have been designed to support breastfeeding, for example, in Thailand, breastfeeding policies and implementations in Thailand implement three codes of breastfeeding voluntarily, to increase breastfeeding [14]. In Ethiopia laws, policies, and regulations of breastfeeding with international standards, recommendations, and evidence-based practices have been created to improve exclusive breastfeeding. The revision of the Ethiopian Labor Proclamation (No.1156/2019) included most of the International Labor Organization's maternity protection recommendations [10].

Over time interest in the topic of exclusive breastfeeding around the world increased, research on exclusive breastfeeding developed slowly until the 2000s, at which time the speed of population growth increased [15]. As in [16] and [17], this interest data can be searched through Google Trends by typing in the keyword: exclusive breastfeeding. For example, a search from January 2004 to December 2022 by selecting web search and all categories yields the data presented in Figure 1. This data was taken on September 19, 2023.

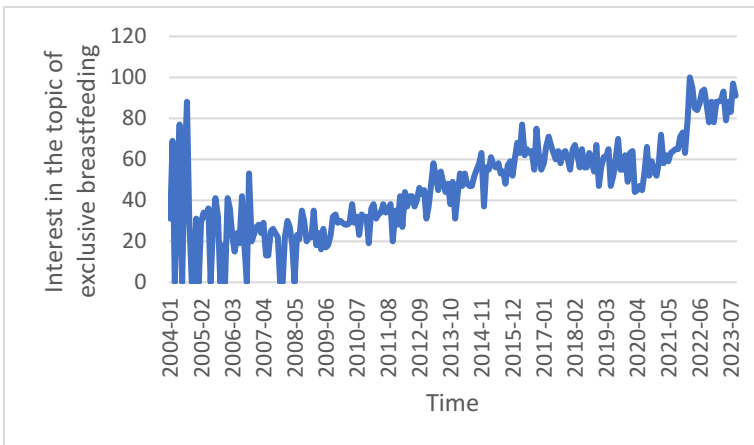


Fig 1. Interest over time in the topic of exclusive breastfeeding (Data source: Google Trends)

In addition to time, interest in the topic of exclusive breastfeeding can also be reviewed by country. Interest in the topic of exclusive breastfeeding by country is presented in Figure 2. According to Figure 2, Ghana is the country with the highest interest in the topic of exclusive breastfeeding followed by Nigeria.

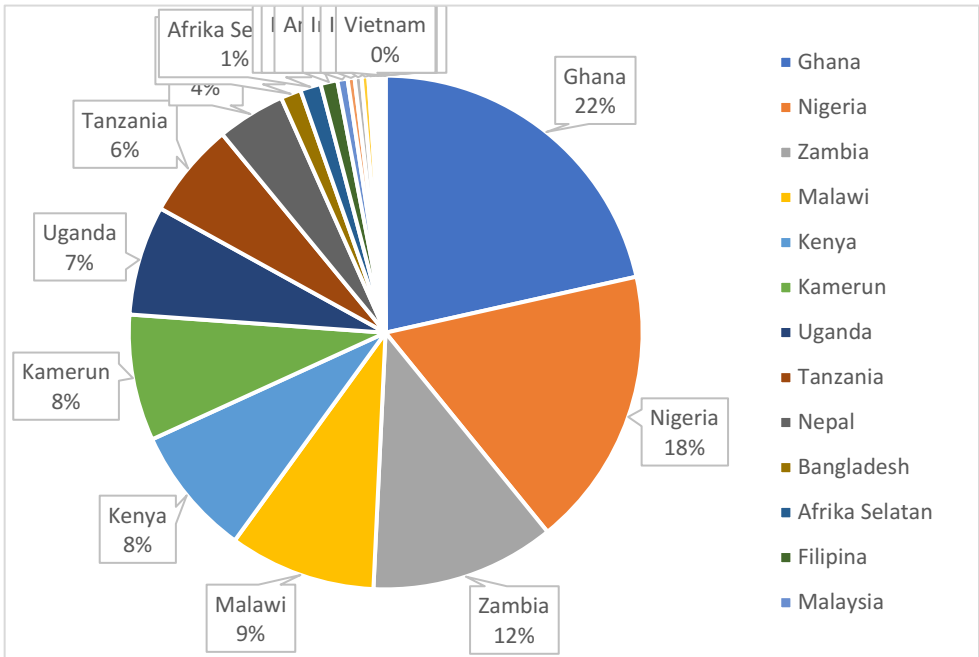


Fig 2. Histogram of interest by country on the topic of exclusive breastfeeding (Data Source: Google Trends)

The data illustrates the interest in the topic of exclusive breastfeeding of a general nature. On the other hand, researchers who want to research the topic of laws and regulations for exclusive breast feeding need more specialized information, such as scientific publications in the form of scientific articles and proceedings of scientific seminars on the topic of laws and regulations for exclusive breast feeding. Therefore, information on the topic of laws and regulations for exclusive breast feeding in the form of scientific articles is needed.

In the study, researchers need information about trends and novelty for exclusive breastfeeding regulation in the future. Regulations to maintain exclusive breastfeeding practices, but coverage remains low [18]. This is a problem that arises among researchers. However, bibliometric analysis of exclusive breastfeeding regulation publications to determine trends and novelty does not yet exist. The questions that will be answered in this study are (1) how the development of the number of publications on the topic of laws and regulations for exclusive breast feeding, (2) how the development of the number of citations

on the topic of laws and regulations for exclusive breast feeding, (3) how network visualization on the topic of laws and regulations for exclusive breast feeding, (4) how the cluster of publications on the topic of laws and regulations for exclusive breast feeding is viewed from co-occurrence, (5) how overlay visualization on the topic of Laws and Regulations for Exclusive Breast Feeding, (6) How Density Visualization on the topic of Laws and Regulations for Exclusive Breast Feeding.

Bibliometrics analysis is a statistics-based approach to research that visualizes the contributions of academic institutions and changes in research hotspots [19]. Bibliometric analysis helps researchers to identify emerging areas and future directions of the research domain with the help of visualization tools [20]. Bibliometric analysis has been used by various authors to evaluate information theories listed in the Scopus database [20], to evaluate immigration and environmental degradation [21], and to investigate trends in this study since 2011 [22]. Thus, bibliometric analysis is a scientific and quantitative method for assessing published articles, which can help researchers to find development trends and research hotspots of a particular research field, providing future research development for researchers [23].

This study aims to determine the trend of the number of publications on the topic of laws and regulations for exclusive breast feeding, the number of citations, clustering of topics, the direction of future research topics, the topic of laws and regulations for exclusive breast-feeding which is still rare through bibliometric analysis.

1.1. Literature Review

Definition of Exclusive Breastfeeding

Breast milk is an important source of nutrients and the best bioactive component for babies under 6 months [24]. Exclusive breastfeeding is when the baby is only breastfed and not given other foods, except vitamin supplements and medicines [25]. Exclusive breastfeeding—giving babies only breast milk (and medications, oral rehydration salts, and vitamins as needed) without additional food or drink for the first six months of life—is one of the most effective strategies to prevent child mortality [26]. The World Health Organization (WHO) and the United Nations International Children's Fund (UNICEF) recommend mothers start breastfeeding within the first hour after giving birth [27]

Benefits of Exclusive Breastfeeding

Exclusive breastfeeding has important benefits for both the child and the breastfeeding mother [28]. Exclusive breastfeeding of children up to six months of age is considered one of the most important interventions in overcoming childhood malnutrition [10]. There is a lot of evidence that breast milk protects a child from infection [29]. Breast milk contains a number of immunological components, including factors that have antimicrobial and anti-inflammatory properties, as well as substances that help a child's immune system mature,

and promote a healthy gut microbiome [30]. Antibodies in breast milk target potential pathogens that the mother has been exposed to [31].

2. Method

Bibliometric analysis is a research method used in library and information science to evaluate research performance [32]. Bibliometric analysis is essential in assessing the impact of research where studies are ranked based on citations received [33].

Data was extracted from <https://app.dimensions.ai/> on June 9, 2023. Preferred Reporting Items for Systematic Reviews and Meta-Analyses Method [34], abbreviated as PRISMA, is used to extract articles from <https://app.dimensions.ai/> database. The PRISMA flowchart is presented in Figure 3 [6].

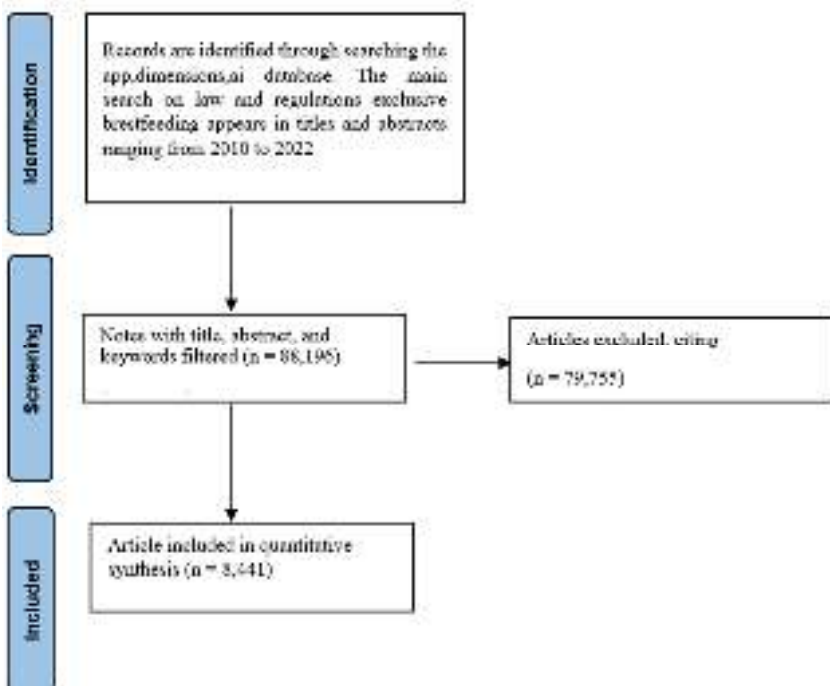


Fig 3. PRISMA flowchart [34]

The PRISMA method consists of 3 stages, namely: Identification, screening, and including. Phase 1 (Identification) detected 88,196 records from <https://app.dimensions.ai/>, taking into account the terms laws and regulations for exclusive breast-feeding published in the data range from 2010 to 2022 and looking at titles and abstracts. In stage 2 (screening), it

produced 8,441 records by selecting the publication type "article", so that 79,755 records were issued. In stage 3 (included), the final sample produced 8,441 articles. The data was analyzed using VOSviewer. VOSviewer is a computer program for creating and viewing bibliometric maps [35]. In this study, the analysis was reviewed from co-occurrence.

The procedure for co-occurrence analysis is as follows. (1) Type of data is selected to create a map based on test data. This option is selected to create a shared event map based on text data. (2) Data source selected the option read data from reference manager files. File types that support are RIS, EndNote, RefWorks. (3) The file type is selected RIS. (4) Fields from which term will be extracted are selected title and abstract fields, ignoring structured abstract labels and copyright statements. (5) The calculation method is selected full counting option. (6) The minimum threshold for the number of occurrences of a term is 10. Of the 10559 terms, 284 met the threshold. (7) Number of terms in the following manner. For each of the 284 terms, a relevance score will be calculated. Based on this score, the most relevant terms will be selected. The default option is to select 60% of the relevant terms. The number of terms to choose from is 170 terms.

3. Results and Discussion

This section outlines bibliometric analyses on the topic of linear regression extracted from <https://app.dimensions.ai/> in the year span from 2010 to 2022. The results and discussion of the number of publications, the number of citations, network visualization from the aspect of co-occurrence, the cluster of publications in terms of the aspect of co-occurrence, overlay visualization, and density visualization will be given in this section.

3.1. Results

Searches from 2010 to 2022 yielded 8,441 scientific article publications. The number of publications of laws and regulations for exclusive breast feeding per year is presented in Figure 4.

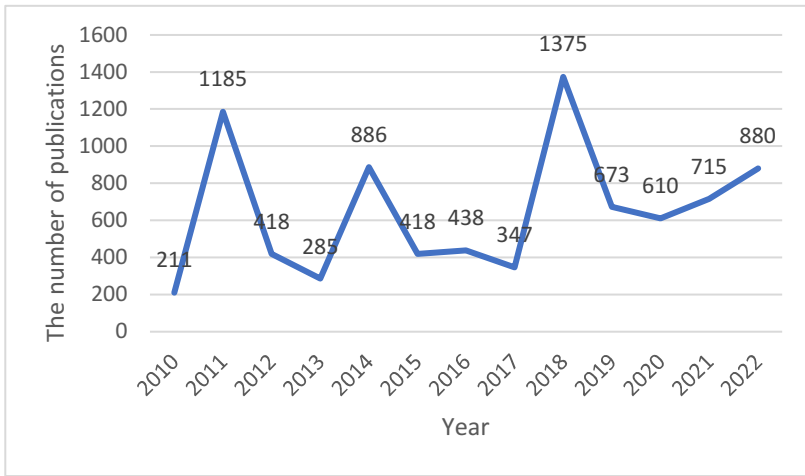


Fig 4. Many publications of laws and regulations for exclusive breast feeding from 2010 to 2022 (source: <https://app.dimensions.ai/>)

The number of citations to laws and regulations for exclusive breast feeding from 2010 to 2022 was 225,253. The number of citations per year is presented in Figure 5.

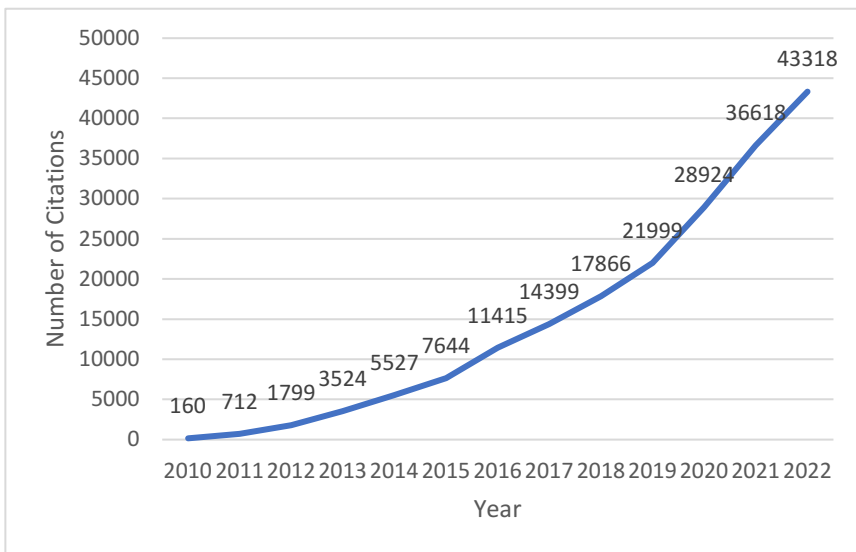


Fig 5. Number of citations for the topic of laws and regulations for exclusive breast feeding from 2010 to 2022 (source: <https://app.dimensions.ai/>)

Network visualization of these 170 terms is presented in Figure 6.

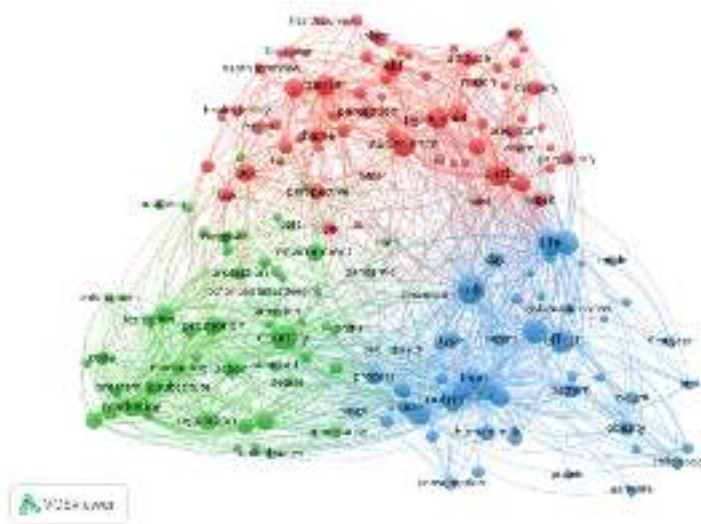


Fig 6. Network visualization (source: VOSviewer and <https://app.dimensions.ai/>)

VOSviewer also provides overlay visualization maps. Overlay visualizations of these 170 terms are presented in Figure 7.

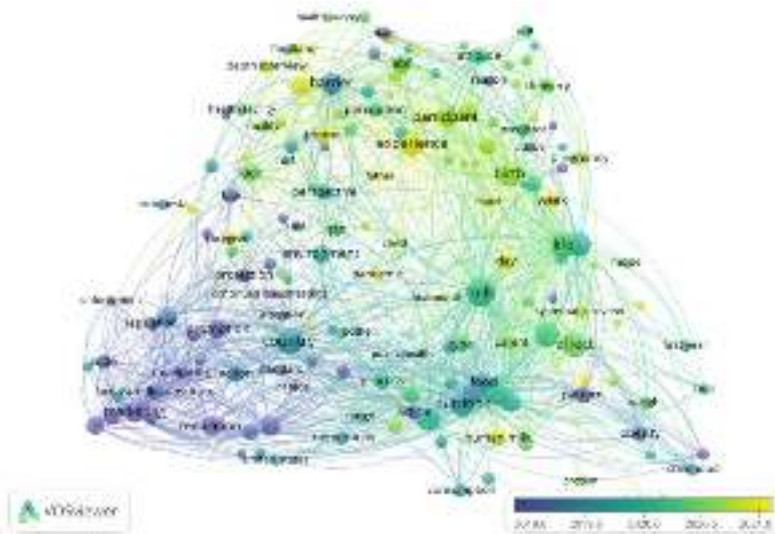


Fig 7. Overlay visualization (source: VOSviewer and <https://app.dimensions.ai/>)

The density visualization of these 170 terms is presented in Figure 8.

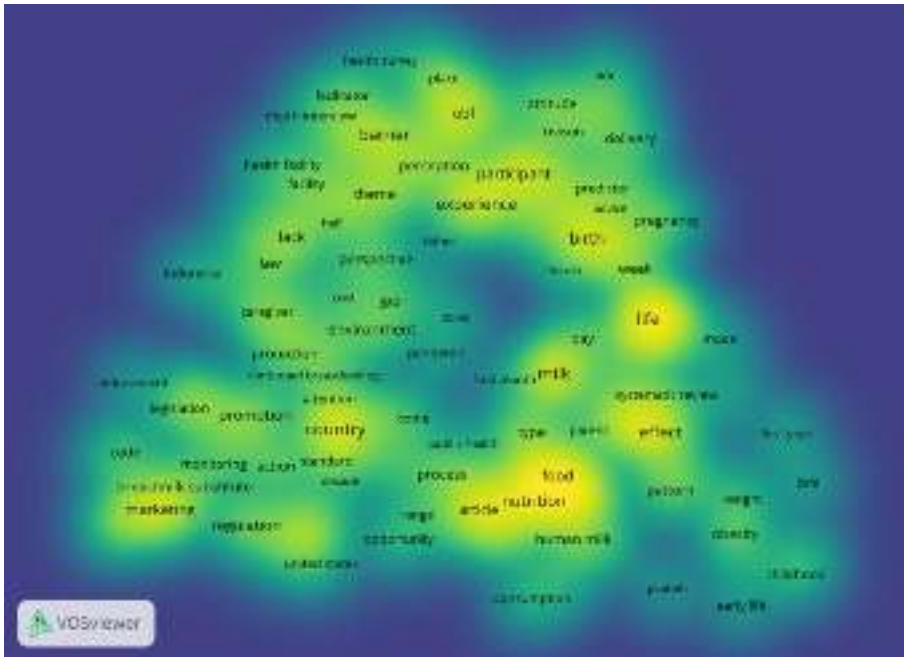


Fig 8. Density visualization (source: VOSviewer and <https://app.dimensions.ai/>)

3.2. Discussion

Figure 4. shows that the number of publications is increasing exponentially year on year. The smallest publication occurred in 2011 with 0 publications. Meanwhile, the largest publication occurred in 2022 with 24 publications. The average publication is 10. These statistics are presented in Figure 9. From 133 publications, the publication is entitled "The effects of mother's education on achieving exclusive breastfeeding in Indonesia" [18] is the most relevant. Hence the need for publication on the topic of exclusive breastfeeding regulation.

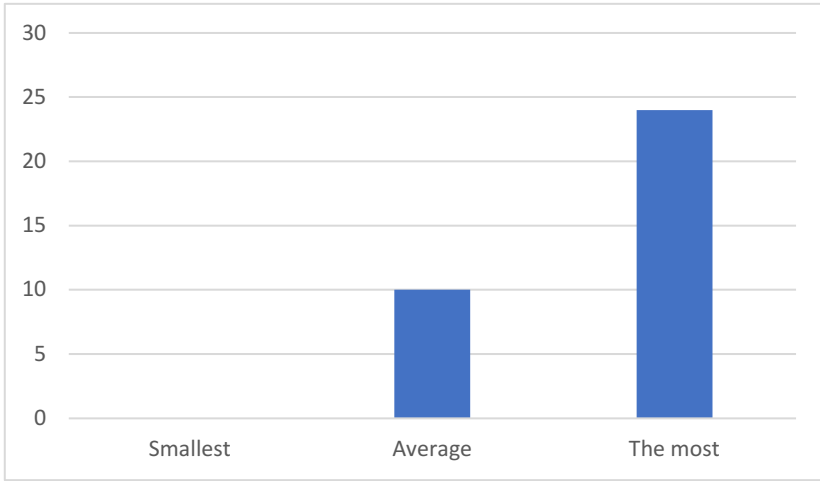


Fig 9. Histogram of the smallest, average, and largest number of publications on the topic of exclusive breastfeeding regulation.

Figure 5. shows that the number of citations from year to year is increasing exponentially. The smallest citation occurred in 2010 as many as 3. Meanwhile, the largest citation occurred in 2022 as many as 280. Meanwhile, the average citation is 79. This statistic is illustrated in Figure 10. The research data revealed that, from 133 publications, the publication was titled "Breastfeeding, Childhood Asthma, and Allergic Disease" [36] is the most cited publication. Therefore, this article can be used as a reference in research that reviews exclusive breastfeeding regulation.

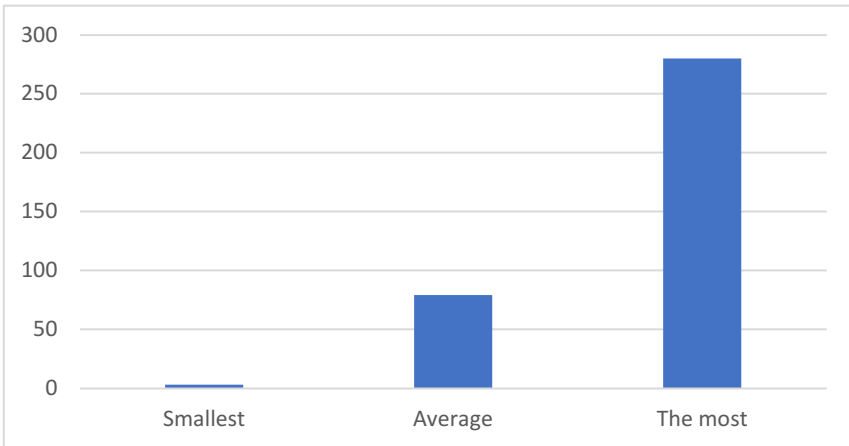


Fig 10. Histogram increase in the number of smallest, average, and highest citations for the topic of exclusive breastfeeding regulation.

In network visualization (Figure 6.), two terms connected by a line indicate that they appear together in a title and abstract. Conversely, two terms not connected by a line indicate that the two terms do not appear together in the title and abstract. The research data revealed that there were 74 terms, 2 clusters, 2542 links, and a link strength of 17629. Therefore, novelty for research on the topic of linear regression can then be obtained through research on terms that are not directly connected, such as addition and home.

The 74 terms are grouped into 2 clusters consisting of cluster 1 (44 terms), cluster 2 (30 terms). In more detail, these clusters are presented in Table 1.

Table 1. Clusters for exclusive breastfeeding regulation topics (Source: VOSviewer and <https://app.dimensions.ai/>)

Cluster	The Number of Terms	Cluster member terms
1	44	Addition, assessment, association, barrier, case, challenge, change, country, day, difference, duration, effectiveness, evaluation, evidence, experience, guideline, home, hospital, hour, impact, importance, increase, intervention, issue, lack, monitoring, newborn, nurse, order, outcome, participant, pattern, population, pregnancy, prevalence, problem, proportion, relation, researcher, risk, subject, term, use, world health organization.
2	30	Baby, breast milk, breastfeeding, child, cross sectional study, data, depth interview, ebf, exclusive breastfeeding, exclusive breastfeeding practice, exclusive breastfeeding program, facility, factor, food, government, government regulation, government regulation no, health, health worker, implementation, Indonesia, infant, month, mother, number, regulation, research, study, tahun, year.

Overlay visualization (Figure 7.) provides an analysis based on exclusive breastfeeding regulation keywords from 2010 to 2022 to observe trends in research titles related to linear regression. Based on the visualization overlay map in Figure 7, the term yellow implies that keywords are of current research interest [20]. It is important to explore existing terms that may be effective in promoting policies on exclusive breastfeeding [37]. Therefore, the current research trend on exclusive breastfeeding regulation focuses on yellow color terms, for example baby, study, exclusive breastfeeding.

Exclusive breastfeeding [38] significantly not only improves the health of the mother and child [39], but it also has important social development implications [40]. The support of health workers and other factors to the practice of exclusive breastfeeding is very important [41], so that policies regarding exclusive breastfeeding must also have a relationship with health workers [42].

Density visualization (Figure 8.) shows a visualization of the density level of terms indicated by color. Blue indicates high density while yellow indicates low density. High density means that the topic has been widely used in previous research while low density means that the topic is still little used in previous research. Therefore, the recommended research topics related to linear regression are topics that have density visualization in the low category, such as implementation and health workers.

4. Conclusion

This study conducted a bibliometric analysis of exclusive breastfeeding regulation publications through <https://app.dimensions.ai/> from 2010 to 2022. The study showed some results. Among the many publications on the topic of exclusive breastfeeding regulation has an upward trend, the number of citations on the topic of exclusive breastfeeding regulation has increased, network visualization on the topic of exclusive breastfeeding regulation provides information to find novelty on topics that have not been connected, there are 2 clusters in terms of co-occurrence, overlay visualization on the topic of exclusive breastfeeding regulation provides a trend in the direction of future research topics, Density visualization on the topic of exclusive breastfeeding regulation is still rare.

Although this study has contributed to provide a state of the art understanding of the development of exclusive breastfeeding regulation publications from 2010 to 2022 through <https://app.dimensions.ai/>, this study has limitations. The <https://app.dimensions.ai/> database keeps updating new publications from time to time. Therefore, bibliometric analysis of exclusive breastfeeding regulation may be revisited in the next few years. On the other hand, this bibliometric analysis only extracts scientific article data from <https://app.dimensions.ai/> database. Further research to add other databases for a broader and more comprehensive understanding of exclusive breastfeeding regulation.

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