



THE RELATIONSHIP BETWEEN KNOWLEDGE OF POSTPARTUM MOTHERS ABOUT BREAST CARE WITH THE EFFECTIVENESS OF BREAST MILK EXPENDITURE AT THE PUSKESMAS LUMBAN JULU, TOBA DISTRICT, 2023

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ABSTRACT

In supporting optimal fulfillment of breast milk production for babies, it should be as expected, one of the determining factors in breastfeeding is breast care since pregnancy and after delivery. The purpose of this study was to analyze the relationship between the knowledge of postpartum mothers about breast care and the smooth production of breast milk in postpartum mothers at UPT Puskesmas Lumban Julu, Toba Regency in 2023. The type of research used was analytic observational with a cross sectional design. Sampling used Total Sampling so that a sample of all postpartum mothers at the Lumban Julu Health Center UPT totaled 32 samples. Data analysis used the Chi-Square test. The results of the study of 32 postpartum mothers showed that 15 respondents (46.9%) had good knowledge and experienced smooth breastfeeding, 3 respondents (9.4%) had good knowledge and experienced non-fluent breastfeeding. While respondents with less knowledge and experienced smooth breastfeeding were 5 people (15.6%), and respondents with less knowledge and experienced non-fluent breastfeeding were 14 people (43.8%). Chi-square test results with $p\text{-value} = 0.006 < \alpha$ ($\alpha = 0.05$). The conclusion of this study states that there is a significant relationship between knowledge of breast care and the smoothness of breastfeeding at UPT Puskesmas Lumban Julu, Toba Regency in 2023. Health workers at UPT Puskesmas Lumban Julu are expected to further improve their health promotion regarding the importance of breast care for postpartum mothers in improving the smoothness of breastfeeding so as to improve the quality of health services and quality at the research site.

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1. INTRODUCTION

Breastfeeding has many benefits for both mother and baby. Some of the benefits of breastfeeding for infants are protection against gastrointestinal infections, reducing the risk of

infant death from diarrhea and infection, a source of energy and nutrition for children aged 6 to 23 months, and reducing mortality among malnourished children. While the benefits of breastfeeding for mothers are reducing the risk of ovarian and breast cancer, helping to smooth milk production, as a natural method of preventing pregnancy in the first six months after birth, and helping to lose more weight quickly after pregnancy.

Data from the World Health Organization (WHO) in 2016 still shows that the average rate of exclusive breastfeeding in the new world is around 38 percent. In Indonesia, although a large number of women (96%) breastfeed their children in their lifetime, only 42% of babies under 6 months are exclusively breastfed. By the time children approached their second birthday, only 55% were still being breastfed.

In supporting the fulfillment of breast milk for babies it should be as expected, so the quality of breastfeeding is one of the things that must be considered by mothers so that milk production can be good. In order to guarantee optimal fulfillment of breast milk for infants, one of the most decisive factors in breastfeeding is breast care from pregnancy and after delivery.

Movement in breast care is useful in facilitating reflexes for expelling milk. In addition, it is also an effective way to increase the volume of breast milk so that it can prevent engorgement in the breasts. One of the factors that influence breast care is mother's knowledge. The higher the level of mother's knowledge about breast care, it will affect the mindset and attitude of the mother so as to foster positive behavior for breast care.

Based on research conducted by Pertiwi in 2012 with the title "Factors influencing the lactation process of mothers with babies aged 0-6 months in Cibeusi Village, Jatinaragor District" that the results of the study showed that 47% of mothers showed that their breast conditions and care were not good, 55% so that the lactation process is not optimal.

The results of a study also conducted by Sholichah in 2011 with the title "Relationship of breast care in post partum mothers with the smoothness of breastfeeding in Karang Duren village, Tenggaran District, Semarang Regency" that the results of this study indicate a relationship between breast care in post partum mothers with smooth spending Breastfeeding in Karang Duren Village, Tenggaran District, Semarang Regency.

Based on the results of a preliminary study conducted by researchers based on data in March 2023 there were 10 postpartum mothers, 4 of whom stated that breastfeeding was smooth by not stating any complaints but 6 of them stated complaints that breastfeeding was not smooth due to their lack of knowledge about how to do good breast care so that causing them to choose to consume breast-feeding drugs or stop the breastfeeding process by providing their babies with formula milk. So from this description, the authors are interested in conducting research on "Relationship of Knowledge of Breast Care with Smooth Milk Production in Postpartum Mothers at UPT Puskesmas Lumban Julu, Toba Regency in 2023".

2. RESEARCH METHODE

This type of research is an analytic survey with a cross-sectional approach, which is a type of research looking for a relationship between the independent variable (knowledge of postpartum mothers about breast care) and the dependent variable (the smoothness of breastfeeding) by taking momentary measurements (Sugiyono, 2017). This approach can describe the relationship between the knowledge of postpartum mothers about breast care and the smooth delivery of breast milk at the UPT Puskesmas Lumban Julu, Toba Regency.

This research will be carried out at UPT Health Center Lumban Julu, Toba Regency. This research was conducted from February to May 2023 with a total population of 32 people by taking the total population sample (tota sampling).

3. RESULT AND ANALYSIS

Univariate analysis

Univariate analysis aims to determine the frequency distribution of a respondent's answer to a variable based on the research problem as outlined in the form of frequency. Then the following results are obtained:

Table 1. Distribution of Respondent Characteristics

Variabel	N	Persentase (%)
Pengetahuan		
Baik	18	56,2
Kurang	14	43,8
Kelancaran Produksi ASI		
Lancar	20	62,5
Tidak Lancar	12	37,5
Jumlah	32	100

The results showed that the majority of respondents had good knowledge, namely 18 people (56.2%) and the majority of respondents were fluent in breast milk production, namely 20 respondents (62.5%).

Bivariate Analysis

Table 2. The Relationship between Knowledge of Postpartum Mothers about Breast Care and Smooth Milk Production at UPT Puskesmas Lumban Julu Toba Regency in 2023

Pengetahuan	Kelancaran Produks ASI				Jumlah		<i>p value</i>
	Lancar		Tidak Lancar		n	%	
	n	%	n	%			
Baik	15	46,9	3	9,4	18	56,2	0,006
Kurang	5	15,6	9	28,1	14	43,8	
Jumlah	20	62,5	12	37,5	32	100	

Based on Table 2, it shows that of the 32 respondents, there were 15 respondents with good breast care and experienced smooth breastfeeding (46.9%), while 3 respondents with good knowledge of breast care and experienced substandard breastfeeding (9.4%). While respondents with less knowledge of breast care and experienced smooth breastfeeding were 5 people (15.6%) and respondents with less knowledge of breast care and experienced non-fluent milk production were 14 people (43.8%). Based on the results of statistical tests using Chi-Square, a p-value = 0.006 was obtained.

4. CONCLUSION

The conclusions in this study are:

1. The results of the study on 32 respondents, obtained data that postpartum mothers at UPT Lumban Julu Health Center had good knowledge about breast care, namely 18 people (56.2%).

2. The results of the study on 32 respondents, obtained data that postpartum mothers at UPT Lumban Julu Health Center had Smooth Milk Production in the smooth category, namely 20 people (62.5%).
3. The results of the statistical test stated that there was a significant relationship between the knowledge of postpartum mothers about breast care and the smoothness of milk production at the UPT Puskesmas Lumban Julu. This is proven through the chi-square test with $p\text{-value} = 0.006 < \alpha$ ($\alpha = 0.05$). Respondents with good knowledge and experienced smooth breastfeeding were 15 people (46.9%), while respondents with good knowledge and experienced substandard breastfeeding were 3 people (9.4%). While respondents with less knowledge and experienced smooth breastfeeding were 5 people (15.6%) and respondents with less knowledge and experienced non-fluent milk production were 14 people (43.8%).

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