

## Relationship of Breast Care with Milk Smoothness in Postpartum Mothers in The Work Area of Primary Health Care Kaliwates, Jember

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### ABSTRACT

**Background:** Increased exclusive breastfeeding is important in an effort to improve the health of babies and mothers. But in reality, it's still a lot found in society that mothers who don't want to breastfeed their children because their breast milk is not smooth. Based on data from the Jember District Health Service in 2022 for the month of November shows that of the 49 Primary Health Care Kaliwates are in the last place with an exclusive breast milk achievement of 2.6% of the target of 100%. The aim of this study is to find out the relationship between breast care and milk smoothness in postpartum mothers in the work area of Primary Health Care Kaliwates.

**Method:** Design research using Pre Experimental Design with One Group Pretest - Posttest. A population of 40 mothers breastfed with a sample of 36. Sampling was conducted in three regions namely kaliwates, big tiganes and grand gardens with a random sampling cluster of 15 posyandu.

**Results:** Breast care 11(61.1%), breast care 7(38.9%). Baby weight gain 14(77.8%), baby weight gain 4(22.2%). Chi Square test analysis value with a p-value of  $0.028 < \alpha 0.05$  which means there is a relationship between breast care and post-partum milk smoothness in the Primary Health Care Kaliwates. Postpartum mothers who do proper breast care and do it regularly can help launch breast milk and also increase baby weight gain.

**Conclusion:** The more regularly you do breast care, the more smoothly your milk is produced.

**Keywords:** Breast Care; Milk Smoothing; Postpartum

## Introduction

Breastfeeding for the first six months of life with a nutrient content that is not contaminated by any substance is imperative for the baby. Increased exclusive breastfeeding is important in an effort to optimize the health of babies. But the truth is that there is still much found in society that a mother who refuses to breastfeed her child because she is not breastfed properly (Rahmatia et al, 2019). Another reason I also feel that milk is not enough and milk does not come out in the first week of the baby's birth, so many mothers give formula milk as a baby nutrition supplement (Mardiati, 2021).

According to RISKESDAS data in 2018, the milk coverage in Indonesia was 37.3%, where this is not in line with the target set by the Kemenkes RI is 80%. Meanwhile, the coverage of exclusive milk delivery in 2020 in East Java is 61%, this shows a decrease compared to 2019 of 68.2% (East Java Health Profile, 2020). According to data obtained from the Nutrition Section of the Ministry of Health District of Jember in 2021, it is known that coverage obtaining exclusive Milk is 63.3%, while the target of access is 80% (Health Profile of District Jember, 2021). Based on data from the Jember Health Department of District of 2022 per month shows that out of 49 Puskesmas, Kaliwates include the last order with achievement of the exclusive MSME of 2, (Dinas Health District, 2022). Where this is also proved by the results of the preliminary study carried out in Primary Health Care Kaliwatas, it was found that of 10 mothers of this phase there are 7 people (70%) who have not known about breast treatment, but 3 other people (30%) have never known about routine breast treatment.

The reason for the misuse of breast milk production is because of a number of problems, both the mother's and the baby's problems. Anxiety caused by a feeling of fear of breastfeeding (not having enough milk) is one of the reasons most often raised by mothers who begin to fail to breastfeed, stop breast-feeding too soon, or give supplements. Insufficient milk production is the primary reason a mother stops breastfeeding prematurely, she feels she does not have sufficient dairy production to meet the needs of milk and supports baby weight gain because milk is not out or production is not smooth (Dermawan D, 2020).

An effort can be made to overcome the above problem, namely by performing breast care in the nursing mother, thus helping the milk smoothly. Beneficial breast care

stimulates the breast affecting the pituitary gland to release hormones prolactin and oxytocin (Rukiyah, 2011). Caring for the breast well during breastfeeding, will keep the breast shape and smooth the output of breast milk. Treatment movements on the breast in addition to beneficial launching milk reflex is also an effective way to increase the volume of milk, it is also important to prevent dams in the breast (Damanik, 2020).

## Method

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## Results

Table 1. Frequency distribution of respondents by age in the Primary Health Care Kaliwates Working Region in 2023

Age	Treatmen group		Control group	
	N	%	N	%
<20Yrs	1	5,6	2	11,1
20-35Yrs	13	72,2	13	72,2
>35Yrs	4	22,2	3	16,7
Total	18	100	18	100,0

Source: Primary Data 2023

Based on table 1 on the distribution of the frequency of respondents by age, it can be seen that the majority of the respondents are 20-35 years of age in both the treatment group and the control group, which is 13 respondents (72.2%).

Table 2. Frequency distribution of respondents based on respondent parity in the Primary Health Care Kaliwates Working Region in 2023.

Paritas	Treatmen group		Control group	
	N	%	N	%
Primipara	9	50	11	61,1
Multipara	9	50	7	38,9

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Total	18	100	18	100,0
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Source: Primary Data 2023

Based on table 4.2 on the distribution of respondent frequency by parity, it can be seen that half of the respondents were primipara, i.e. 9 respondents (50.0%) in the treatment group and the majority of respondents in the control group was 11 respondents (61.1%).

Table 3. Frequency distribution of respondents by sex of their babies in the Primary Health Care Working Region of Kaliwates in 2023

Gender	Treatment group		Control group	
	N	%	N	%
Male	10	55,6	9	61,1
Female	8	44,4	9	38,9
Total	18	100	18	100,0

Source: Primary Data 2023

Based on table 3 on the distribution of the frequency of the respondents according to the sex of their babies, it can be found that in the treatment group the majority of respondents have babies with male sex, i.e. 10 respondents (55.6%) and in the control group half the respondent has babies of male sex (i.e., 9 (50%).

Table 4. Frequency distribution of breast identification care in postpartum mothers in the Primary Health Care Kaliwates Working Region in 2023

Breast care	Treatment group		Control Group	
	N	%	N	%
Suitable	11	61,1	4	22,2
Not suitable	7	38,9	14	77,8
Total	18	100	18	100,0

Source: Primary Data 2023

Breast care suited 11 respondents (61.1%) and not suited 7 respondents (38.9%).

Table 5. Distribution of breastfeeding frequency in postpartum mothers in the Primary Health Care Kaliwates Working Region in 2023

Baby weight gain	Treatment Group		Control Group	
	N	%	N	%
Increase	14	77,8	0	0
stay	4	22,2	9	50
decrease	0	0	9	50
Total	18	100	18	100,0

Source: Primary Data 2023

Based on table 5. It is known that in the treatment group that has been given breast care, the weight gain of the baby increased by 14 respondents (77.8%) and experienced a steady weight gain by 4 respondents (22.2%).

Table 6. Analysis of the relationship between breast care and milk fluidity in postpartum mothers in the Primary Health Care Kaliwates Working Region in 2023

Breast care	Baby weight gain				p-value
	Increase	%	Stay	%	
Suitable	9	60	6	40	0,028
Not suitable	5	23,8	16	76,2	
Total	14	38,9	22	61,1	36 (100%)

Source: Primary Data 2023

Table 6 shows that the post-partum mothers who received information and treatment of breast care with appropriate results and experienced weight gain of 9 respondents (60,0%), while the postpartum mother who was given information and care of breast with suitable results and did not experience weight gain by 6 respondents (40,0%). As for the mother who received the information and treatments of breast treatment with inappropriate results and had gained weight of her baby by 5 respondents (23,8%), whereas the postparto mother who gave information and Treatment of breastcare with inadequate result and had no weight gain in her child by 16 respondents (76,2%). The results of analysis with Chi-Square obtained a p-value of  $0.028 < \alpha 0.05$ ,

then there is a relationship of breast care with the smoothness of breast milk in the postpartum mother. Asi lacer and baby BB increased according to KBM.

## Discussion

Routine breast care is an effort that can help stimulate the output of adequate milk production. The breast is an essential milk-producing organ, so it should be treated as soon as possible, i.e. 1 to 2 days after the baby is born. With good breast care, it can also prevent problems that may arise during lactation such as putting splashes, swollen breasts and congested milk channels. The results of this study show that in the treatment group half were primipara mothers who consisted of nine people (50,0%). In this case, parity is included in a number of factors that affect breast care so that it can help out the milk production. Parity and breastfeeding experience have a significant influence on the success of lactation, where the first mother who is pregnant/lactating always thinks about the risk of problems in lactating or even making the cessation of milk delivery in the early stages as well as not knowing things related to milk than women who have previously lactated so parity includes one of the factors affecting the smoothness of breastfeed production (Lindawati, 2023). It is also influenced by a number of other factors including breast care, breastfeeding frequency, feeding, maternal psychological factors, breaks and foods consumed by the mother. To reduce the high incidence of breastfeeding is not smooth, then what should be done is to suppress the number of trigger factors by giving consent to the pre and post giving breast care treatment of breast production in the nursing mother due to the proper breast care and done regularly will improve the smooth production of breast in the postpartum mother. Proved in this study there are most mothers doing breast care accordingly.

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The smoothness of milk production is influenced by many factors, including the frequency of breastfeeding, the baby's birth weight, the pregnancy age at birth, the mother's age, stress, Kangaroo Mother Care, breast care, and the use of contraceptives. A good availability of breast milk for nursing mothers will contribute to the success of exclusive breastfeeding for 6 months, thus helping the baby to grow and thrive well according to the WHO's guidelines(Rafika, 2021).

In the treatment group half of the mothers breathed primipara nine people (50,0%). Parity affects the production of breast milk in the first pregnant mothers, where primipara mothers have a high excitement to increase their milk production so that with the approval of breast care treatment properly and accordingly obtained quality breast production results proved with the increase in baby weight is 200-250 g/week. Parity and breastfeeding experience have a significant influence on the success of lactation, with mothers who are first pregnant/lactating always thinking about the risk of problems in lactating or even withdrawing breast-feeding at an early stage and not knowing about milk-related matters compared to women who have previously breastfeed so that parity is one of the factors affecting smooth milk production(Lindawati, 2023). In addition to the influence of proper breast care, the factors affecting the success rate and failure of breastfeeding, i.e. on-demand nursing, lasts in different times depending on the period of breast-feeding with an average breastfeed baby lasting 5 to 15 minutes. The ideal frequency range is 8 to 12 times a day so that by doing proper breast care and doing it regularly can increase breast production. With regular breast care as well as supported adequate nutritional intake, the breasts will be full faster. Quality milk production can increase baby weight gain 200-250 g/week.

## **Conclusion**

Mother who is given routine breast care every day, has an impact on the smoothness of her milk, which is shown by the baby's weight gain according to the BMI, the baby is more calm, sleeping more well.



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