

The Relationship Between Postpartum Mothers' Knowledge About Breast Care and The Incidence of Breast Milk Dam in Postpartum Mothers Days 3-6 in The Bps Area Mrs. Titik Ekawati, S.St Ds. Kintelan Kec. Puri Kab. Mojokerto

Widya Anggraeni¹, Rahma Fauziah², Titiek Idayanti³

¹STIKes Dian Husada Mojokerto

²Akademi Kebidanan Ar Rahma Pasuruan

³AKPER Dian Husada Mojokerto

ABSTRACT

The emergence of dam milk at days 3-6 due to a lack of knowledge about the treatment of post partum mothers the right breast. The purpose of this study was conducted to know the relationship of maternal knowledge about postpartum care with the incidence of breast milk dam on postpartum days 3-6 in Region Connecticut District Puri Ny.Titik Ekawati, S.ST Village Kintelan Mojokerto regency. The design of this study using a cross sectional analytic methods. Its population is around 3-6 days post partum mothers who are in the BPS Ny.Titik Ekawati,S.ST the sample was 13 respondents residing in the territory of BPS Ny.Ekawati,S.ST, sampling is the accidental sampling technique, a variable of this study is the independent variable "knowledge of post-partum mothers about breast care "and the dependent variable" incidence of dam milk ". Data collected using questionnaires and observation Wilcoxon then tested and the results are presented in the form of a frequency distribution table. Results showed the majority (54%) of respondents whose knowledge is lacking, and almost half (46%) of respondents experienced dam milk and a small portion (8%) respondents who did not have dams milk. Wilcoxon test results obtained no knowledge of the relationship of maternal postpartum care with the incidence of breast milk dams on postpartum days 3-6 with a significance level $\alpha = 0.05$ obtained significant number $p = 0.036$ which means that H1 is received.

Keywords: Awareness, Breast Care, breast milk Dam.

Corresponding author

Nama: Widya Anggraeni

Email: widyaingg11@gmail.com

INTRODUCTION

Breastfeeding is a natural process. During the puerperium, problems that often arise include nipple abnormalities, swollen breasts, the occurrence of breast milk damming (Sibuea, 2013). The occurrence of these problems is due to several factors, including lack of breast care in nursing mothers. In the BPS area. Mrs. Poin Ekawati, S.ST, there are still breastfeeding mothers who experience breast milk dams on days 3-6 of the puerperium, because most mothers do not understand about breast care.

Based on a report from the Indonesian Demographic and Health Survey, at the age of more than 25 years one-third of women in the world (38%) were found not to breastfeed their babies due to breast swelling, and in Indonesia the coverage rate of exclusive breastfeeding reached 32.3% of mothers who exclusively breastfed their

children. The 2019 Indonesian Demographic and Health Survey (IDHS) showed that 55% of breastfeeding mothers experienced mastitis and blistered nipples, possibly due to lack of breast care during pregnancy. Based on research in Surabaya in 2019, it showed that 46% of mothers who exclusively breastfed their children and who did breast care were around 34%. Based on a field survey on April 9, 2020 in the BPS Region Mrs. Poin Ekawati, S.ST, Kintelan Village, Puri District, Mojokerto Regency in 2019-2020, 34% of postpartum mothers understand and do breast care, 52% of postpartum mothers do not understand breast care, and there are 14% of postpartum mothers who experience breast milk dams.

Breast care is an effort to stimulate the secretion of the hormone oxytocin to produce breast milk as early as possible and plays an important role in dealing with breastfeeding problems. Massage techniques and stimulation of milk nipples carried out in breast care are exercises such as the baby's suction effect as a trigger for milk release (Tamboyang, 2000). For mothers who breastfeed their babies, breast care and nipples are very important, the care includes breasts must be cleaned carefully every day before bathing and again when breastfeeding, this will remove dry colostrum or milk residue and help prevent the accumulation and entry of bacteria both into the nipples and into the baby's mouth. Improper breast care leads to swollen breasts and cracked nipples that will complicate the breastfeeding process, This removes dry colostrum or milk residue and helps prevent the accumulation and entry of bacteria both into the nipple and into the baby's mouth. Improper breast care causes swollen breasts and cracked nipples which will be complicating the breastfeeding process, if the nipples become cracked the breastfeeding process is suspended until the nipples heal because breast care must be done when the mother starts breastfeeding. Breast care in postpartum mothers that is not correct is caused by the mother's knowledge is still lacking so that mothers must learn from previous childbirth experiences or from other information and sources (Admin, 2018) The success of breastfeeding must especially be supported by family, social environment, and health workers. Previous breastfeeding preparation must be prepared with proper breast care, so breastfeeding mothers must have good knowledge about breast care.

To overcome this problem, one of them is to do breast care in pregnancy and conduct Health Education through counseling for postpartum mothers days 3-6 accompanied by demonstrations on how to care for breasts after giving birth correctly, as well as counseling and demonstrations about breast care at puerperal visits, where counseling is right on time for mothers to develop the ability to make decisions which are information on the integration of scientific reasoning and systematic. In addition, it is also common through leaflets, props, posters and promotions through radio and other media. This counseling is very important for breastfeeding mothers by involving their husbands and families in the breastfeeding process. This effort can improve the mother's ability to care for breasts properly and correctly as a preventive effort against breastfeeding problems so that the breastfeeding process can run smoothly and is an effort to improve the degree of health of mothers and babies.

General Purpose Knowing the relationship between postpartum mothers' knowledge about breast care and the incidence of breast milk dam in postpartum

mothers days 3-6 in the BPS Region Mrs. Poin Ekawati, S.ST, Kintelan Village, Puri District, Mojokerto Regency?

MATERIAL AND METHODS

In this study the type of research used is analytical research - correlation. In this study, the design used is analytical with the Cross Sectional Method (relationships and associations), which is a type of research that emphasizes the time of measurement / observation of independent and dependent variables only once. Population of All Postpartum Mothers 3-6 days in the BPS Area Mrs. Point BPS Mrs. Point Ekawati, S.ST, Kintelan Village, Puri District, Mojokerto Regency Sampling technique using Non probability sampling with accidental sampling type i.e. sampling techniques based on criteria and time. The instruments used are observation sheets and questionnaires. The data obtained are analyzed and presented in the form of frequency tables.

RESULTS AND DISCUSSION

1. Mother's Knowledge About Breast Care

Table 1 Distribution of frequency of knowledge of respondents in BPS Area Mrs. BPS Mrs. Poin Ekawati, S.ST, Kintelan Village, Puri District, Mojokerto Regency.

No	Knowledge	Frekuensi(N)	Prosentase (%)
1	Good	4	31%
2	Enough	2	15%
3	Less	7	54%
Total		13	100%

The results of research conducted on 13 respondents at Ds. Kintelan Kec.Puri Kab.Mojokerto that some had less knowledge as many as (54%) respondents, with good knowledge criteria (31%) respondents and (15%) respondents having sufficient knowledge. This is because the knowledge is influenced by several factors, including age, education, and work. According to (Notoatmodjo, 2015) knowledge is the result of knowing and this happens after people sense a certain object

2. Genesis of ASI Dam

Tabel 2 Distribution of the frequency of ASI dam events in the BPS Area Mrs. BPS Mrs. Point Ekawati, S.ST, Kintelan Village, Puri District, Mojokerto Regency

No	ASI Dam Occurrence	Frekuensi (N)	Prosentase (%)
1	Breast milk dam occurs	7	54%
2	No ASI dam occurs	6	46%
Total		13	100%

Based on table 2, it can be seen that most (54%) respondents who experienced ASI dam events and almost half (46%) respondents did not experience ASI dam events. According to Handajani (2016) Breast milk dam or engorgement of the breast is the accumulation of breast milk in the breast. According to WHO, milk production is a continuous process so that if it is not removed when breast milk is formed, the volume of milk in the breast will exceed the capacity of the alveoli to store milk, if not overcome

this condition can cause breast milk dam. Breast milk damming occurs from the third to the sixth day of labor, when milk is normally produced, the breasts become very full. The dammed breasts are enlarged, swollen, and very painful. The breasts can look shiny and edematous with diffuse erythema areas. Putting milk is stretched to flat, milk does not flow easily, and babies find it difficult to suck milk.

3. The Relationship of Post Partum Mother's Knowledge about Breast Care with the Incidence of Breast Milk Dam on Post Partum Days 3-6

Tabel 3 Cross-tabulation of the Relationship between Post Partum Mother's Knowledge About Breast Care and the Incidence of Breast Milk Dam on Post Partum days 3-6 in the BPS Area Mrs. Point Ekawati, S.ST, Kintelan Village, Puri District, Mojokerto Regency

Knowledge	ASI Dam Occurrence				Σ	%
	ASI Dam Occurs		No ASI Dam Occurs			
	Σ	%	Σ	%		
Good	1	8	3	23	5	38
Enough	0	0	2	15	1	8
Less	6	46	1	8	7	54
Total	7	54	6	46	13	100

Based on Wilcoxon's statistical test, there is a relationship between maternal knowledge about breast care and the incidence of breast milk dam in postpartum mothers days 3-6, and in the table it is known that most (54%) respondents are less knowledgeable and almost some (46%) respondents experience breast milk dams and a small percentage (17%) of respondents do not occur breast milk dams. According to Lawrence Brean and Bloom's theory cited by Notoatmodjo (2013) Behavior is motivated or influenced by 3 main factors, namely predisposing factors (manifested in knowledge, attitudes, beliefs, beliefs), supporting factors (manifested in the physical environment, supporting health facilities and regional geographical conditions), driving factors (manifested in the attitudes and behavior of health workers).

CONCLUSION

Based on research that has been carried out in the BPS BPS Area, Mrs. Poin Ekawati, S.ST, Kintelan Village, Puri District, Mojokerto Regency. So it can be concluded that:

1. Most (54%) respondents have less knowledge about breast care in BPS BPS Ny. Poin Ekawati, S.ST, Kintelan Village, Puri District, Mojokerto Regency.
2. Most (54%) respondents who experienced the ASI dam incident in the BPS Area, Mrs. BPS Mrs. Poin Ekawati, S.ST, Kintelan Village, Puri District, Mojokerto Regency.

3. There is a relationship between maternal knowledge about breast care and the incidence of breast milk dam on postpartum days 3-6 with a significant value of $p=0.036$.

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