



## The Relationship of Public Mother's Knowledge about Breast Care and the Flowness of Breast Milk in the Watampone Health Center

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### Abstract

Breast care is care that should be done to prepare the breasts so they are in good condition when breastfeeding the baby. In Indonesia, the incidence of mastitis and sore nipples in 2019 was 55% due to errors in breast care, which was found to be 46%. The incidence of postpartum mothers experiencing abscesses in Indonesia in 2019 was 10% due to low knowledge of mothers in breast care. This study aims to determine the relationship between postpartum mothers' knowledge about breast care and smooth breastfeeding at the Watampone health center. This type of research is included in Quantitative research. The type of research used is analytical observational. The population in this study were all postpartum mothers who were at the Watampone Community Health Center UPT and the total sample was 46 people. The results of this study show that of the 46 respondents with good knowledge of breast care and experiencing smooth breastfeeding, there were 10 people (21.7%), while the number of respondents with poor knowledge and experiencing non-fluent breastfeeding was 36 people (78.3%). That there is a significant relationship between knowledge of breast care and smooth breastfeeding in Postpartum mothers at the Watampone Community Health Center UPT. This was proven through Continuity Correction,  $p$ -v 549 was obtained, which means there is a relationship between mother's knowledge and smooth breastfeeding at the Watampone health center. In the Lack of Knowledge category, there were 25 people (54.4%).

## Introduction

The postpartum period (puerperium) is the period after the expulsion of the placenta until the reproductive organs recover as before pregnancy and are normal. The postpartum period lasts for 6 weeks or 40 days, divided into three stages, namely early puerperium, intermedia puerperium, and remote puerperium (Martin et al., 2022). Problems in the lactation process are still quite high, one of which is caring for the breasts while breastfeeding. In Indonesia, the incidence of mastitis and sore nipples in 2019 was 55% due to errors in breast care, which was found to be 46%.

The incidence of postpartum mothers experiencing abscesses in Indonesia in 2019 was 10% due to low knowledge of mothers in breast care (Khofiyah & Febriyanti, 2021). One of the benefits of breast milk for babies is that it is the main source of food and can prevent various infectious diseases. Meanwhile, for mothers themselves, one of the benefits of breast milk is that it can reduce breast cancer risk factors (Sánchez et al., 2021). One way to handle irregular breast milk production is regular breast care, eating nutritious food and a healthy lifestyle (Lisboa et al., 2021). Based on data from the World Health Organization (WHO), 44% of

newborns in the world receive breast milk within the first hour of birth, and there are still very few babies under the age of 6 months who breastfeed exclusively. Overall, less than 40% of children under the age of 6 months given exclusive breast milk. Data from the province of South Sulawesi in 2020, the highest complete coverage of postpartum visits in the province was Banten at 122.9%. In South Sulawesi it ranks 15th with 85.4% (Lengkong et al., 2023).

Meanwhile, in 2021, complete postpartum visit coverage will be 95.7% (RI 2022). Data from the Bone District Health Service in 2019 saw the number of postpartum mothers as much as 83.5%. In 2020 the number of postpartum mothers was 85.4%. In 2021 it was 95.7%, while in 2022 it was 93.28%. Data from the Watampone Community Health Center in 2020 included 627 (6.27%) postpartum mothers. Meanwhile, in 2021 there will be 893 (8.93%) postpartum mothers. Meanwhile, in 2022, postpartum mothers will experience a decrease of 867 (8.67%) people.

## Methods

This type of research is included in Quantitative research. The type of research used is analytical observational. Analytical observational or analytical survey is a survey or research that explores how and why this health phenomenon occurs using a cross sectional design approach, namely to see the relationship between the dependent variable and the independent variable where data collection for the dependent variable and independent variable is carried out jointly or at a time. The population in this study were all postpartum mothers who were at the Watampone Community Health Center UPT and the total sample was 46 people.

## Result and Discussion

### Univariate Analysis

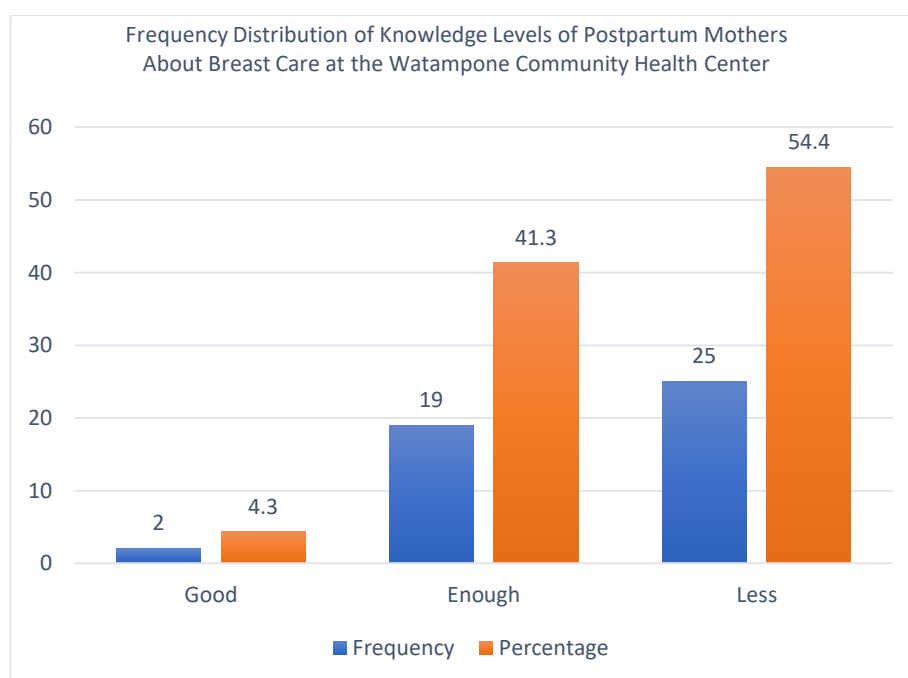


Figure 1. Frequency Distribution of Knowledge Levels

Based on bar diagram above, it shows that 46 respondents, with good knowledge were 2 people (4.3%), sufficient knowledge was 19 people (41.3%), while 25 people had insufficient knowledge (54.4%).

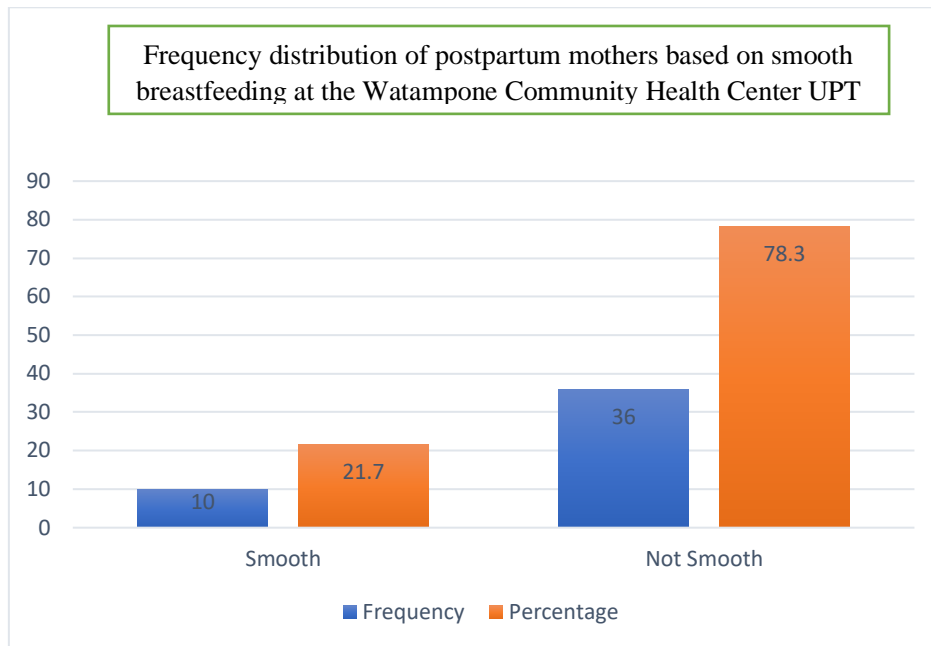


Figure 2. Frequency distribution of postpartum mothers

Based on bar diagram 1.2 above, it shows that of the 46 respondents who experienced smooth breastfeeding, 10 people (21.7%), then 36 people did not experience smooth breastfeeding (78.3%).

### Bivariate Analysis Table

Descriptive of the Relationship between Postpartum Mothers' Knowledge About Breast Care and Smooth Breastfeeding at UPT Watampone Community Health Center

Table 1. Bivariate Analysis

Smooth breastfeeding	Knowledge						Total	
	Good	%	Enough	%	Less	%		
Fluent	2	100	5	27	3	12	10	21,7%
Not smooth	0	0	14	73	22	88	36	78,3 %
Amount	2	100	19	100	25	100	46	100 %

From table 1, it shows that out of 46 respondents, there were 10 respondents with good knowledge of breast care and experiencing smooth breastfeeding, while there were 36 respondents with poor knowledge and experiencing non-fluent breastfeeding, numbering 36 people (78.3%). Meanwhile, there were 10 respondents with knowledge of good breast care and experiencing smooth breastfeeding, numbering 10 people (21.7%).

Chi square test The relationship between postpartum mothers' knowledge and smooth breastfeeding at Watampone Community Health Center Breastfeeding Smoothness \* Knowledge Crosstabulation Chi-Square Tests.

Table 2. Chi Square test

	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	1,756(b)	1	,185		
Continuity Correction(a)	,359	1	,549		
Likelihood Ratio	2,515	1	,113		
Fisher's Exact Test				,493	,290
N of Valid Cases	46				

Based on the research results in table 4.5 above, it is known that, of the 46 samples of postpartum mothers, 25 people (54.3%) had poor knowledge, while 2 people (4.3%) had good knowledge. In the chi square test analysis, p-v was found to be 549, which means there is a relationship between maternal knowledge and smooth breastfeeding at the Watampone health center.

### **Level of knowledge of postpartum mothers about breast care at the Watampone Community Health Center**

Based on the results of research in Table 4.3 conducted on 46 postpartum mother respondents at the Watampone Community Health Center, it shows that 25 people (54.4%) were in the category of insufficient knowledge. And the lowest knowledge found in postpartum mothers was maternal knowledge with a good category of 2 (4.3%).

Based on research, post partum mothers who have good breast knowledge and carry out routine and regular breast care will obtain sufficient breast milk production. In addition, post partum mothers are encouraged to eat nutritious foods so that nutritional needs can be met properly, and do not experience dehydration so that the supply Breast milk can run smoothly and post partum mothers must maintain their psychological condition and get plenty of rest so that their condition is maintained well (Ramulondi et al., 2021).

In this study, there were 46 respondents, the majority of whom were mothers in the category of insufficient knowledge so that breast milk was not smooth. One of the conditions that causes breast milk not to flow smoothly is a mother who has inverted nipples so she feels unable to give breast milk to her baby, a mother who does not understand how to properly care for her breasts and a mother who gives birth by cesarean section, because anesthesia during surgery causes The mother is unresponsive to breastfeeding, thus inhibiting the production and release of breast milk (Mitchell & Johnson, 2022).

### **Smooth breastfeeding at the Watampone Community Health Center UPT**

Based on table 4.4, it shows that of the 46 samples of postpartum mothers, 10 people experienced smooth breastfeeding (21.7%), then 36 people did not experience smooth breastfeeding (78.3%). The most frequent respondents said that breast milk was not smooth. The production and release of breast milk is influenced by two hormones, namely prolactin and oxytocin. Prolactin influences the amount of breast milk produced, while oxytocin influences breast milk production (Dewi, 2023).

According to Sandhi et al. (2020), a mother's success in providing exclusive breastfeeding cannot be separated from the factors that influence the quality and quantity of breast milk because by being equipped with good knowledge, a person's behavior can be directed towards better things. In this study, the researchers assumed that postpartum mothers who frequently received health education during the postpartum and breastfeeding period would have good knowledge and therefore be more likely to experience smooth breast milk production.

Based on research, breast milk production in post partum mothers is smooth. This is proven by the results of observations which found that the majority of mothers routinely carry out breast care. Because of the factors that support getting good breast milk, namely 10 mothers routinely care for their breasts, mothers do not experience dehydration, their psychological condition is stable and they are provided with nutritious nutrition during pregnancy and breastfeeding.

### **The relationship between postpartum mothers' knowledge about breast care and smooth breastfeeding at the Watampone Community Health Center UPT**

Based on the results of statistical tests, it shows that there is a significant relationship between knowledge of breast care and the smooth production of breast milk in post partum mothers at the Watampone health center during pregnancy and breastfeeding.

Breast care will be successful if the mother has good knowledge about the benefits of breast care in increasing breast milk production. Said that for a mother to be successful in providing exclusive breastfeeding cannot be separated from the factors that influence the quality and quantity of breast milk because by being equipped with good knowledge, a person's behavior can be directed towards better things (Witten et al., 2020). In this study, researchers assumed that postpartum mothers who frequently receive health education during the postpartum and breastfeeding period will have good knowledge and therefore be more likely to experience smooth breast milk production (Moseson et al., 2020).

Based on research, post partum mothers who already have good breast knowledge and carry out routine and regular breast care will obtain sufficient breast milk production. Apart from that, post partum mothers are advised to eat nutritious foods so that their nutritional needs can be met properly, they do not experience dehydration so that their breast milk supply can run smoothly and post partum mothers must maintain their psychological condition and get plenty of rest so that their condition is maintained well.

## Conclusion

The conclusion of the results of research conducted on 46 postpartum mother respondents at the Watampone Community Health Center showed that in the highest category there was insufficient knowledge, namely 25 people (54.4%). And the lowest knowledge is mother's knowledge with a good category of 2 (4.3%). To determine the relationship between postpartum mothers' knowledge about breast care and the smooth flow of breast milk. To identify postpartum mothers' knowledge about breast care. Research results from 46 respondents, 10 people experienced smooth breastfeeding (21.7%), then 36 people experienced smooth breastfeeding (78.3%). To analyze the relationship between breast care and smooth breastfeeding in postpartum mothers. Based on the results of statistical tests, it shows that there is a significant relationship between knowledge of breast care and the smooth production of breast milk in post partum mothers at the Watampone health center. This was proven through the Chi-square test with a square test obtained p-v 549, which means there is a relationship between maternal knowledge and smooth breastfeeding at the Watampone health center. the lack of knowledge category was 25 people (54.4%).

Suggestions for Health Workers This research can be used as input for health workers in efforts to provide health services, namely education about breast care to the community, especially to teenagers, pregnant women and postpartum mothers. For institutions, the benefits of research for institutions are expected to be as learning material and as a reference, adding to the literature for students' further research. For the community, the results of this research can be used as information, motivation, encouragement for the community in general, both teenagers, pregnant women and postpartum mothers, so that they can increase knowledge about breast care and finally for the next researcher is to increase knowledge in applying knowledge in the field of midwifery services and it is hoped that future researchers will be able to carry out the same research with different variables.

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