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Analysis of Kurma Nabeez in 1-7 Day Partum Party on Increasing ASI and Baby Body Production in BPM Ririn R. Sudimoro, Bululawang Districts Malang

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ABSTRACT

Nabeez water is marinated water from dates, now also known as infused water. Potassium or potassium contained in dates will block dopamine receptors, and then stimulate prolactin release. In the presence of high prolactin, breast milk production will increase. Prolactin is widely found in breastfeeding mothers, because prolactin is important for stimulating the mammary glands that are useful for producing milk. If the mother's nutrition is good, the milk produced will be of good quality and strength. This study aims to analyze Nabeez Dates on increasing breast milk production and increasing infant weight. The research design used is quantitative research using the experimental quasi approach post-test - only control design. The study was divided into two subjects, 15 respondents breastfeeding mothers given dates 5 items dates (around 45g) contain around 115 Kcal as a treatment group and 15 respondents nursing mothers as a control group for 7 days at BPM Ririn R Sudimoro Bululawang, Malang Regency. The results showed that breast milk production in the treatment group (15 respondents) on day 4 was still 60% in sufficient category, on days 5.6 and 7 it was 87% good than the control group. Increased infant weight in the treatment group (15 respondents) on days 4,5,6 and 7 in the treatment group most showed weight gain compared to the control group. The results of the statistical analysis using the Mann Whitney test obtained a significance value (p) of 0,000 <(α = 0,05), meaning that H0 was rejected and H1 was accepted, this means that there is an effect of nabeez dates on increasing milk production and increasing infant weight. Nabeez dates in postpartum mothers can increase milk production so that the needs of the baby will be fulfilled with breast milk both in quality and quantity.

Keywords: Nabeez dates, breast milk production, baby weight

INTRODUCTION

The 2010 World Health Organization (WHO) recommends breastfeeding exclusively in the first 6 months of a baby's life and continues for 2 years or more, because breast milk is very balanced in meeting the nutritional needs of a newborn and is one only food needed until the age of 6 months. The coverage of exclusive ASI of various countries in 2010 was 46% each in India, 34% in the Philippines, 27% in Vietnam and 24% in Myanmar (Ministry of Health, 2010). Breastfeeding also benefits the mother by managing fertility and reducing the risk of osteoporosis, ovarian and breast cancer later in life, and type II diabetes (Pollard, 2015). Giving ASI can reduce infant mortality. This is in accordance with the results of a Ghanaian study which shows that 22% of newborn deaths can be prevented by giving ASI in the first hour after birth and continuing for up to six months (Nurliawati, 2010).

Factors related to breast milk production are Psychic Factors where the puerperium is one phase that requires psychological adaptation. Changing the role of a mother requires adaptation that must be

lived. Responsibility increases with the presence of a newborn baby. The encouragement and attention of other family members is a positive encouragement for the mother (Suherini, 2009). Baby Suction Factors where healthy babies can empty one breast for about 5-7 minutes and breast milk in the baby's stomach will be empty within 2 hours. It's best to breastfeed the baby on a non-scheduled basis (on demand) because the baby will determine their own needs. Scheduled breastfeeding activities will have an adverse effect because the baby's sucking is very influential on the sucking stimulation of subsequent ASI production (Jannah, 2011). Food factors where the daily calorie needs of the day must consist of 60-70% carbohydrates, 10-20% protein, and 20-30% fat. These calories are obtained from food consumed by mothers in a day (Nutrisi Bangsa, 2013).

More nutritional needs of nursing mothers than pregnant women. Food requirements for breastfeeding mothers increase because food is needed to produce a number of breast milk which is very necessary as a baby's main food (Kartono et al, 2012). Nutritional needs of breastfeeding mothers in the first six months require an additional 330 calories, 20 grams of protein and 11 grams of fat from the main needs of 2150-2250 calories, 56-57 grams of protein and 60-75 grams of fat (Brown, 2005). Malnutrition in nursing mothers causes health problems for the mother and her baby. The nutritional needs of infants up to six months are obtained through breast milk. Sufficient breast milk production, both the amount and quality determines the growth of the baby. Efforts to achieve optimal infant nutrition until reaching the age of six months can only be done through improving maternal nutrition. This illustrates that the food consumed by breastfeeding mothers greatly influences the increase in breast milk production (Petit, 2013). Nursing mothers must have good nutritional status in order to produce optimal milk so that they can meet the nutritional needs of infants and need to get additional food to avoid deterioration in the production and production of breast milk (Wahyuni, 2012).

The small amount of ASI can be overcome by consuming the right vegetables and fruits (SAKKA, 2014). Dates are the fruit of the Phoenix Dactylifera plant which has seeds with one institution. Dates contain lots of carbohydrates, fats, proteins, various minerals and vitamins and have high fiber content (Vyawahare et al, 2009). Research conducted by Marshall and AL-Shahib said that dates have a function as functional food (Waspadji, 2007) Dates in exchange food ingredients are included in the fifth group namely fruit groups with one-unit exchangers equal to 50 calories, 10 grams of protein and 10 grams of carbohydrates and calcium contained in mature dates is very sufficient and very important in the process of forming breast milk, levels of iron and calcium contained in dates can replace maternal energy drained during childbirth or breastfeeding. Iron and calcium are two effective and important elements for baby's growth. These two elements are the most influential elements in the formation of blood and bone marrow. Dates have a soft texture that is not too sour, has a good taste, besides the presence of hormones that are similar to the hormone oxytocin in dates can increase the production of breast milk. Breastmilk (ASI) contains all the nutrients that babies need in the first six months after birth Galactogogues are drugs or substances other than drugs that are believed to help initiate, maintain and increase milk production. Galactogogues in the form of spices or medicinal plants are often unknown and some do not have the right dosage standard. Sari Dates contain glucose, high fructose, protein, amino acids, minerals, vitamins and hormones that resemble the hormone oxytocin which can help the birth process and increase milk production.

RESEARCH METHODS

The design of this study uses quasi experiments (posttest - only control design), this study was conducted on postpartum mothers and their infants. The place of this research was at BPM Ririn R Bululawang, Malang district in December 2018 - January 2019. This research was approved by the Ethics Committee of Strada Kediri STIKes. With a population of 32 people and a sample of 30 respondents using a simple random sampling technique. The dependent variable in this study is breast milk production and infant weight, independent variables are Nabeez dates, instruments in this study using observation sheets with Mann Whitney test significance level p value $\alpha \leq 0.05$.

RESULTS

Table 1 Mann Whitney Test

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Asi Production	Statistical Value	Significance	Description
Day 4	1,458	0,145	Not significant
Day 5	2,257	0.024	significant
Day 6	2,566	0.010	significant
Day 7	2,290	0.022	significant

Source: Processed Research Data (2019)

1) 4th Day Observation Time

Comparison between the treatment group and the control group on breast milk production on the 4th day obtained a significance value (p) of 0.145. This shows no significant difference (p> 0.05) between the treatment group and the control group on breast milk production on the 4th day.

2) 5th Day Observation Time

Comparison between the treatment group and the control group on breast milk production on the 5th day obtained a significance value (p) of 0.024. This shows that there is a significant difference (p <0.05) between the treatment group and the control group for breast milk production on the 5th day.

3) 6th Day Observation Time

Comparison between the treatment group and the control group on breast milk production on the 6th day obtained a significance value (p) of 0.010. This shows a significant difference (p <0.05) between the treatment group and the control group for breast milk production on the 6th day.

4) 7th Day Observation Time

Comparison between the treatment group and the control group on breast milk production on the 7th day obtained a significance value (p) of 0.022. This shows that there is a significant difference (p <0.05) between the treatment group and the control group for breast milk production on the 7th day.

Table 2 Results of Comparison of Infant Weight Gain

Asi Production	Z hits Statistics Value	Significance	Description
Day 4	3,491	0,000	Not significant
Day 5	3,699	0,000	significant
Day 6	3,890	0,000	significant
Day 7	3,490	0,000	significant

Source: Processed Research Data (2019)

1) 4th Day Observation Time

Comparison between the treatment group and the control group for infant weight gain on day 4 obtained a significance value (p) of 0,000. This shows that there is a significant difference (p <0.05) between the treatment group and the control group for infant weight gain on the 4th day.

2) 5th Day Observation Time

Comparison between the treatment group and the control group for infant weight gain on the 5th day obtained a significance value (p) of 0,000. This shows that there is a significant difference (p <0.05) between the treatment group and the control group for infant weight gain on the 5th day.

3) 6th Day Observation Time

Comparison between the treatment group and the control group for infant weight gain on the 6th day obtained a significance value (p) of 0,000. This shows a significant difference (p <0.05) between the treatment group and the control group for infant weight gain on the 6th day.

4) 7th Day Observation Time

Comparison between the treatment group and the control group for infant weight gain on the 7th day obtained a significance value (p) of 0,000. This shows a significant difference (p <0.05) between the treatment group and the control group for infant weight gain on the 7th day

DISCUSSION

A. Identification of increased milk production in the control and treatment groups

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Based on the data obtained during the study, it was found that the results showed that the average expenditure of ASI on the fifth to seventh day in the treatment group of 15 respondents was more than that of good ASI production than the control group.

The formation of breast milk (Prolactin reflex) starts since pregnancy. During pregnancy there are changes in the breasts, especially the size of the breast, which is caused by the proliferation of lactiferous ductal cells and breast-forming glandular cells and smooth circulation of blood to the breast. This proliferation process is influenced by the hormones produced by the placenta, namely lactogen, prolactin, kariogona dotropin, estrogen, and progesterone. Effect of lactogen hormones from the placenta and the prolactin hormone from hypophise (Maryunani, 2009).

From the description above the researchers argue that the production of breast milk is greatly influenced by the anatomy of the mother's breast, if the anatomy of the breast is good (exverted), the baby will be able to suck the nipples well. The baby can suck from birth. The more often the baby sucks, even the milk production will be abundant. This reflex will be seen if there is something that stimulates the roof of the mouth, usually nipples. This is in accordance with the results of research that shows the putting condition in the treatment group obtained (7%) respondents have inverted conditions, (27%) respondents have flat conditions. and (67%) respondents have exverted conditions. Babies who suck on the mother's breast will stimulate the production of oxytocin which causes contraction of myoepithelial cells. The contraction of these cells will squeeze the milk that has been made out of the alveoli and into the duct system to then flow through the lactiferous ducts into the baby's mouth so that milk is available to the baby (Maryunani, 2009)

Factors that influence ASI production include anatomical factors, physiological factors, maternal nutrition and psychological factors. Breast milk production is strongly influenced by psychological factors. The condition of mothers who are easily anxious and stressed can interfere with lactation so that it can affect the production of breast milk. Researchers argue that the production of breast milk is greatly influenced by stress so that it can inhibit breastfeeding. The higher the level of emotional disturbance, the less stimulation of the prolactin hormone given to produce breast milk Lactation requires calmness and feeling of security. This is in accordance with the results of research that shows that psychological factors "mother's feelings in preparing breastfeeding" in the treatment group 73% of respondents had feelings happy, 23% of respondents had anxiety, and 0% of respondents. Mothers who have feelings of unhappiness and anxiety will blockade of letdown reflexes. This is due to the release of adrenaline (epinephrine) which causes vasoconstriction of the blood vessels of the alveoli so that it will inhibit oxytocin to reach the target organ of myoepithelium. The imperfect letdown reflex will cause the accumulation of milk in the alveoli which clinically appears to enlarge the breasts. It can be concluded that the feelings of mothers in preparing breastfeeding have an effect on exclusive breastfeeding. (Hardiani, 2017).

Based on maternal education, it shows that the educational characteristics of mothers in the treatment group obtained 7% did not complete elementary school, 13% graduated from elementary school, 33% graduated from junior high school, 27% graduated from high school, and 20% graduated from PT while 7% did not complete elementary school. 13% graduated from elementary school, 47% graduated from junior high school, 20% graduated from high school, and 13% graduated from PT.

Lactation management is a comprehensive management that involves lactation and use of breast milk, which leads to successful breastfeeding for the maintenance of the health of the mother and her baby. This management includes a preparation and education on maternal counseling, implementation of breastfeeding, nursing care and further efforts to protect breastfeeding mothers. From the description above, the researcher argues that As generally the higher education, the easier it is to get information and ultimately affect one's behavior. Education also determines the knowledge of a nursing mother.

While respondents get full support from the family about breastfeeding plans "in the treatment group obtained 100% of people get full support and 0% do not get full support and the control group obtained 100% of people get full support and 0% do not get full support.

Lactation management is described based on the factors in the period of pregnancy as follows: Prenatal period includes education counseling to patients and families about the benefits of

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breastfeeding and implementation of nursing care, as well as the existence of family support (Ria Riksani, 2012).

From the description above, researchers argue that breastfeeding is a fun activity for mothers and babies, while providing infinite benefits for the baby, therefore it is very necessary for family support in the lactation process so that the ASI production is expected by the respondent both in quality and quantity.

B. Identification of increasing infant weight in the control group and treatment group

Based on table 4.27 d. 4.30 cross tabulation of age and infant weight gain on days 4 to 7 were obtained for the average baby who experienced weight gain in the treatment group were respondents who were over 20 years old and less than 35 years old.

A woman's readiness to get pregnant must be prepared physically, emotionally, psychologically and economically In a period of healthy reproduction it is known that the age is safe for pregnancy and childbirth is 20-30 years ((Sarwono, 2008). produce a lot of breast milk compared to older mothers (Soetjiningsih, 2015), and according to Biancuzzo (2013) that mothers who are younger or less than 35 years old produce more milk than older mothers.

From the description above, the researcher argues that age is closely related to physical good readiness, namely reproductive and psychilological devices, namely the emotions and anxiety of someone in preparing for pregnancy and childbirth, as explained above that anxiety greatly affects the production of breast milk. also to increase the baby's weight this is in accordance with the theory presented by Ruswana (2006), namely, the age of a woman during pregnancy should not be too young and not too old. Age less than 20 years or more than 35 years is at high risk for childbirth.

Based on the data obtained during the study it was found that the increase in body weight of infants aged 4 days and 7 days in the treatment group was mostly in the upward category than in the control group. Body weight is a nutritional status in general. newborn neonates will be weighed will be weighed within a few minutes after birth. The results of this weight measurement are the basis for monitoring changes in body weight during the neonatal period. Changes in body weight during the neonatal period occur due to the transfer of fluid from intracellular to extracellular. Increased extracellular fluid in the neonate causes salt and water deurysis in the first 48-72 hours. Excessive release of extracellular fluid results in a decrease in physiological weight in the first week of life. Excessive weight loss is usually caused by inadequate nutritional intake as a result of insufficient milk supply or ineffective milk supply. Guidelines for clinical practice show weight loss of more than 10% of birth weight is of particular concern. Physiological weight loss does not occur after the neonate is 5-7 days and weight gain increases at the age of 12-14 days

From the description above the researcher argues that the increase in infant weight in the treatment group rose because the production of breast milk in the treatment group was better than the control group. The percentage change in body weight from birth weight is an indicator of adequacy of food. Sufficient breastfeeding affects changes in body weight in neonates.

Based on table 4.35 d. 4.38 cross tabulation parity and weight gain it is known that the increase in body weight of infants aged 4 days and 7 days in the treatment group most of the categories rose in respondents with multiparous parity.

Factors that influence breast milk production come from internal and external. Internal factors include physical, psychological, maternal knowledge and infant physical factors, while external factors include early breastfeeding (IMD) initiation and frequency of breastfeeding (Kadir, 2014) Physical conditions such as anatomic physiology, age, parity, and maternal nutritional intake are factors internal effects of breast milk production. Mothers who give birth to second and subsequent children produce more breast milk than the birth of the first child (Soetjiningsih, 2015: Nichol, 2015).

Based on the results and theory above, parity is one of the internal factors that can affect breastmilk production to increase, because a mother who has given birth to a second child and so on physically and psychologically is ready compared to a new mother giving birth to a first child, apart from physical and psychological factors experience is the best teacher because the mother who gave birth to the second child and so on has learned from past experience.

C. Analysis of the effect of giving nabeez dates on increasing milk production

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The Mann Whitney test results obtained p value = 0,000 <(α = 0.05) based on the results of research in tables 4.15 to 4.18 that the ASI production in the treatment group of 15 respondents is a good category rather than this treatment group means there is an effect of nabeez dates on increased milk production .

Dates have a long list of nutrients that are beneficial to the body. Mature dates contain about 80% sugar, the rest consists of protein, fat and mineral products including copper, iron, magnesium and folic acid. Dates are rich in fiber and are an excellent source of potassium. Five dates (around 45g) contain around 115 cal, almost all of them from carbohydrates.

One component in dates is antioxidants, potassium, and high protein function which increases cAMP-dependent phosphorylation by activating cAMP / PKA signals which ultimately inhibits dopamine D2 receptors. Phosphodiesterases (PDEs), which are enzymes that degrade cAMP and suppress stimulation of cAMP / PKA signals, control dopaminergic signals. PDE10A mainly regulates phosphorylation of DARPP-32i, thereby inhibiting PP-1 and influencing dopaminergic signals. With this mechanism, potassium blocks dopamine receptors, and then stimulates the release of prolactin. In the presence of high prolactin, breast milk production will increase. Prolactin is often found in mothers who are breastfeeding, because it is an important hormone that stimulates the mammary glands to produce milk, so that when needed is ready to function. The existence of breastfeeding activities from this baby then the hormone prolactin will come to work perfectly. (Yulinda, 2014), this is in accordance with the theory that in the presence of oxytocin contained in dates, it is believed that it can help expedite the milk to meet the nutritional needs of the child. containing Galaktogogus which is a pharmaceutical agent, food, or herbal supplementation that serves to help facilitate the release of breast milk. (Sakka, 2014).

D. Analyzing the effect of giving nabeez dates on increasing milk production and increasing the weight of newborns.

Based on the results of hypothesis testing it is known that differences in treatment groups and control groups on breast milk production on day 4 to day 7 and against infant weight gain on day 4 to day 7. In the results of the study that the fourth day baby weight gain in the control group obtained an average baby weight gain of -60 grams of 15 infants observed and in the treatment group obtained an average baby weight gain of 10 grams of 15 infants observed , the fifth day in the control group obtained an average weight gain of -57 grams of 15 infants observed and in the treatment group obtained an average baby weight gain of 27 grams, the 6th day in the control group obtained an average the average baby weight gain of -60 grams and the treatment group obtained an average baby weight gain of 44 grams, the 7th day in the control group obtained an average baby weight gain of -43 grams was observed and in the treatment group was obtained the average baby's weight gain is 50 grams. From the observation of day 4 to day 7, it was found that the treatment group gave a higher baby weight gain compared to the control group. Tests were carried out using the Mann Whitney test with the help of the SPSS version 21 program. **This shows that there is an effect of giving nabeez dates to an increase in breast milk production and an increase in newborn weight.**

The results showed that the comparison between the treatment group and the control group for infant weight gain on the fourth to seventh day using the Mann Whitney test obtained a significance value (p) of 0,000. This shows a significant difference (p <0.05) between the treatment group and the control group for infant weight gain on the fourth day to the seventh day.

This can be seen in the results of research in Tables 4.57 to 4.60 on Cross Tabulation of Breast Milk Production and Baby Weight Gain on days 4 to 7 at Ririn R BPM, Sudimoro Bululawang Malang Regency, December 15 2018 to January 15, 2019 mentioned on The fourth obtained that the majority had less ASI production and had a weight gain in the down category as many as 8 respondents, on the 5th day the majority had less ASI production and had a weight gain in the down category as many as 7 respondents, on the 6th day obtained the majority had less ASI production and had a weight gain in the descending category of 5 baby respondents, on the 7th day the majority had less ASI production and had a weight gain in the down category of 5 baby respondents.

Carbohydrates and proteins are nutrients that can produce energy other than fat. The main function of carbohydrates is as an energy source, while helping to regulate protein metabolism. Giving Nabeez 5-

point dates (45gr) equivalent to 115 cal in breastfeeding mothers proved to provide significant results for weight gain. The results of this study are in line with the results of Sakka AE's research, et al. able to increase baby's birth weight.

CONCLUSION

1. Breast milk production in the treatment group (15 respondents) on day 4 was still 60% in sufficient category, on days 5.6 and 7 it was 87% good than the control group.
2. The increase in infant weight in the treatment group (15 respondents) on days 4.5,6 and 7 in the treatment group mostly showed weight gain than the control group.
3. The results of the Mann Whitney test obtained p value = 0,000 <(α = 0.05) based on the results of the study that the ASI production in the treatment group of 15 respondents was a good category rather than this treatment group, meaning there was an effect of nabeez dates on increased milk production.
4. The results of the study show that the comparison between the treatment group and the control group for infant weight gain on the fourth to seventh day using the Mann Whitney test obtained a significance value (p) of 0,000. This shows a significant difference (p <0.05) between the treatment group and the control group for infant weight gain on the fourth day to the seventh day. From the observation time of day 4 to day 7 it is known that in the treatment group giving a higher baby weight gain compared to the control group.

SUGGESTION

1. For Midwives

It is hoped that it can improve quality and service more effectively in providing health services and counseling, especially regarding the importance of breastfeeding. Midwives are also expected to provide IEC to mothers and families, especially husbands, to pay more attention to nutrition in nursing mothers. It is expected that husbands and families can work well together in providing nutritional intake to nursing mothers by giving dates nabezz so that the production of milk produced is more and there is an increase in body weight in infants. So that the breastfeeding process can be done exclusively breastfed.

2. For husbands

The husband as a companion who is closest to the mother is expected not only to act as a decision maker but also to have a role in providing physical and psychological support to the wife by providing nutritious food since breastfeeding. In addition, the husband is also expected to be an alert husband by providing exclusive breastfeeding support.

3. For family members

Family members are expected to be able to become a critical resource to deliver health messages, family members are also expected to be able to be a supporting source around breastfeeding mothers to remind, advise or invite a nursing mother to eat nutritious food and consume dates nabezz can give exclusive breastfeeding.

4. For further researchers

It is necessary to do similar research with more variable and alternative variables using the interval scale to determine breast milk production and ratio scale to find out baby's weight gain.

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