

Analysis of Breastfeeding Techniques with Breast Milk Production in the Postpartum Room of the Same Regional Hospital Nularan B Timor Leste Year 2020

Flabiana Pareira Alfonso, Anggrawati Wulandari
Institut Ilmu Kesehatan STRADA Indonesia, Kediri, Indonesia
Corresponding author: flabiana@gmail.com

ABSTRACT

Breastfeeding is a valuable process and is a natural way of giving food to children. Many benefits we can get from giving. Babies get immune immunity from breast milk, therefore a good production of breast milk will make the financial process more successful. The purpose of this study was to analyze the relationship between testing techniques with ASI production. The method used in this research is correlational analytic with cross sectional research. The population is all mothers breastfeeding babies aged 0–2 days at the Same Hospital in East Timor B. The sampling technique uses accidental sampling. The independent variable is smoking technique and the dependent variable is the production of breast milk. The research instrument used questionnaires and observation sheets. Analysis of research results using the chi square test. The results showed, of the 23 respondents, 65.2% with correct breastfeeding techniques as many as 15 respondents, and 65.2% with a smooth production of Breast Milk as many as 15 respondents. The results also showed that the Exact Fisher's value obtained after the chi square test was $0.006 < 0.05$, which means there is a relationship between breastfeeding techniques and breast milk production at the Same Hospital area of Timor Leste in 2020. The solution that needs to be done is to help with information through counseling by health workers about techniques that represent an important thing to avoid the lack of breast milk production. It is hoped that we as health workers will always provide counseling in the future through classes of pregnant women.

Keywords: Breastfeeding Techniques, Breast Milk Production

BACKGROUND

Breastfeeding is something that is valuable and is a way of providing food to children naturally. There are many benefits that we can get from breastfeeding. Babies get immunity from colostrum (the first liquid that comes out before breast milk) (Sembiring, 2019). Factors that affect milk production include: food, peace of mind and soul, use of contraception, breast care, breast anatomy, physiology, rest factors, medication factors, breastfeeding techniques (FB Monica, 2014). The target for early initiation of breastfeeding (IMD) in Timor Leste increased from 51.8 percent in 2016 to 57.8 percent in 2017. Despite the increase, this figure is said to be still far from the target of 90 percent.

Based on data at the Same Nularan B Regional Hospital in Timor Leste, data on the birth rate of 40 per month were obtained. Preliminary study conducted by researchers from 23 to 29 November 2019 obtained 10 postpartum mothers who breastfed, obtained data that 3 mothers had correct breastfeeding technique (30%) their milk production was smooth and the

baby looked calm while breastfeeding while 7 mothers breastfeeding was wrong (70%) and of the 7 mothers whose breastfeeding technique was wrong it was found that their milk production was not smooth so that when breastfeeding the baby looked fussy. The causes of breast milk not coming out smoothly include wrong breastfeeding techniques and positions, imperfect attachment of the baby's mouth to the breast for example due to small or sinking nipples, lack of frequency of breastfeeding, addition of formula milk which alternates with breastfeeding (Novianti, 2009). While the factors that cause mothers not to breastfeed their babies with the right technique include characteristic factors (age, education, breastfeeding attitudes, knowledge, socio-culture), supporting factors (availability, time, nutrition), driving factors (health workers, family). Provision of information through counseling by health workers about breastfeeding techniques is the most important thing to avoid insufficient milk production. So it is hoped that we as health workers will always provide counseling during pregnancy through classes for pregnant women. The purpose of this study was to analyze the relationship between breastfeeding techniques and milk production in the postpartum ward of the Same infectious B regional hospital, Timor Leste in 2020. The formulation of the problem was "is there a relationship between breastfeeding techniques and milk production in the postpartum ward of the Same infectious B regional hospital, Timor Leste in 2020.

METHOD

Design This study is a correlational analytic quantitative study with a cross sectional approach. The population (N) is all mothers breastfeeding babies aged 0–2 days at the Same contagious B regional hospital in Timor Leste in 2020. The sample is some mothers breastfeeding babies aged 0–2 days at the Same contagious B regional hospital Timor Leste in 2019 totaling 23 respondent. The sampling technique used in this study was non-probability sampling, namely the accidental sampling type sampling technique. Independent variables: X1 Breastfeeding technique (Ordinal), X2 Milk production (Ordinal) and dependent variable: Long labor (Nominal). Time of study and research location May – June 2020 at the Same infectious B Regional Hospital, Timor Leste in 2020. The measuring tools used for independent variables are questionnaires and observation sheets for dependent variables. In this study, prior to data collection, a letter of introduction was submitted from the Faculty of Nursing, DIV Midwifery Study Program, IIK Strada, which was then submitted to the Same contagious B Timor Leste Regional Hospital to request permission for initial data collection.

After obtaining permission, the researcher then asked permission for the respondent to be used as a subject in conducting a preliminary study to find out the relationship between breastfeeding techniques and milk production in the postpartum room at the Same infectious B Regional Hospital, Timor Leste in 2020. Data collection was done using questionnaire interviews and observation. Researchers proceed to the preparation of the proposal. After the research proposal is carried out, it is then followed by the preparation of a thesis. In collecting data from respondents, the next steps taken by researchers are data processing, namely editing, coding (Breastfeeding technique: Correct code 1, Incorrect code 0, Breast milk production: Current code 1, Not current code 0, Tabulating, Cleaning, and Entry data. Analysis The data uses the Chi Square Test with an interpretation if the p value < level of significance (0.05) then the conclusion is that Ho is rejected and H1 is accepted, meaning that there is a relationship between breastfeeding technique and milk production in the postpartum room at the Same B transmission area Hospital Timor Leste in 2020 Research Ethics uses Anonymity, Informed Consent, Confidentiality.

RESULTS

Breastfeeding technique

Table 1. Frequency distribution of breastfeeding techniques

No	Breastfeeding technique	Frekuensi (f)	Persentase (%)
1	Right	15	65,2
2	Wrong	8	34,8
	Amount	23	100

Sumber : Data primer penelitian 2020

Based on the table above, it shows that of the 23 respondents, more than half of the respondents (65.2%) with the correct breastfeeding technique were as many as 15 respondents.

Produksi ASI

Table 2. Distribution of breast milk production

No	Milk production	Frekuensi (f)	Persentase (%)
1	Fluent	15	65,2
2	Not smooth	8	34,8
	Amount	23	100

Sumber : Data primer penelitian 2020

Based on the table above, it shows that of the 23 respondents, more than half of the respondents (65.2%) had smooth milk production, namely 15 respondents.

The Relationship between breastfeeding techniques and breast milk production

Table 3. The relationship between breastfeeding techniques and breast milk production

Breastfeeding technique	Milk production				Total
	Fluent		Not smooth		
	Σ	%	Σ	%	
Right	13	56,4	2	8,6	15
Wrong	2	8,6	6	26,2	8
Total	15	65,2	8	34,8	23
$\alpha=0,05$			$p\text{-value}=0.006$		

From the table above it can be seen that most of the respondents 13 people (56.4%) had correct breastfeeding techniques and smooth production. The result of the Chi Square test is 0.003, which means that there is a relationship between breastfeeding techniques and milk production.

DISCUSSION

Breastfeeding technique

Based on table 1 above, it shows that of the 23 respondents, more than half of the respondents (65.2%) used the correct breastfeeding technique, namely 15 respondents.

Technique is a way of making something, a way of carrying out or doing something related to art, cleverness in making something related to industrial results. Breastfeeding is an unbeatable way of providing ideal food for the healthy growth and development of babies and has unique biological and psychological influences on the health of both mother and baby. Breastfeeding technique is a way of putting the baby to the breast when breastfeeding (Sembiring, 2019). The mother's ability to carry out breastfeeding techniques is influenced by several factors such as age, education, occupation and mother's parity.

The correct breastfeeding technique will affect the output of the mother's milk production so that it will also affect the amount of milk that the baby can drink. A good and correct breastfeeding technique will cause the milk to come out smoothly and the baby is satisfied so that the baby's nutritional needs are met properly and their growth will be good too.

Milk production

Based on table 2 above, it shows that of the 23 respondents, more than half of the respondents (65.2%) had smooth milk production, namely 15 respondents.

Breast milk production is the process of forming breast milk caused by maximum stimulation of prolactin receptors (Devi A, 2019). During pregnancy, the hormone prolactin from the placenta increases but milk has not come out because it is still inhibited by high levels of estrogen. On the second or third day postpartum, estrogen and progesterone levels drop dramatically, so that the effect of prolactin is more dominant and it is at this time that milk secretion begins. With earlier breastfeeding, stimulation of the nipples occurs, prolactin and pituitary are formed, so that the secretion of breast milk becomes smoother. Two reflexes in the mother that are very important in the process of lactation, namely the prolactin reflex and the flow reflex arise due to stimulation of the nipples by the baby's suction. Things that affect milk production, such as food, peace of mind, contraception, breast care, breast anatomy, physiology, rest factors, medicines and breastfeeding techniques.

The smooth production of breast milk will cause the nutritional intake needed by the baby to be fulfilled because breast milk contains many complete nutritional elements such as carbohydrates, protein, vitamins and other elements.

Breastfeeding Techniques with Milk Production

From the table above it can be seen that most of the respondents 13 people (56.4%) with correct breastfeeding techniques and smooth production. The Chi Square test result is 0.003, but there are 25% of cells whose expected frequency value is <5 , so the conclusion is based on Fisher's Exact test value. The Fisher's Exact value above is $0.006 < 0.05$, which means there is a relationship between breastfeeding technique and milk production.

According to DF Arismawati (2017) the correct way of breastfeeding will affect the success rate of breastfeeding and vice versa if the method of breastfeeding is wrong, then the success rate of breastfeeding is also not successful. Because with the right way of breastfeeding, milk production will run smoothly and the baby will suckle well so that his nutritional needs will be met. In addition to the correct breastfeeding technique, psychological factors also affect the smooth flow of breast milk (Kamariyah, 2014). In primipara mothers, they will be anxious and panicked when they hear their baby crying, the mother is confused because it is the first time facing such a situation and it becomes a factor in the mother's readiness to enter a new phase of being a mother, in new conditions the mother needs readiness and maturity in accepting new experiences in life. her life is to be a mother or parent of a newborn baby.

Breastfeeding is good and right, it is needed for the success of the breastfeeding process. If the breastfeeding technique is correct, milk production will run smoothly, the baby will suckle satisfactorily, the baby's nutrition will be fulfilled, and the mother's health will improve after giving birth.

CONCLUSION

The results showed, of the 23 respondents, 65.2% with correct breastfeeding technique, namely 15 respondents, and 65.2% with smooth breast milk production, namely as many as 15 respondents. The results also show that the Fisher's Exact value obtained after the chi square test is $0.006 < 0.05$, which means there is a relationship between breastfeeding technique and milk production at the Same Nularan B Regional Hospital, Timor Leste in 2020.

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