

## Health Educations about Steps for early Breastfeeding on Successful Breastfeeding in Post-Partum Mothers in the Kampak Health Center Area, Trenggalek Regency

Hikmatul Zulva\*

Institut Ilmu Kesehatan STRADA Indonesia

\*Corresponding author: [hikmatulzulva@gmail.com](mailto:hikmatulzulva@gmail.com)

### ABSTRACT

The ineffective implementation of health promotion programs is one of the factors influencing exclusive breastfeeding coverage. The behavior of giving exclusive breast milk will emerge after there is socialization about the importance of giving exclusive breast milk to pregnant and breastfeeding mothers. The aim of the research is to determine the effect of health education regarding early breastfeeding steps on the success of breastfeeding in post-partum mothers in the Kampak Community Health Center area, Trenggalek Regency. Research designs is quasi – *experimental* with a plan *one group pretest-posttest*. The research population was all post-partum mothers in the Kampak Trenggalek Community Health Center area, an average of 35 people per month. Using sampling technique *accidental sampling* with a sample of 31 people. Independent variable is health education regarding initial breastfeeding steps, dependent variable is breastfeeding success in post-partum mothers. Data was taken using an observation sheet instrument and analyzed using statistical tests *Wilcoxon signed rank*. The results of the research were obtained before health education was carried out regarding the steps for initial breastfeeding, all respondents were unsuccessful in breastfeeding, as many as 31 respondents (100%) while after health education was carried out regarding the steps for initial breastfeeding, the majority of respondents were successful in breastfeeding, as many as 22 respondents (71%) . There is an influence of health education about the steps for early breastfeeding on the success of breastfeeding in post-partum mothers in the Kampak Community Health Center area, Trenggalek Regency, where the results of statistical tests *Wilcoxon signed ranks test* obtained *p value*  $0.000 < 0.05$ . Health education can increase breastfeeding success, so that health education influences breastfeeding success. Providing health education about early breastfeeding will help post-partum mothers to breastfeed properly so that breastfeeding success will be achieved.

**Keywords:** Breastfeeding Success, Health Educations, Post-Partum Mothers, Steps for Initial Breastfeeding

## BACKGROUND

Early breast milk is breast milk given to babies during the first 6 months of life without additional food or other fluids. Exclusive breastfeeding can reduce the infant mortality rate in Indonesia. In addition, giving breast milk to children can create a strong psychological bond and affection between mother and baby (Prasetyono, 2012).

The average rate of exclusive breastfeeding in the new world is around 38 percent. When compared with the WHO target of reaching 50%, this figure is still far from the target. Indonesia is ranked in the bottom three of 51 countries in the world that took part in the assessment of the status of infant and child feeding policies and programs (Infant-Young Child Feeding) (IBFAN, 2013). This is caused by multiple factors, including scales, knowledge, psychology, successful initiation of early breastfeeding, mother's employment, and mother's external problems including family problems, food security (nutrition), health professionals, and geographical conditions (Kadir Nuriha dr, 2014). Even though 96% of Indonesian women breastfeed their children, only 42% of babies under 6 months of age are exclusively breastfed. By the time children approach their second birthday, only 55% are still breastfed. This shows that exclusive breastfeeding as a baby's first food is still inadequate or far from successful. In fact, children with poor to poor nutrition and short growth (stunting) can be prevented as early as possible by providing exclusive breastfeeding and correct MPASI (AIMI, 2017).

Based on the 2017 East Java Province Health Profile, it shows that exclusive breastfeeding coverage in East Java in 2017 was 64.08%. Based on *Infodatin* -ASI by the Indonesian Ministry of Health, coverage of exclusive breastfeeding for 0-6 months in East Java Province reached 70.8% in 2018 and was ranked 4th nationally after West Nusa Tenggara Province, Bengkulu Province and East Nusa Tenggara Province. However, the achievement of exclusive breastfeeding in East Java Province is still below the 2018 national target of achieving exclusive breastfeeding in Indonesia, as many as 75%. Even though the achievement of exclusive breastfeeding in East Java Province is ranked 4th nationally, there are still 28 districts/cities with exclusive breastfeeding achievement below the national target. Meanwhile, there are 21 districts/cities with exclusive breastfeeding attainment below the provincial figure (Ministry of Health of the Republic of Indonesia, 2013).

Rahmawati's (2010) research results show that the factors that influence exclusive breastfeeding are the mother's age, the mother's employment status, the baby's birth order and support from health workers. Furthermore, according to research results from Astuti (2013), the factors that influence exclusive breastfeeding at the Serpong Community Health Center are maternal education, maternal knowledge about breastfeeding, maternal occupation, maternal attitude, role of staff, media exposure, and role of husband.

According to Rambu (2015), there are four factors that influence early breastfeeding, namely knowledge about exclusive breastfeeding, family support, myths/beliefs and promotion of formula milk. These four factors influence each other in the success of providing exclusive breastfeeding. Mothers also need support from the people around them to support the success of exclusive breastfeeding behavior, whether from family or from health workers or those assisting with childbirth. The family plays a very big role in whether the mother is successful in providing exclusive breastfeeding. The very important role of health workers in protecting, improving and supporting breastfeeding efforts must be seen in terms of their broad involvement in social aspects. The role of officers in health promotion is very necessary so that Community Based Health Efforts (CBHE) in the form of preventive and promotive can be realized in accordance with the Decree of the Minister of Health Number 1114/Menkes/SK/VII/2005 concerning regional health promotion guidelines.

The reality in the field is that there are still problems regarding the realization of socialization, education and campaign programs regarding exclusive breastfeeding at the Trenggalek Kampak Community Health Center. The ineffective implementation of health

promotion programs is one of the factors influencing the coverage of exclusive breastfeeding at the Kampak Community Health Center. Rambu (2015) stated that the factors influencing the achievement of exclusive breastfeeding coverage include the very limited number of breastfeeding counselors, the lack of maximum education, outreach and campaign activities related to breastfeeding and the ongoing marketing of formula milk for babies 0-6 months.

Based on the results of a preliminary survey conducted at the Kampak Community Health Center in January 2022, 3 out of 4 mothers interviewed admitted that they had not succeeded in exclusively breastfeeding their babies during initial breastfeeding. The underlying reason is that the lack of breast milk production makes mothers give additional formula milk to babies. Based on the results of the preliminary survey, all mothers interviewed by researchers admitted that they needed more attention from health workers/Public health center officials to provide information about exclusive breastfeeding and how to produce abundant breast milk by implementing socialization programs.

Health promotion efforts in the form of socialization are needed as an effort to convey messages by socialization agents which will influence their behavior (Komariah and Priyo, 2016). The behavior of giving exclusive breast milk will emerge after there is socialization about the importance of giving exclusive breast milk to pregnant and breastfeeding mothers. Andiyani (2013) stated that education in the form of health education has an influence on counseling participants, especially if you pay attention to planning, methods, counseling tools that attract attention and the use of language that is easy to understand. Therefore, researchers are interested in analyzing the influence of health education regarding early breastfeeding steps on the success of breastfeeding in post-partum mothers in the Kampak Community Health Center area, Trenggalek Regency.

This research aims to determine the influence of health education regarding the steps for early breastfeeding on the success of breastfeeding in post-partum mothers in the Kampak Community Health Center area, Trenggalek Regency.

## METHODS

Research design *quasi – experimental design* with a one group pretest-posttest design. The population in this study were all post-partum mothers in the Kampak Trenggalek Community Health Center area, an average of 35 people each month. The sampling technique used is *accidental sampling* with a sample of 31 respondents. Variable *Independent* in this research is health education about the steps for initial breastfeeding. Variable *depend* in this study is the success of breastfeeding in post-partum mothers where this variable uses a nominal data scale. Questionnaire research instrument before and after health education. Data is processed by editing, coding, scoring, tabulating and then analyzed using tests *Wilcoxon signed rank* with a significant level of research data of 5%.

## RESULTS

### A. Respondent Characteristics

#### 1. Frequency Distribution of Respondent Characteristics Based on Age

Table 1 Distribution of Respondent Characteristics Based on Age at the Kampak Community Health Center, Trenggalek Regency

| Age         | Frequency (f) | Percentage (%) |
|-------------|---------------|----------------|
| < 20 years  | 2             | 6,5            |
| 20-35 years | 22            | 71             |
| > 35 years  | 7             | 22,5           |
| Amount      | 31            | 100            |

(Source: Data processed in 2022)

Based on table 1 above, it was found that of the total 25 respondents, the majority of respondents were aged between 20-30 years, as many as 22 respondents (71%).

## 2. Frequency Distribution of Respondent Characteristics Based on Education

Table 2 Distribution of Respondent Characteristics Based on Education at the Kampak Community Health Center, Trenggalek Regency

| Education                | Frequency (f) | Percentage (%) |
|--------------------------|---------------|----------------|
| Elementary/Middle School | 7             | 22,6           |
| Senior high school       | 17            | 54,8           |
| PT                       | 7             | 22,6           |
| Amount                   | 31            | 100            |

(Source: Data processed in 2022)

Based on table 2 above, it was found that of the total 25 respondents, the majority of respondents had a high school education, as many as 17 respondents (54.8%).

## 3. Frequency Distribution of Respondent Characteristics Based on Occupation

Table 3 Distribution of Respondent Characteristics Based on Occupation at the Kampak Community Health Center, Trenggalek Regency

| Work           | Frequency (f) | Percentage (%) |
|----------------|---------------|----------------|
| civil servants | 3             | 9,7            |
| Private        | 13            | 41,9           |
| Self-employed  | 4             | 12,9           |
| Farmer         | 11            | 35,5           |
| Amount         | 31            | 100            |

(Source: Data processed in 2022)

Based on table 3 above, it was found that out of a total of 25 respondents, almost half of the respondents worked in the private sector, as many as 13 respondents (41.9%).

## 4. Frequency Distribution of Respondent Characteristics Based on Parity

Table 4 Distribution of Respondent Characteristics Based on Parity at the Kampak Community Health Center, Trenggalek Regency

| Parity      | Frequency (f) | percentage (%) |
|-------------|---------------|----------------|
| Primipara   | 17            | 54,8           |
| Multiparous | 14            | 45,2           |
| Amount      | 31            | 100            |

(Source: Data processed in 2022)

Based on table 4 above, it was found that of the total 31 respondents, the majority of respondents were primiparas, as many as 17 respondents (54.8%).

## 5. Frequency Distribution of Respondent Characteristics Based on Information

Table 5 Distribution of Respondent Characteristics Based on Information at the Kampak Community Health Center, Trenggalek Regency

| Information | Frequency (f) | Presentase (%) |
|-------------|---------------|----------------|
| Once        | 23            | 74,2           |
| Never       | 8             | 25,8           |
| Amount      | 31            | 100            |

(Source: Data processed in 2022)

Based on table 5 above, it was found that out of a total of 31 respondents, the majority of respondents had received information about breastfeeding, as many as 23 respondents (74.2%).

## 6. Frequency Distribution of Respondent Characteristics Based on Information Source

Table 6 Distribution of Respondent Characteristics Based on Information Sources at the Kampak Community Health Center, Trenggalek Regency

| Resources                  | Frequency (f) | Percentage (%) |
|----------------------------|---------------|----------------|
| Health workers             | 14            | 60,9           |
| Electronic Media           | 1             | 4,3            |
| Friends, Relatives, Cadres | 8             | 34,8           |
| Amount                     | 23            | 100            |

(Source: Data processed in 2022)

Based on table 6 above, it was found that of the total of 23 respondents who had received information, the majority of respondents received information about breastfeeding from health workers, namely 14 respondents (60.9%).

### B. Custom Data

#### 1. Successful breastfeeding among post-partum mothers in the Kampak Community Health Center area, Trenggalek Regency before health education was carried out regarding the steps for initial breastfeeding

Table 7 Frequency distribution of successful breastfeeding among post partum mothers in the Kampak Community Health Center area, Trenggalek Regency before health education was carried out regarding the steps for initial breastfeeding

| Breastfeeding Success | Frequency (f) | Percentage (%) |
|-----------------------|---------------|----------------|
| Not successful        | 31            | 100            |
| Succeed               | 0             | 0              |
| Amount                | 31            | 100            |

(Source: Data processed in 2022)

Based on table 7 above, it was found that out of a total of 31 respondents before health education was carried out regarding initial breastfeeding steps, all respondents failed to breastfeed, as many as 31 respondents (100%).

**2. Successful breastfeeding among post-partum mothers in the Kampak Community Health Center area, Trenggalek Regency after health education was carried out regarding the steps for early breastfeeding**

Table 8 Frequency distribution of successful breastfeeding among post-partum mothers in the Kampak Community Health Center area, Trenggalek Regency before health education was carried out regarding the steps for early breastfeeding

| Breastfeeding Success | Frequency (f) | Percentage(%) |
|-----------------------|---------------|---------------|
| Not successful        | 9             | 29            |
| Succeed               | 22            | 71            |
| Amount                | 31            | 100           |

(Source: Data processed in 2022)

Based on table 8 above, it was found that out of a total of 31 respondents after health education regarding the steps for initial breastfeeding, the majority of respondents successfully breastfed, as many as 22 respondents (71%).

**3. The influence of health education about the steps for early breastfeeding on the success of breastfeeding in post-partum mothers in the Kampak Community Health Center area, Trenggalek Regency**

Table 9 Cross tabulation of the influence of health education regarding early breastfeeding steps on breastfeeding success among post-partum mothers in the Kampak Community Health Center area, Trenggalek Regency

| Counseling | Breastfeeding Success      |     |                     |    | Total |  |
|------------|----------------------------|-----|---------------------|----|-------|--|
|            | Not successful<br><i>f</i> | %   | Succeed<br><i>f</i> | %  | %<br> |  |
| Before     | 31                         | 100 | 0                   | 0  | 100   |  |
| After      | 9                          | 29  | 22                  | 71 | 100   |  |

Uji Wilcoxon signed ranks test:

P-Value = 0,000                       $\alpha = 0.05$

The research results in table 9 above show that of the total of 30 respondents who before the health education about the steps for early breastfeeding, all 31 respondents (100%) were unsuccessful in breastfeeding, meanwhile after the health education about the steps for early breastfeeding, the majority of respondents, namely 22 (71%) successfully breastfed.

Results of quantitative data analysis with statistical tests *Wilcoxon signed ranks test* about the effect of providing counseling on the correct way of breastfeeding on the success of breastfeeding in postpartum mothers *r* value 0.000 is smaller than the  $\alpha$  value 0.05 (0.000 < 0.05), meaning that there is an influence of health education regarding initial breastfeeding steps on the success of breastfeeding in post-partum mothers in the Kampak Community Health Center area, Trenggalek Regency.

## DISCUSSION

### **A. Successful breastfeeding among post-partum mothers in the Kampak Community Health Center area, Trenggalek Regency before health education was carried out regarding the steps for early breastfeeding**

Based on table 7 above, it was found that out of a total of 31 respondents before health education was carried out regarding early breastfeeding steps, all respondents failed to breastfeed, namely 31 respondents (100%).

What is called an unsuccessful breastfeeding process is that the baby is still restless and fussy, and the production of breast milk is still not smooth. Other characteristics are errors in the breastfeeding position, namely the baby is not attached to the mother's stomach, the baby's mouth is not open wide enough, the baby's chin is far from the mother's breast, only the nipple goes into the baby's mouth, the baby does not suck adequately, the mother's nipple feels aches/pains, the baby's ears and arms are not in a straight line, the head not looking up enough can also be dangerous because it can cover the baby's nose (Saleha, 2011). Criteria: successful if all signs of successful breastfeeding are met (Saleha, 2011).

Meanwhile, the success of breastfeeding with good and correct technique can be seen after the baby starts sucking, the breast no longer needs to be held or supported. To determine the success of breastfeeding with the correct technique, pay attention if the baby's mouth opens wide and looks like he wants to breastfeed enthusiastically and enjoys breast milk, the baby looks calm and the milk is released smoothly (depending on milk production). The baby's body is attached to the mother's stomach, the baby's mouth is wide open, the baby's chin is pressed against the mother's breast, most of the areola enters the baby's mouth, more of the lower areola enters, the baby appears to suck hard in a slow rhythm, the mother's nipples do not feel painful, The baby's ears and arms are in a straight line, the head is slightly tilted, sounds can be heard when the baby swallows, the mother feels comfortable when the baby sucks (Saleha, 2011). The baby looks satisfied after drinking breast milk, looks full, the baby's stools are grainy, not too hard, and yellowish in color, the baby's skin feels soft and moist, the breasts feel soft and empty after breastfeeding. Apart from that, it can be seen from the baby's need for diapers per day, around 5 or 6 diapers, the baby's weight gain and increase in size can be seen from day to day, the baby breastfeeds 10-12 times per day, and can sleep soundly (Ministry of Health, 2013).

According to researchers, the large number of mothers who are unsuccessful in breastfeeding shows that mothers do not have adequate skills in breastfeeding in terms of method, timing and position of breastfeeding. The large number of mothers who cannot breastfeed successfully can be due to the mother's lack of knowledge about how to breastfeed properly, making mothers feel awkward and hesitant about breastfeeding their babies. The result is that breastfeeding babies do not get breast milk according to their needs.

One factor that can influence the success of breastfeeding is age. The research results showed that of the total of 25 respondents, the majority of respondents were aged between 20-30 years, as many as 22 respondents (71%).

Age is an individual who is calculated from the time he/she is born until his/her birthday, the older he/she gets, the level of maturity and strength a person has or the more mature they are in thinking and working.

According to researchers, respondents aged 20-35 years are considered adults so they have a fairly good level of maturity and experience. However, research shows that respondents were not successful in breastfeeding, this could be because the breastfeeding process is something new for respondents so that in theory and practice they are not yet able to breastfeed correctly.

Education can also be the background to the respondent's breastfeeding success. The research results showed that of the total of 25 respondents, the majority of respondents had a high school education, as many as 17 respondents (54.8%).

Respondents with a high school education are classified as having a higher education so it is easier to receive and process information than those with a secondary education so they will have good knowledge compared to respondents with a lower education. However, research shows that respondents were not successful in breastfeeding, this could be because the breastfeeding process is something new for respondents so that in theory and practice they are not yet able to breastfeed correctly.

Parity can also be behind the respondent's breastfeeding success. The research results showed that out of a total of 31 respondents, the majority of respondents were primiparas, namely 17 respondents (54.8%).

Primipara is a woman who has given birth to a child, who is large enough to live in the outside world mature or premature (section of obstetrics and gynecology, Faculty of Medicine, Padjadjaran University).

According to researchers, primiparous respondents do not have experience in breastfeeding so their ability to breastfeed is still lacking and they are not successful in breastfeeding.

Information and sources of information can also influence a mother's breastfeeding success. The research results showed that out of a total of 31 respondents, the majority of respondents had received information about breastfeeding, as many as 23 respondents (74.2%).

According to researchers, information is very important in improving a person's skills, including breastfeeding. However, information that is only in the form of theory cannot necessarily be put into practice by mother's breastfeeding their babies, so that mothers cannot breastfeed successfully.

The source of information can also influence the success of breastfeeding, of the total of 23 respondents who received information, the majority of respondents received information about breastfeeding from health workers, namely 14 respondents (60.9%).

According to researchers, information sources are very important in increasing a person's knowledge. Mothers of babies who have received information and are supported by competent sources of information, namely health workers as people who are trusted in the health sector, will influence the mother's skills, including in breastfeeding the baby. However, information that is only in the form of theory cannot necessarily be put into practice by mother's breastfeeding their babies, so that mothers cannot breastfeed successfully.

The results of this research are in accordance with research conducted by Faiqah and Hamidiyanti (2021) in their research entitled Position and Attachment Education during Breastfeeding in an Effort to Increase the Success of Exclusive Breastfeeding. The results of this research showed that the skill level of mothers participating in community service based on the pre-test results, most of the mothers had poor skill levels, 9 people (50%), a small number of them had good skills, 2 people (11.11%), while the post-test results were obtained. Those with the best skills were 8 people (44.44%) while those with the least skills were 3 people (16.67%).

#### **B. Successful breastfeeding among post-partum mothers in the Kampak Community Health Center area, Trenggalek Regency after health education was carried out regarding the steps for early breastfeeding**

Based on table 8 above, it was found that out of a total of 31 respondents after health education regarding the steps for initial breastfeeding, the majority of respondents successfully breastfed, as many as 22 respondents (71%).

According to researchers, research results show that after being given health education about how to breastfeed correctly, many mothers are successful at breastfeeding. The success



of breastfeeding can be seen from the mother's confidence that the mother is able to breastfeed, the mother needs to drink 8-12 glasses per day and eat more than usual, the mother is in a calm, peaceful and relaxed state of mind, how to attach the baby and attach the nipple to the baby's mouth correctly. , understanding and support from the family and the correct way for mothers to breastfeed.

The results of this research are in accordance with research conducted by Faiqah and Hamidiyanti (2021) in their research entitled Position and Attachment Education during Breastfeeding in an Effort to Increase the Success of Exclusive Breastfeeding. The results of this research showed that the post test results showed that 8 people had the best skills (44.44%) while 3 people had the least poor skills (16.67%).

This research is also in accordance with research by Riyanti, Nurlaila and Astuti Ningrum (2018) in their research entitled The Effect of Post-Partum Mother's Breastfeeding Education on Breastfeeding Self Efficacy. The results of this research show that there was an increase in breastfeeding scores before and after the educational intervention *breastfeeding*. This shows that there is a significant increase between pre and post breastfeeding education with a difference of 3.79. This also shows that breastfeeding education has a significant effect on improvement Skills breastfeeding in breastfeeding mothers with a P value = 0.00.

### **C. The influence of health education about the steps for early breastfeeding on the success of breastfeeding in post-partum mothers in the Kampak Community Health Center area, Trenggalek Regency**

The research results in table 9 above show that of the total of 30 respondents who before the health education about the steps for initial breastfeeding, all 31 respondents (100%) were unsuccessful in breastfeeding, meanwhile after the health education about the steps for initial breastfeeding, the majority of respondents, as many as 22 ( 71%) successfully breastfed.

Results of quantitative data analysis with statistical tests *Wilcoxon signed ranks test* about the effect of providing counseling on the correct way of breastfeeding on the success of breastfeeding in postpartum mothers *r* value 0.000 is smaller than the  $\alpha$  value 0.05 ( $0.000 < 0.05$ ), meaning that there is an influence of health education regarding initial breastfeeding steps on the success of breastfeeding in post-partum mothers in the Kampak Community Health Center area, Trenggalek Regency.

It is best to breastfeed babies without a schedule (*on-demand*), because the baby will determine his own needs. Mothers should breastfeed their babies if they are crying for no other reason (peeing, being hot or cold, or just wanting to be held) or if the mother feels the need to breastfeed her baby. A healthy baby can empty one breast in about 5-7 minutes and the milk in the stomach will empty within 2 hours. At first the baby will breastfeed on an irregular schedule, and will have a regular pattern after 1-2 weeks.

Proper breastfeeding has a close relationship with the smooth production of breast milk. Proper sucking will empty the breasts and stimulate the release of breast milk so that breast milk can be produced according to the baby's needs. The more frequently the baby breastfeeds, the more breast milk production will be produced so that the milk production process runs smoothly. Counseling is an activity that involves a counselor in an effort to become independent or understand the counselee as a whole. In the counseling process, the counselor facilitates the counselee to become aware of himself, explore the problems faced and the possible options open (Nursalim, 2013). It is hoped that by providing counseling on the correct way to breastfeed, it will help postpartum mothers to breastfeed properly so that breastfeeding success will be achieved.

According to the researchers, looking at the results of the analysis, it was found that there was a significant influence between the success of breastfeeding before and after counseling. It can be seen that before providing health education on the correct way to breastfeed, breastfeeding was not successful, but after being given counseling, breastfeeding

became successful. This significant influence proves that health education about early breastfeeding given to post-partum mothers can be well received by respondents. This shows that counseling can influence respondents' skills in breastfeeding their babies until they achieve breastfeeding success. Providing health education about early breastfeeding will be able to increase correct breastfeeding skills thereby influencing breastfeeding success.

The facts at the research site are in accordance with the theory that health education can increase breastfeeding success, so that health education influences breastfeeding success. Providing health education about early breastfeeding will help post-partum mothers to breastfeed properly so that breastfeeding success will be achieved.

The results of this research are relevant to research conducted by Nurbaety and Lestari (2013) in their research entitled *The Effectiveness of Comprehensive Breastfeeding Education on the Success of Postpartum Breast Milk Provision*. The research results show there is significance *comprehensive breastfeeding education* ( $p=0.001$ ). The average success of breastfeeding before and after the intervention increased. 93.9% of interventions influenced the success rate. Mean before intervention 56.74 (SD 5.92), *post 1* was 60.83 (SD 6.38) and *post 2* was 74.55 (SD 5.32). The sub variable that has a significant effect after the intervention is knowledge ( $p=0.001$ ) and breastfeeding steps ( $p=0.001$ ), while the sub variable baby attachment ( $p=0.061$ ) and breast milk adequacy ( $p=0.162$ ) is not significantly different between before and after intervention. Implementation *breastfeeding education* It is recommended that mothers be able to position their babies correctly to latch on so that they can reduce problems related to inappropriate attachment such as sore, sore or bleeding nipples, and babies not being satisfied with breastfeeding which can result in the failure of the exclusive breastfeeding program.

This research is also in accordance with research by Riyanti, Nurlaila and Astuti Ningrum (2018) in their research entitled *The Effect of Post-Partum Mother's Breastfeeding Education on Breastfeeding Self Efficacy*. The results of this research show that there was an increase in breastfeeding scores before and after the educational intervention *breastfeeding*. This shows that there is a significant increase between pre and post breastfeeding education with a difference of 3.79. This also shows that breastfeeding education has a significant effect on improvement Skills breastfeeding in breastfeeding mothers with a P value = 0.00. The indicator of breastfeeding success is not only the mother's ability to provide breast milk to the baby, but also about how Skills correct breastfeeding technique, breastfeeding position, and latching the baby's mouth to the mother's breast. Correct breastfeeding technique is one of the factors that influences breastfeeding.

## CONCLUSION

1. The success of breastfeeding among post-partum mothers in the Kampak Community Health Center area, Trenggalek Regency before health education was carried out regarding the steps for initial breastfeeding, all respondents failed to breastfeed, as many as 31 respondents (100%).
2. The success of breastfeeding among post-partum mothers in the Kampak Community Health Center area, Trenggalek Regency after health education was carried out regarding the steps for initial breastfeeding, the majority of respondents successfully breastfed, as many as 22 respondents (71%)
3. There is an influence of health education about the steps for early breastfeeding on the success of breastfeeding in post-partum mothers in the Kampak Community Health Center area, Trenggalek Regency, where the results of statistical tests *Wilcoxon signed ranks test* with a significant value of  $0.05P Value = 0.000$  is smaller than the value  $\alpha = 0.05$  ( $0.000 < 0.05$ ).

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