

Implementation Technique Breast-feed With Nipples Milk Scratches On Mother Baby At Rs Viqueque City Regency Dili Timor Leste

Florentina Da Costa¹, Erma retnaningtyas^{2*}, S. Tauriana³

¹Viqueque City Regency Hospital Dili , Timor Leste

²Midwifery Study Programs , Faculty Nursing And Midwifery , Institute Knowledge STRADA Health Indonesia, Indonesia

³Nursing Study Programs , Faculty Knowledge Health , University Nurul Jadid , Indonesia

*Corresponding author: erma.retna26@gmail.com

ABSTRACT

According to Soetjiningsih (1997), the most common problem in breastfeeding is nipple pain / blisters, about 57% of mothers who breastfeed reported having suffered from blisters on their nipples. Nipples of blisters can prevent exclusive breastfeeding. Based on data in the Viqueque district hospital in Dili East Timor 2019, in 10 breastfeeding mothers, there were still many breastfeeding mothers who experienced blisters on the nipples . The design of this study included quantitative research with cross-sectional type of correlation design. The population in this study were all breastfeeding mothers who visited the Viqueque City Hospital in East Timor by taking the sample with the type of accidental sampling, amounting to 44 respondents. The variable in this research is the technique of breastfeeding and nipple milk with ordinal scale. This research was conducted in December 2019 until July 2020. In this study analyzed by contingency coefficient test with α 0, 05. The results of the study after being tested with contingency coefficient obtained $p\text{-value} = 0.008 < \alpha = 0.05$ ($p\text{-value} < \alpha$) which means that H_0 is rejected and H_1 is accepted, which means that there is a relationship between breastfeeding techniques and nipple milk nipples. Incorrect position in breastfeeding is a natural thing that occurs early in the breastfeeding period. Both mother and baby are in the learning stage. If the position is improperly attempted, the position is replaced until finally I find the right position. As time goes by, mother will become professional until finally she can find the right position for mother and baby. When the position is right, surely the mother's nipples will not blister.

Keywords: Breastfeeding Techniques, Blister Nipples, Breastfeeding Mothers

BACKGROUND

According to Soetjiningsih (1997), the most common problem in breastfeeding is sore/scratched nipples, around 57% of mothers who breastfeed are reported to have suffered from sore nipples. Sore nipples can prevent exclusive breastfeeding .

Based on data at the District Hospital city viqueque Dili Timor Leste Data on 10 breastfeeding mothers showed that 7 mothers (70%) experienced sore nipples, while 3 mothers (30%) did not. And of the 7 mothers who experienced sore nipples, it was found that 5 mothers (71.4%) made mistakes in their breastfeeding techniques, including the baby only suckling from the nipple and not being careful in ending breastfeeding and 2 mothers (28.6%) because use soap to wash nipples. This shows that many breastfeeding mothers still experience sore nipples. One of the factors that influence sore nipples, apart from the shape of the nipple being

cracked and flat, is that the wrong position when breastfeeding is a normal thing to happen at the beginning of the breastfeeding period. Both mother and baby are at the learning stage. If the position is not correct, try to change the position until finally the mother finds the right position. As time goes by, you will become proficient until you can finally find the right position for mother and baby. When the position is correct, the mother's nipples will definitely not get sore. So that the baby does not bite the nipple, make sure the baby is breastfeeding from the areola of the mother, not just from the nipple. If the baby has started to bite, remove his mouth and nipple using your finger, then start breastfeeding and start. Sometimes a baby suckles too hard because he is very hungry. This is natural because the baby is still growing and hunger provokes him to suck milk as hard as possible. Therefore, breastfeeding a baby must be done immediately after he cries so that he is not too hungry (Holy, 2008: 17). According to Bahiiein (2008: 30), most nipple pain/scratches are caused by errors in breastfeeding technique, namely the baby does not suck the nipple up to the areola of the breast. If the baby breastfeeds only from the nipple, the baby will get little milk because the gums do not press on the lactiferous sinus area. This can cause pain or blisters on the mother's nipples. Providing information through counseling by health workers about breastfeeding techniques is the most important thing to avoid sore nipples. So it is hoped that we as health workers will always provide counseling during pregnancy through classes for pregnant women. The aim of this research is to analyze the implementation of breastfeeding techniques and the incidence of sore nipples in breastfeeding mothers at the District Hospital of Viqueque City, Dili, Timor Leste.

METHODS

Design study This including study quantitative with design correlation type cross-sectional . Population in study This is All Mother breastfeeding who visited the Viqueque City Regency Hospital dili Timor Leste with taking sample with accidental sampling type , totaling 44 respondents . The variables in this study are breastfeeding technique and sore nipples on an ordinal scale. This research was conducted at the Viqueque City District Hospital, Dili, Timor Leste. The measuring instrument used in this research uses an observation sheet. In this study, before data collection was carried out, a cover letter was submitted which was then submitted to the hospital to request permission to collect initial data. After obtaining permission, the researcher then asked the respondents for permission to be subjects in conducting a preliminary study to determine the relationship between breastfeeding techniques and the incidence of sore nipples in postpartum mothers. How to collect data using observation. The statistical test used is the *contingency coefficient test*.

RESULT

Characteristics Respondent

Table 2. Frequency distribution based on respondent characteristics

Variable	Category	n	%
age	< 20 years	1	2
	20-35 years	37	84
	> year	6	14
education	base	3	7
	intermediate	35	80
	college tall	6	14
Parity	primipara	13	30
	multiparous	28	64
	grandemultiparous	3	7

Based on table 2 above, it was found that of the 44 respondents, most (84%) were aged 20-35 years, most (80%) had secondary education and most (64%) were multiparous.

Breastfeeding Techniques

Table 3. Frequency distribution of respondents based on breastfeeding technique

No	Technique Breast-feed	Frequency (f)	Percentage (%)
1	Correct	19	43
2	Wrong	25	57
	Amount	44	100

Based on table 3 above _ show that of 44 respondents , some large (57%) techniques breastfeed him Wrong that is as many as 25 respondents .

Milk nipples Scratches

Table 4. Distribution frequency respondents based on *Milk Nipples Scratches*

No	Milk Nipples Scratches	Frequency (f)	Percentage (%)
1	No scuffed	24	54
2	scuffed	20	46
	Amount	44	100

Based on table 4 above _ show that of 44 respondents , some The majority (54%) experienced milky nipples scuffed that is as many as 24 respondents .

The relationship between breastfeeding technique and sore nipples

Table 5. Relationship between breastfeeding technique and sore nipples

		Nipple_milk_scratches		Total	
		No scuffed	scuffed		
Breastfeeding_techniques	Correct	Count % of Total	9 20.5%	10 22.7%	19 43.2%
	Wrong	Count % of Total	11 25.0%	14 31.8%	25 56.8%
Total		Count % of Total	20 45.5%	24 54.5%	44 100.0%

On analysis test *coefficient contingency* obtained $p\text{-value} = 0.008 < \alpha = 0.05$ ($p\text{-value} < \alpha$) which means H_0 rejected and H_1 accepted which mean that There is connection between technique breast-feed with milk nipples blisters .

DISCUSSION

Technique Breastfeeding

Based on table 3 above _ show that of 44 respondents , some most (57%) do not technique breastfeed him Correct that is as many as 25 respondents ..

According to Soetjningsih (2017) preparation for breastfeeding during pregnancy is important, because with better preparation the mother is better prepared to breastfeed her baby . There are various breastfeeding positions, which are usually done sitting, standing or lying down. There are special positions related to certain situations, such as breastfeeding twins done in a way like holding a ball (*football position*), where both babies are breastfed simultaneously left and right. When breast milk is gushing (full), the baby is placed on his stomach on the mother's chest, the mother's hands slightly support the baby's head, in this position the baby will not choke.

Problems that often occur during breastfeeding, especially in primiparous mothers. Therefore, breastfeeding mothers need to be given an explanation about the importance of breast care, the correct way to breastfeed, and other things that are closely related to the breastfeeding process. Breastfeeding problems that often occur are sore nipples, swollen breasts, blocked milk ducts, mastitis, breast abscesses, nipple anatomical abnormalities or babies who are reluctant to breastfeed.

Sore nipples

Based on table 4 above, it shows that of the 44 respondents, the majority (54%) did not experience sore nipples, namely 24 respondents.

Sore nipples are a breastfeeding problem where the nipple is injured due to abrasions, sometimes the skin peels off or the wound bleeds (so the breast milk becomes pink) (Asuh, 2011: 1) . According to Suririnah (2009: 29), sore nipples are mostly caused by improper breastfeeding position. However, nipples can become sore even if the baby's position when breastfeeding is correct.

Meanwhile, according to Yunisa (2010: 91), sore or sore nipples occur due to several factors, the dominant one being incorrect breastfeeding position when the baby only sucks on

the nipple. In fact, most of the areola should enter the baby's mouth. Sore nipples can also occur if at the end of breastfeeding, the baby does not suck properly or if the mother often cleans the nipples with alcohol or soap. Sore nipples can make a mother feel tormented when breastfeeding because it hurts. If the mother skips breastfeeding to avoid pain, it can result in breast emptying, resulting in reduced PSI production.

The Relationship between Breastfeeding Techniques and Sore Nipples

On analysis *coefficient contingency* obtained $p\text{-value} = 0.008 < \alpha = 0.05$ ($p\text{-value} < \alpha$) which means H_0 rejected and H_1 accepted which mean that There is connection between technique breast-feed with milk nipples blisters .

According to Bahiein (2018), most nipple pain/scratches are caused by errors in breastfeeding technique, namely the baby does not suck the nipple up to the areola of the breast. If the baby breastfeeds only from the nipple, the baby will get little milk because the gums do not press on the lactiferous sinus area. This can cause pain or blisters on the mother's nipples. Sore nipples can be caused by moniliasis in the baby's mouth which is transmitted to the mother's milk nipples, using soap, alcohol, cream or other irritating substances to wash the nipples. This situation can also occur in babies with short tongues, making it difficult for the baby to suck up to the areola of the breast and suck only on the nipple. This pain can also arise if the mother stops the breastfeeding process carelessly.

Wrong position when breastfeeding is a normal thing to happen at the beginning of the breastfeeding period. Both mother and baby are at the learning stage. If the position is not correct, try to change the position until finally the mother finds the right position. As time goes by, you will become proficient until you can finally find the right position for mother and baby. When the position is correct, the mother's nipples will definitely not get sore. So that the baby does not bite the nipple, make sure the baby is breastfeeding from the areola of the mother, not just from the nipple. If the baby has started to bite, remove his mouth and nipple using your finger, then start breastfeeding and start. Sometimes a baby suckles too hard because he is very hungry. This is natural because the baby is still growing and hunger provokes him to suck milk as hard as possible.

CONCLUSION

- part Most (57%) respondents were in district hospitals city Viqueque Dili, Timor Leste technique breastfeed him Wrong that is as many as 25 respondents
- part Most (54%) respondents were in district hospitals city Viqueque Dili, Timor Leste experiencing nipple milk scuffed that is as many as 24 respondents
- There is a relationship between breastfeeding techniques and sore nipples at the District Hospital of Viqueque City, Dili, Timor Leste

REFERENCES

- Baskoro, A. 2010. *Breast milk, a practical guide for breastfeeding mothers* . Banyumedia . Yogyakarta.
- Dahlan , MS 2011. *Statistics for Health Medicine* . Edition 5. Salemba Medika . Jakarta.
- Ministry of Health , 2015. *Demographic Survey Indonesian Health 2012* . Department Health Republic of Indonesia. Jakarta.
- Djitowiyono , Sugeng , et al . 2010. *Upbringing Nursing Neonates and Children* . Yogyakarta : Noah medica .

- Goyal . AS, Banginwar , Ziyu F , and Toweir AA. 2011. *Breastfeeding practices: Positioning, attachment (latch-on) and effective suckling – A hospital-based study in Libya* . J Family Community Med. 2011 May-Aug; 18(2): 74–79
- Kelly, Paula. 2010. *Books Pocket Care Neonates & Babies* . Jakarta : EGC.
- Khasana , N. 2011. *Breast milk or Formula milk, right ?* Jogjakarta: FlashBooks
- Mangkunegara , AA Anwar Prabu . 2011. *Management Source Power Man*
- Manuaba , Ida Bagus Grandpa . 2010. *Midwifery Science, Gynecological Diseases and Family Planning for Midwife Education* . Jakarta: ECG.
- Marwansyah . 2014. *Management Source Power Man* . Bandung : Alfabet .
- Notoatmodjo , Soekidjo . 2010. *Health Research Methodology* . Jakarta: Rineka Cipta.
- Notoadmodjo , S. 2010. *Science Behavior Health* . Rineka Cipta , Jakarta.
- Notoadmodjo , S. 2010. *Health Research Methodology* . PT. Rineka Cipta. Jakarta.
- Nursalam. 2011. *Concept and Application of Nursing Science Research Methodology* . Jakarta: Salemba Medika.
- Riksani , 2011. *The Miracle of Breast Milk (Milk Mother)* . Healthy World. East Jakarta
- Riksani, R. 2012. *The miracle of breast milk* . Jakarta: World Healthy .
- Sedarmayanti . 2013. *Management Source Power Man* . Bandung: PT Refika Aditama.
- Sugiyono. 2012. *Quantitative Qualitative Research Methods And R&D* . Alfabet. Bandung.
- The United Nations Children 's Fund (UNICEF). 2012. *World Breastfeeding Week in 2012* . Jakarta.
- Library Team . 2012. *Dictionary Big Indonesian* . _ PT Media Pustaka Phoenix. Jakarta.
- TS Mulati , D Susilowati - Journal Integrated Knowledge Health , 2016 - journal.poltekkes-solo.ac.id. *Influence Training Technique Proper Breastfeeding _ On Mother Postpartum Primipara To Skills In Breast-feed* . Ministry Health Polytechnic Surakarta Health Department Midwifery . Accessed January 12, 2017.
- Wibowo . 2013. *Management Performance* . Jakarta : PT RajaGrafindo Homeland .
- Yesie , Aprillia . 2010. *Relaxed, Comfortable and Safe Hypnotetics During Pregnancy & Childbirth* . Jakarta : Gagas Media.
- Yuliarti, Nurheti. 2010. *The Miracle of Breast Milk* . Yogyakarta : Andi Yogyakarta. : 27.