

Factors affecting breast milk in post partum mothers at atikah sipolu clinic, panyabungan district, Mandailing Natal

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ABSTRACT

Every year the number of babies and toddlers due to malnutrition continues to increase. Breast milk are milk deposition due to narrowing of the lactefferi or gland ducts, milk is not completely emptied or due to abnormalities in the nipples. The research design is descriptive with a sample of 50 people with the total sampling method. This research was conducted from April 2 to May 8, 2022. The instrument in this study was a questionnaire which included demographic data and a question. The results showed that most of the ASI dam mothers had sufficient knowledge of 40 people (80%) and those with less knowledge were 4 people (8%) and those who had good knowledge were 6 people (12%). in overcoming ASI dams in post partum mothers. From the results of this study regarding "Factors Influencing the Incidence of ASI Dams in Post Partum Mothers at the Atikah Sipolu clinic - Polu Panyabungan District, Mandailing Natal" the majority had knowledge of 40 respondents (80%). From this research it is hoped that health workers will further increase counseling and counseling about the importance of breastfeeding and the benefits of breastfeeding problems that occur in mothers who have babies while breastfeeding.

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INTRODUCTION

Breastfeeding, initiated within the first hour of birth, offered exclusively for six months, and continued for up to two years or beyond with safe and appropriate complementary foods, is one of the most powerful practices for enhancing child survival and well-being. Increasing breastfeeding rates worldwide saves the lives of more than 820,000 children under 5 years of age each year, the majority (87 percent) under 6 months of age (UNICEF, 2018).

Based on data obtained from Indonesia's health profile in 2017, the percentage coverage of babies who are exclusively breastfed in Indonesia is 61.33%. The government has targeted the achievement of exclusive breastfeeding in Indonesia, namely 80%, but this has not been achieved so

far. Efforts to increase coverage by providing correct and appropriate information regarding the various benefits of exclusive breastfeeding for babies and for mothers. About 96% of Indonesian women breastfeed, but only 42% of babies aged 6 months are exclusively breastfed. In infants less than 2 years only get 55% of babies who are still breastfed. In 2010 the Indonesian Ministry explained that women who gave exclusive breastfeeding for the first 6 months were 15.3%, in Vietnam the number of women who gave exclusive breastfeeding was 15.5%, Timor Leste 30.7% and the Philippines 33.7% (Sumarni dan Ratnasari, 2021).

Breast milk alone is ideal nutrition for babies during the first six months of life, providing all the nutrients, including vitamins and minerals, that babies need, meaning no other liquids or foods are needed. Exclusive breastfeeding (up to six months) provides many benefits for babies. Most important is the protective effect against gastrointestinal infections, which is observed not only in developing but also in industrialized countries. The risk of death from diarrhea and other infections can increase many times in infants who are partially breastfed or not breastfed at all. In the context of HIV, introducing milk, food, or other fluids significantly increases the risk of HIV transmission through breast milk, and reduces the chances of the baby surviving HIV-free. For mothers, exclusive breastfeeding can delay the return of the fertile period (WHO, 2015).

According to Kemenkes RI (2018) Mother's Milk (ASI) is a source of nutritional intake for newborns, which is exclusive in nature because it is given to babies aged 0 months to 6 months. In this phase, proper attention must be paid to the provision and quality of breast milk, so that it does not interfere with the developmental stages of your little one during the first six months from the first day of birth (HPL), bearing in mind that this period destroys the golden period of child development until the age of 2 years.

Breastfeeding has nutritional, immunological, behavioral and economic benefits and also provides the desired mother-infant bonding. Breastfeeding provides adequate nutrition for babies and builds a bond between mother and baby. The beneficial effects of breastfeeding depend on the timing of initiation of breastfeeding, its duration and the age at which the breastfed child is weaned. The 2013 Lancet report shows that optimal breastfeeding has a greater role in preventing 13% of all deaths under the age of 5 in developing countries. Optimal breastfeeding practices have the potential to become one of the top interventions to reduce under-five mortality and are critical to the achievement of many of the newly launched Sustainable Development Goals by 2030, as they can help improve child and maternal health, nutrition, economics, intelligence, and human capital, capital, while reducing inequality (Mehlawat, dkk., 2020).

The smooth production of breast milk is influenced by the mother's breast care factor and the mother's psychological factors in breastfeeding. The more often a person does breast care, the smoother the milk production will be. The psychology of the mother in breastfeeding is also an influence on the smooth production of breast milk. Mothers who are stressed, it is feared that it can cause reduced milk production. This is influential because in producing breast milk, the role is the brain, the brain regulates and controls breast milk. So if you want smooth milk production, the mother's psychology must be good. From the several factors above, it can be concluded that breast care and maternal psychological factors can affect the smooth production of breast milk, so that there is a significant relationship between breast care and smooth milk production (Masrinah dan Wahtini, 2020).

According to the results of the 2005 Lampung Provincial Health Office Report, one of the benefits of breastfeeding for babies given by mothers when babies are 0-2 years old is to protect babies from infections, especially the gastrointestinal tract, respiratory infections and viruses. From the results of an initial survey that the author conducted at the Atikah Sipolu Clinic, Panyabungan Mandailing Natal District in the first to fourth weeks, it was found that the number of post partum mothers in 2022 was 50 people.

Therefore, health workers working in health services are expected to make every effort to protect, improve and support breastfeeding as well as provide objective and consistent counseling

and advice to pregnant women and new mothers regarding breastfeeding and breastfeeding issues. According to WHO and INICEF the factors that influence the initiation and strengthening of breastfeeding, the provision of health services, especially those related to the care of mothers and newborns, is an important thing that can promise to increase the amount and duration of breastfeeding.

From this description, researchers are interested in conducting research on the Factors Affecting Breastfeeding in Post Partum Mothers at the Atikah Sipolu Clinic, Panyabungan District, Mandailing Natal. This study aims to determine the factors that influence breastfeeding in post partum mothers at the Atikah Sipolu Clinic, Panyabungan Mandailing Natal District based on age, education and occupation.

RESEARCH METHOD

This type of research is quantitative research, namely research based on the philosophy of positivism, used to examine certain populations or samples, collecting data using research instruments (Sugiyono, 2013). The research method uses a cross sectional approach, namely research conducted at one time. This research was conducted at the Atikah Clinic, Panyabungan District. This study aims to determine the factors that influence breastfeeding in post partum mothers at the Atikah Sipolu Clinic, Panyabungan District, Mandailing Natal. The population in this study were all post partum mothers at the Atikah Clinic, Polu District – Panyabungan, Mandailing Natal Regency, totaling 50 respondents and all of them were used as samples (total sampling). The data analysis technique in this study was univariate analysis.

RESULTS AND DISCUSSIONS

This research was started in April – Mei 2022. The data collection method at that time was self-conscious and without coercion from anyone. The researcher received approval from an educational institution, namely the Midwifery Academy, Madina Husada and permission from the owner of the Atikah Clinic to conduct an initial survey, after receiving a reply letter from the owner of the Atikah Clinic, then the researcher could conduct research at the Atikah Clinic. The researcher first asked 10 mothers at the clinic about toddler growth and development. That the mother was willing to be a respondent, then the researcher observed the questionnaire and checklist sheet, after the respondent finished answer for all the question distributed by the researcher. The researcher again collected all the question, then the researcher continued processing the data. The results of these studies can be seen in the table below.

Table 1. Characteristics of Respondents at Atikah Clinic – Panyabungan City, Mandailing Natal in 2022

Variable	Category	N	%
Age	19-23 Year	8	16
	24-28 Year	5	10
	29-34 Year	33	66
	35 – 39 Year	4	8
Education	SD	13	20
	Junior high school	29	20
	Senior high school	6	12
	College	2	4

Based on Table 1 above, it can be seen that the majority of respondents in this study were aged 29-34 years. The results of this study are in line with research Lusiani (2014) which states that the majority of respondents are aged 29-34 years; research by Mehlawat, dkk (2020) which states that the age of breastfeeding mothers is the productive age, namely ages 23-27 years. This research is also supported by the research of Astuti, dkk (2021) which shows that the majority of respondents are aged 20-35 years; research by Novita, dkk (2022) and Polwandari dan Wulandari (2021) states that most of the age of mothers is the age of not being at risk for breastfeeding; and research by Pertiwi, dkk (2022) states that the majority of breastfeeding mothers are aged 31-35 years.

According to Polwandari dan Wulandari (2021) the age range of 20-35 years is adulthood where at this age mothers can solve problems well, one of which will seek accurate information regarding exclusive breastfeeding. Mothers aged <20 years are considered immature both spiritually and physically so that mothers will rely on other people in providing breast milk. Mothers aged > 35 years begin to experience changes in their hormonal system so that the milk production is reduced and this will become an obstacle for mothers to exclusively breastfeed. Novita, dkk (2022) stated that age forms physical, mental, psychological maturity in dealing with the breastfeeding phase (breastfeeding). In the period of healthy reproduction, it is known that the age is safe for pregnancy, childbirth and breastfeeding. The age is appropriate, very good and very supportive in exclusive breastfeeding.

Based on education level, the majority of respondents' education level was junior high school. The results of this study are in line with research Polwandari dan Wulandari (2021); Goty, et.al (2016) and Asare et al (2018) which show that the majority of mothers who breastfeed have low education. According to Polwandari dan Wulandari (2021) mothers who have higher education are able to receive information about exclusive breastfeeding well and have broader knowledge about exclusive breastfeeding compared to respondents with low education.

According to Asare et al (2018) which states that mothers who give exclusive breastfeeding are not always mothers with a high level of education but mothers with a low level of education are more able to apply exclusive breastfeeding due to other factors that support it, one of which is the cultural factor of the local community. Saraung (2017) explained that the respondent's education is an important element that determines the nutritional status of the family. People who have a higher educational base find it easier to understand and understand the information they receive when compared.

CONCLUSION

From the results of the study it can be concluded that the factors that influence breastfeeding in post partum mothers at the Atikah Sipolu Clinic, Panyabungan District, Mandailing Natal are based on age, the majority are aged 29-34 while based on education level the majority of respondents are junior high school. Limitations in this study are cost, remote research location, and respondents who are difficult to collect due to respondents' time constraints so that researchers must go to respondents so that the number of samples in this study is as expected.

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