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Effect of giving banana hearts on breast milk production in postpartum mothers

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ABSTRACT

One way to create a quality next generation is by providing exclusive breastfeeding, because the nutrition that children need, especially from birth to 6 months of age, can be fulfilled by breast milk without additional drinks and other foods. The proportion of babies receiving exclusive breastfeeding up to August 2017 was around 40%, which has increased compared to 2012, around 38%. WHO targets that by 2025, 50% of children under five will receive exclusive breastfeeding, and giving banana blossoms is a form of support for mothers so that breastfeeding coverage can be realized. type of research with post test only. The sample of 32 postpartum mothers in the work area of the Independent Practice of Midwife Syafriani, Nibong Baroh Village, Nibong District, North Aceh Regency, was taken using purposive sampling and analyzed using the Wilcoxon Test. The results of the Wilcoxon test showed that there was a difference in the average value of breast milk production, p value 0.002, which means that giving banana blossoms was effective in increasing breast milk production. The conclusion obtained from this research is that there is a difference in the average effect of giving banana blossoms before and after giving banana blossoms on breast milk production with a p value of 0.002. It is hoped that postpartum mothers can use banana blossoms to increase breast milk production so that the achievement of exclusive breastfeeding increases.

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INTRODUCTION

Breastfeeding is a culture in Indonesia, but there are still mothers who do not breastfeed their children exclusively. The role of parents is very important in raising and nurturing children from womb, birth, until adulthood. One of the important roles of mothers is to provide good nutrition for babies, such as giving breast milk (ASI). However, there are still many mothers who ignore exclusive breastfeeding because breast milk production is not smooth (Rustina, 2019).

Thus, mothers sometimes think that if there is not enough breast milk, the baby is not getting enough breast milk and encourages the mother to use formula milk. Apart from that, the fear experienced by mothers about breastfeeding their babies can cause breast dams which cause little milk to come out. On the other hand, many mothers feel anxious and still use a schedule to breastfeed their babies, so that the baby does not get enough breast milk (Zainuddin & Munadhir, 2020).

So that mothers can maintain exclusive breastfeeding for 6 months, WHO recommends initiating breastfeeding within the first hour of life, babies only receiving breast milk without additional food or drink, including water, breastfeeding on demand or as often as the baby wants, and not using bottles or pacifiers (Hutabarat et al., 2021). This can be achieved, one of the ways, is by providing exclusive breastfeeding properly (SYaifuddin, 2018). Overall, less than 40 percent of children under six months of age are exclusively breastfed. This is not in accordance with WHO's target, namely increasing exclusive breastfeeding in the first 6 months to at least 50%. This is WHO's fifth target in 2025. In Indonesia, 29.5% of babies have been exclusively breastfed until the age of six months (Noviana, 2019).

This is not in accordance with the target of the Ministry of Health's Strategic Plan for 2015-2019, namely the percentage of babies aged less than 6 months who receive exclusive breast milk is 50%. The 2018 Riskesdas results showed that the proportion of breastfeeding patterns for babies aged 0-5 months in Indonesia was 37.3% exclusive breastfeeding, 9.3% partial breastfeeding, and 3.3% predominant breastfeeding. Predominant breastfeeding is breastfeeding the baby but giving a little water or a water-based drink, for example tea, as a prelacteal food/drink before the milk comes in. Meanwhile, partial breastfeeding is breastfeeding a baby and giving artificial food other than breast milk such as formula milk, porridge or other food before the baby is 6 months old, whether given continuously or as prelacteal food (Manalu et al., 2020).

In North Aceh Regency, exclusive breastfeeding is still far from the expected target. The dominant factor that inhibits exclusive breastfeeding is generally the habit of giving food/drinks some time after birth in the form of honey, sugar solution, powdered milk, bananas, etc. for fear that the baby will starve, which is a tradition passed down from generation to generation. Apart from breastfeeding, complementary foods are also given to children aged 6 – 23 months. Coverage of exclusive breastfeeding in North Aceh Regency in 2018 was 890 babies or 71.3% of the number of babies (0 - 6 months), the February and August breastfeeding registers were 1249 babies and in 2019 the percentage of 44.9% had not reached the target, namely 100% (Usman et al., 1998).

Midwife Syafriani's independent practice in Nibong Baroh Village, Nibong District, North Aceh Regency is classified as not optimal for achieving exclusive breastfeeding. Where the target for exclusive breastfeeding in 2019 was 197 babies and the achievement was 73 babies with a percentage of 37%. This achievement increased in 2019 with a target of 109 babies and an achievement of 46 babies or 44.9%. In 2020, 114 mothers were reported to have given birth and 42 babies were reported or 42.8%. The not yet optimal achievements of children who receive exclusive breastfeeding can be seen from the reports including breast milk production which is not sufficient for the child's needs. Of the 30 postpartum mothers, 16 postpartum mothers had insufficient breast milk production. To ensure a mother's success in providing exclusive breastfeeding, the mother must receive additional food and adequate nutrition so that the milk-making glands can work well to produce breast milk. Therefore, there are many suggestions that breastfeeding mothers need to pay attention to, namely consuming various vegetables and fruit which can function to increase breast milk production.

Gap analysis is a gap or gaps that exist from various existing literature reviews, from gap analysis can be found pros and cons from the literature review related to the topic of agar can understand the problems that occur. After collecting various previous journal reviews, then identify problems, to review and identify the impact of consuming banana blossoms on breast milk production.

The results of Eka Sriwahyuni and Intan Suwati Marpaung's research entitled The Effect of Consuming Banana Hearts on Increasing Breast Milk Production for Postpartum Mothers at the Alisah Treisya Clinic, Medan Area District in 2022 based on research results it can be seen that the increase breast milk production before giving banana blossoms from 10 respondents on Mother's breast milk production does not increase as many as 10 people (100%), after given a banana flower out of 10 Highest respondents in breast milk production Mother Increased by 9 people (90.0%) and lowest in production Mother's Breast Milk Does Not Increase by 1 people (10.0%). Wilcoxon Test Results shows that there is Effects of Consuming Banana Hearts Towards Increasing Breast Milk Production For Postpartum Mothers at the Alisah Treisya Clinic Medan Area District in 2022 with (P-value 0.003 < α 0.05) (Wahyuni et al., 2012).

Based on research by Joharmi et al entitled The Effect of Consuming Banana Hearts on Increasing Breast Milk Production in Postpartum Mothers at the Murniati Kisaran Clinic, this research included 20 postpartum mothers at the Murniati Kisaran clinic. By using total sampling technique. Data collection was carried out in the form of observations. Statistical tests use the t test. The research results show that there is an effect of increasing breast milk production in postpartum mothers after consuming banana blossoms with a P-Value of 0.012 < 0.05. Based on research results, the increase in breast milk production in postpartum mothers occurs because the content contained in banana blossoms is lactogogum which has the performance of stimulating the hormone oxytocin and prolactin alkaloids, polyphenols, steroids and flavonoids in increasing breast milk production(Joharmi et al., 2020).

Based on research by noviana Ulfa entitled Effect Of Consumption Of Banana Hearts On Milk Production For Public Mother Based on the results of the analysis and the discussion that has been explained, then Conclusions can be drawn, namely: Known average breast milk production in the intervention group before consuming banana blossoms postpartum mothers in Bandar Lampung in 2019 namely 91.833 ml. Known average breast milk production in the intervention group after consuming banana blossoms in postpartum mothers in Bandar Lampung in 2019, namely amounted to 112,500 ml. It is known that the average breast milk production of the pre-test control group at BPM Wirahayu Panjang Bandar Lampung Year 2019, namely 91,167 ml. It is known that the average average post-test control group breast milk production in BPM Wirahayu Panjang Bandar Lampung In 2019, it was 111,167 ml. It is known that the P-Value is 0.026 < α (0.05). This means there is an influence on heart consumption bananas on breast milk production in BPM Long Wirahayu 2019 (Noviana, 2019).

Consuming banana blossoms can function to increase breast milk production. Choosing banana blossoms to increase breast milk production is because these banana blossoms are affordable and easy to obtain (Saifuddin, 2018). According to Astawan, banana blossom (Musa paradisiaca) is a plant that contains lactagogum which has the potential to stimulate the hormones oxytocin and prolactin such as alkaloids, polyphenols, steroids, flavonoids and other substances that are most effective in increasing and facilitating breast milk production (Swastika, 2022). The hormonal prolactin reflex to produce breast milk, when the baby sucks on the mother's nipple, neohormonal stimulation occurs on the mother's nipple and areola (Wahyuni et al., 2013) Based on the results of the initial survey, researchers conducted interviews with 10 postpartum mothers and 6 of them experienced a lack of breast milk production and 4 postpartum mothers did not experience a lack of breast milk production. Postpartum mothers stated that they did not know that the benefits of banana blossoms could increase breast milk production, and as for the reason researchers took banana blossoms as additional food for postpartum mothers, as we know, 100 grams of banana blossoms have quite high nutritional value, and are easily available in research area. Then there is a culture in Simeulue that Banana Hearts can increase breast milk by postpartum mothers (Wulan & Br. Girsang, 2020).

RESEARCH METHOD

The type of research used was quasi-experimental with a pre-post intervention design using a non-equivalent control group design to find out whether there was an increase in breast milk production in postpartum mothers before and after consuming banana blossoms. Quasi-experimental research has the ability to identify an intervention identity and create strong research evidence because it is objective, systematic and controlled. Time and This research was conducted from May to October 2023. This research was carried out in the work area of the Independent Practice of Midwives Syafriani, Nibong Baroh Village, Nibong District, North Aceh Regency. The population in this research were all postpartum mothers in the work area of the Independent Practice of Midwives Syafriani, Nibong Village. Baroh, Nibong District, North Aceh Regency, which numbered 16 people. The sampling method in this research was carried out using purposive sampling. The analysis statement test is carried out so that the conclusions drawn do not deviate from the truth that should be drawn. Before the analysis is carried out, several analysis requirements tests are first carried out which include the normality test and the hemogeneity test.

RESULTS AND DISCUSSIONS

The Independent Practice of Midwives Syafriani was established in 2016. Data collection was carried out from 29 September to 11 October 2023 in the work area of the Independent Practice of Midwives Syafriani, Nibong Baroh Village, Nibong District, North Aceh Regency, for 16 respondents with the aspect assessed, namely the influence of banana blossoms on Breast milk volume in postpartum mothers. The research results obtained are as follows:

Table 1. Frequency distribution of demographic data in the independent practical work area of midwife syafriani, Nibong Baroh Village, Nibong District, North Aceh Regency (n = 16) in the intervention group

Variable	f	%
Age Respondent		
≤ 20 Years	0	6
20-35 Years	13	81.3
>35 Years	3	18.7
Working		
Don't Work	16	100
Work	0	0
Education		
Low Education	9	56
High Education	7	43
Frequency of breastfeeding for mothers during 24 hours		
Often(≥ 8 times aday)	14	87
Not Often (< 8 times a day)	2	13

Based on table 1 above, it can be concluded that the majority of respondents were in the age range of 20-35 years, namely 13 people (81.3%), all respondents with job status were 16 people (100%). The education level of the intervention group was mostly Junior High School, namely 9 respondents (56%), most of whom had breastfed their mothers for 24 hours (≥ 8 times a day), namely 14 people (87%).

Table 2. Frequency distribution of demographic data in the independent practical work area of midwife syafriani, Nibong Baroh Village, Nibong District, North Aceh Regency (n = 16) in the control group

G	f	%
Age Respondent		
≤ 20 Years	0	6
20-35 Years	10	62.5
>35 Years	6	3.75
Working		

G	f	%
Don't Work	16	100
Work	0	0
Education		
Low Education	11	68.7
High Education	5	31.2
Frequency of breastfeeding for mothers during 24 hours		
a. Often(≥ 8 times aday)	13	87
b. Not Often (< 8 times a day)	3	13

Based on table 2 above, it can be concluded that the majority of respondents were in the 20-35 year age range, namely 10 people (62.5%) of all respondents with job status were 16 people (100%). The education level of the control group was mostly Junior High School, namely 11 respondents (68.7%), most of the frequency of breastfeeding by mothers for 24 hours (≥ 8 times a day) was 13 people (87%).

Table 3. Frequency distribution of breast milk production for postpartum mothers before being given banana hearts in the intervention group in the independent practical work area of midwives syafriani, Nibong Baroh Village, Nibong District, North Aceh Regency

Breast milk production	Intervention Group	
	f	%
Not Increasing	14	87,5
Increase	2	12,5
Total	16	100

Based on table 3, it shows that the intervention group before being given banana blossoms experienced no increase in breast milk production for 14 respondents (87.5%).

Table 4 Frequency distribution of breast milk production for postpartum mothers who were not given banana hearts in the control group in the independent practical work area of midwives syafriani, Nibong Baroh Village, Nibong District, North Aceh Regency

Breast milk production	Intervension Group	
	f	%
Not Increasing	13	81,3
Increase	3	18,7
Total	16	100

Based on table 4.4, it shows that the control group of respondents whose breast milk production did not increase was 13 respondents (81.3%).

Table 5. Cross tabulation of control group and intervention group on postpartum mother's breast milk production after giving banana hearts in the independent practical work area of midwife syafriani, Nibong Baroh Village, Nibong District, North Aceh Regency

Breast milk production	Group				Sig
	Control		Intervention		
	f	%	f	%	
Not Increasing	11	68.7%	3	18.7%	0.065
Increase	5	31.3	13	81.3%	0.002

Based on table 5. It can be seen that the majority of the control group did not experience an increase in breast milk production by 68.7% (11 respondents), while breast milk production in the intervention group after being given banana blossoms increased breast milk production by 13 people (81.3%) with a p-value of 0.002

Table 6. Nomality test results of the effect of banana hearts on postpartum mother's breast milk production in the independent practical work area of midwives syafriani, Nibong Baroh Village, Nibong District, North Aceh Regency

Group	N	Mean	Confidence Interval		f	p-*value*
			Mean Upper	Mean Lower		
Control Group	16	6,00	117.30	106.31	16	0.001
Intervention Group	16	4,00			16	0.000

Based on table 6, it shows that there is an abnormal distribution of data in the intervention group with a p value of 0.001 and the control group with a p value of 0.000, which shows that the data in both groups must be tested with an alternative test to replace the Normality test, namely the Wilcoxon test.

Table 7. Wilcoxon test results effect of banana hearts on postpartum mother's breast milk production in the independent practical work area of midwives syafriani, Nibong Baroh Village, Nibong District, North Aceh Regency

Group	N	Mean	Confidence Interval		f	p-*value*
			Mean Upper	Mean Lower		
Control Group	16	6,00	118.0051	180.3698	16	0.065
Intervention Group	16	4,00			16	0.002

Based on table 7, it shows that there is an effect of giving banana blossoms in the intervention group on the volume of postpartum mothers' breast milk, where the value is <a: 0.05 on breast milk production after being given banana blossoms with a p-value of 0.002, in the control group where the p-value is 0.065 > a : 0.05 there was no increase in breast milk production in postpartum mothers, so statistically it was concluded that there was an effect of giving banana blossoms on breast milk production in postpartum mothers in the intervention group in the Independent Practical Work Area for Midwives Syafriani, Nibong Baroh Village, Nibong District,

Discussion

Frequency Distribution of Breast Milk Production Before Giving Banana Hearts to Postpartum Mothers in the Independent Practical Work Area of Midwives Syafriani, Nibong Baroh Village, Nibong District, North Aceh Regency.

Based on table 3, it shows that the intervention group before being given banana blossoms did not experience an increase in breast milk production by 14 respondents (87.5%) and table 4.4 in the control group, breast milk production did not increase by 13 respondents (81.3%) and breast milk production increased by as much as 3 people (18.7%). This is in line with research conducted by regarding the Effect of Giving Banana Hearts on Breast Milk Production in Post Partum Mothers at the Ngudi Waras Maternity Home, where the research shows that there is a significant influence on breastfeeding mothers who are given Banana Hearts on production breast milk (Permatasari & Qomar, 2019). Based on other research conducted by Rahmanisa regarding the Stimulus Extraction of Banana Heart Alkaloids and Sterols on Breast Milk Production, the results show that giving banana flowers to breastfeeding mothers can increase breast milk production.

Banana flowers contain flavonoids which function as anti-free radicals, anti-cancer and anti-aging (Yusita et al., 2021). Apart from that, it also contains iodine which can prevent goiter. According to Astawan banana blossom (Musa paradisiaca) is a plant that contains lactagogum which has the potential to stimulate the hormones oxytocin and prolactin such as alkaloids, polyphenols, steroids, flavonoids and other substances that are most effective in increasing and facilitating breast milk production (Okinarum et al., 2020). The hormonal prolactin reflex to produce breast milk, when the baby sucks on the mother's nipple, neohormonal stimulation occurs on the mother's nipple and areola (Izzani, 2018).

Stimulation of breast milk production is a complex, interrelated process. There are no factors that can work singly, but there are factors that are easier to stimulate to start a series of milk production and expression (ELVI, 2021). Quality means that the nutritional content is lacking, while quantity is related to the volume of breast milk (Rosida & Putri, 2020).

The researcher's assumption is that the absence of an increase in breast milk production will result in the baby not getting breast milk properly. Apart from that, the mother's reluctance to breastfeed and feeling that her breast milk is not enough will result in a decrease in breast milk production. During the postpartum or postpartum period, it is known that the mechanism of the breast milk production process is greatly influenced by the food ingredients consumed by postpartum mothers, which consist of carbohydrates, fats and proteins, vitamins and minerals. Therefore, consuming banana blossoms which are rich in nutrients can support the process of providing materials for breast milk synthesis, because banana blossoms can increase breast milk production.

Frequency Distribution of Breast Milk Production After Giving Banana Hearts in the Independent Practical Work Area of Midwife Syafriani, Nibong Baroh Village, Nibong District, North Aceh Regency.

Based on table 5. It can be seen that from 16 respondents in the control group, breast milk production did not increase by 11 people (68.7%), and breast milk production increased by 5 people (31.3%), the difference after being given banana blossoms was obtained by respondents in the intervention group whose breast milk production did not increase by 3 people (18.7%) and respondents with increased breast milk production were 13 people (81.3%).

The significant difference in the average value of breast milk production in the Pretest group illustrates the essential role of nutrition in helping the process of increasing breast milk volume. The lactation period can be disrupted by nutritional status, which is the main factor that causes the volume of breast milk to be lower than in mothers with good nutrition, causing the body's ability to produce adequate breast milk, which is indicated by an increase in the baby's weight from the first week of birth, to not be realized (Apriani, 2021). Banana hearts are a food source with high carbohydrate and protein content, followed by a variety of other essential nutritional content. Regular consumption of banana hearts will be able to meet the mother's nutritional needs to produce sufficient volume of breast milk (Lestari, 2018).

The researcher's assumption is that there is a difference in breast milk production between postpartum mothers who have not consumed banana blossoms because on the eighth day of the postpartum period, the mother's nutritional intake is very low, where on the eighth day the mother still feels the pain of the birthing process, the presence of psychological influences can also reduce breast milk production, it can be seen that the culture in the Aceh region is not allowed to consume vegetables other than anchovies and white rice on the fourth day of the postpartum period. From here it can be seen that the mother's nutritional intake is not sufficient to increase breast milk production due to minimal protein and carbohydrate intake.

The Effect of Giving Banana Flowers on Breast Milk Production for Postpartum Mothers in the Independent Practical Work Area of Midwives Syafriani, Nibong Baroh Village, Nibong District, North Aceh Regency.

Based on table 6, it can be seen that there is an abnormal distribution of data in the control group with a p value of 0.001 and the intervention group with a p value of 0.000 which shows that the data in both groups must be tested using the Wilcoxon test. Based on the results of the Wilcoxon test in table 4.7, it shows that there is an effect of giving banana blossoms to the intervention group on the volume of postpartum mothers' breast milk, where the value is < a : 0.05 on breast milk production after being given banana blossoms with a p-value of 0.002, in the control group where p -value 0.065 value > a : 0.05 there is no increase in breast milk production in postpartum mothers so statistically it can be concluded that there is an effect of giving banana

blossoms to breast milk production in postpartum mothers in the Independent Practical Work Area of Midwife Syafriani, Nibong Baroh Village, Nibong District, North Aceh Regency.

This is in line with research on 32 breastfeeding mothers in Malang which showed a correlation between the good nutrition consumed by 24 respondents (75%) and the breast's ability to produce sufficient breast milk experienced by 18 respondents (56.25%). Mothers with poor eating patterns that result in inadequate nutrition during breastfeeding experience 12.5% disruption in breast milk production (Rosida & Putri, 2020).

Several ways to increase breast milk production, one of which is by consuming banana blossoms, which is a drink made from banana blossoms, is one of the local foods that contains lagtagogum which can stimulate the hormones oxytocin and prolactin such as alkaloids, polyphenols, steroids, flavonoids and other substances that are effective in increasing breast milk production. accelerate breast milk production (Malahayati, 2020).

During breastfeeding, mothers are advised to increase their intake of energy, protein, calcium, iron, folic acid, and other vitamins and minerals to meet nutritional needs while breastfeeding. So that mothers can produce one liter of breast milk per day, additional food is needed. If mothers who are still breastfeeding their babies do not get additional food, this can result in a decline in the production and production of breast milk (Lestari, 2018).

Green beans contain several nutritional substances such as fiber which can prevent various diseases. The protein content is high, especially amino acids and lysine. Calcium, phosphorus, magnesium, potassium, folate and vitamin B are other essential substances that are abundant in abundance (Febrianingtias et al., 2023). The mechanism for consuming banana blossoms and increasing breast milk volume occurs through the process of stimulating the hormone prolactin (Suharman et al., 2021). Nursing mothers who consume adequate nutritional food will increase levels of the hormone prolactin which functions in producing breast milk. On the contrary, there will be a reduction in the volume of breast milk if the mother consumes non-nutritious food or the overall calories consumed are less than 1500 kilo calories per day for one week in a row (Kementerian Kesehatan Republik Indonesia, 2021).

Babies who receive breast milk will receive protection against infectious diseases because of the special content of leukocyte immune substances and other anti-mycobial substances. This causes babies to suffer less easily from otitis media, shortness of breath, pneumonia and gastrointestinal infections. The protective mechanism is obtained through normal maturation of the mucosal defenses of the gastrointestinal and respiratory tract along with the development of the body's immunity. Babies who receive breast milk are easier to avoid stress (Ramadani, 2023).

Non-infectious diseases that can be prevented by proper breastfeeding include cardiovascular disease. The risk of experiencing this disease is known to be lower in adult individuals who received breast milk as babies. The incidence of hypertension, cholesterol and diabetes is lower, as well as cancer in children (Harahap et al., 2022).

The researcher's assumption is that there is an effect of giving banana blossoms on increasing breast milk production for postpartum mothers in the Independent Practical Work Area for Midwives Syafriani, Nibong Baroh Village, Nibong District, North Aceh Regency, because banana blossoms are a food source that is easy to obtain and can be processed as daily food for postpartum mothers. which is rich in protein and carbohydrates which are needed by postpartum mothers. Therefore, postpartum mothers who consume banana blossoms experience an increase in breast milk production, and this is the hope of many families in fulfilling the nutritional needs of babies so that breast milk can be given properly to babies born in the work area of Independent Practice of Midwife Syafriani, Nibong Baroh Village, Nibong District, Aceh Regency. North.

CONCLUSION

There was no increase in breast milk production before being given banana blossoms to the intervention group as much as 87.5% and the control group as much as 81.3%. There was an

increase in breast milk production after being given banana blossoms to the intervention group, namely 81.3%. There is a difference in the average effect of giving banana blossoms before and after administration on breast milk production in the intervention group with a p value of 0.002 and in the control group a p value of 0.065.In this research, researchers have tried to carry out this research can run well, but there are still many problems in implementation Many limitations were found, namely in anticipating respondents consume banana blossoms and katuk leaf extract regularly and That's right, researchers motivated respondents to always consume it regularly, namely 1 x every day, motivating mothers to breastfeed the child every 2 hours. However, researchers also cannot ensure whether the respondent actually consumes heart banana properly and breastfeed the child every 2 hours, because researchers cannot see directly in consuming and breastfeeding their children. Researchers are also lacking. Get a reference regarding the size of the chemical content contained in in banana blossoms. In addition, researchers also did not pay attention to confounding factors or other disturbing factors that can affect the mother's breast milk production, namely the mother's food intake other than banana blossoms and katu leaf extract, and does not pay attention to psychological factors mother, as well as the time to give banana blossoms and katuk leaf extractnot the same, because this can also affect breast milk production. The researchers here are beginner researchers, so there are still many shortcomings that are likely to influence the results of the study. Apart from that, it is possible for researchers to analyze and carry out statistical techniques are still inadequate.

It is hoped that the theoretical implications of this research can be used as material for study regarding breastfeeding mothers' knowledge about internal nutrition increase breast milk production and increase student motivation to provide education to breastfeeding mothers who have It is hoped that the lack of knowledge about nutrition in increasing production through consumption of banana blossoms and the practical implications can become an internal reference improve health services by medical personnel for carry out health education and further increase maternal motivation breastfeeding in gaining knowledge, which is useful for increase the rate of exclusive breastfeeding. This research contribution Increase your understanding of the impact of banana buds on increased breast milk production in postpartum women with obtain more information This research is expected to provide information and training to researchers who will then provide midwifery care to postpartum mothers on how to increase breast milk supply.

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