

# Knowledge of Pregnant Women About Breast Care with Compliance with Breast Care in the Butar Health Center Area, Pagaran District, North Tapanuli Regency in 2020

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## ABSTRACT

Health development is carried out based on humanity, empowerment and independence, fair and equitable, as well as prioritizing and benefiting with special attention to vulnerable populations, including mothers, infants, children, the elderly, and poor families (Ministry of Health, 2010). Based on data obtained from the Butar Health Center, Pagaran District, the number of pregnant women in the third trimester in 2014 was 60 people. In Sipultak dolok village 7 people, in Lumban ina-ina village 5 people, in parhorboan village 9 people, in Banua Luhu village 9 people, in Dolok saribu village 7 people and in other villages 17 people. The results of the Chi-square test showed a value of  $p < 0.001 < 0.05$ , there was a relationship between the knowledge of pregnant women in the third trimester about breast care and adherence to breast care.

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## 1. Introduction

Health development is directed at increasing awareness, willingness, and ability to live a healthy life for everyone so that the highest level of public health can be realized. Health development is carried out based on humanity, empowerment and independence, fair and equitable, as well as prioritizing and benefiting with special attention to vulnerable populations, including mothers, infants, children, the elderly, and poor families (Ministry of Health, 2010). If a pregnant woman does not take good care of her breasts and only takes care before giving birth or after giving birth, there are often problems that will harm the mother and baby. The problems that often occur if you do not do breast care are breast milk does not come out, nipples do not protrude so it is difficult to suck, little milk production, infection in the breast, namely breast swelling or pus, lumps appear in the breast (Ronald, 2010). Breastfeeding ineffectiveness is much influenced by lack of breast care (Bahiyatun, 2013).

Based on experience during the first wave of midwifery clinical practice (PKK 2) in Lumban Ina-ina village, there were 6 pregnant women and 2 (33.3%) of them experienced non-protruding nipples and based on the results of a preliminary survey obtained from the village midwife in the Puskesmas area. Butar Pagaran Subdistrict The number of pregnant women is 35 people, of which 14 people experience non-protruding nipples (40%) because they don't do breast care and 21 people (60%).

Based on data obtained from the Butar Health Center, Pagaran District, the number of pregnant women in the third trimester in 2014 was 60 people. In Sipultak dolok village 7 people, in Lumban ina-ina village 5 people, in parhorboan village 9 people, in Banua Luhu village 9 people, in Dolok saribu village 7 people and in other villages 17 people. So the purpose of this study was to determine the relationship between knowledge of third trimester pregnant women about breast care and compliance with breast care in the Butar Health Center, Pagaran District, North Tapanuli Regency and to determine the knowledge of third trimester pregnant women about breast care in the Butar Health Center Work Area, Pagaran District, District. North Tapanuli 2020.

Knowing the relationship between knowledge of pregnant women in the third trimester about breast care and adherence to breast care during pregnancy in the Butar Health Center Work Area, Pagaran District, North Tapanuli Regency in 2020

## 2. Method

### 2.1 Types of Research and Research Design

This type of research is analytic in nature using a cross sectional design that the research was conducted at the same time only once year 2020.

### 2.2 Research Location and Time

The location of this research was carried out in the Butar Health Center area, Pagaran District, North Tapanuli Regency in 2020. The time of the study was carried out from April to July 2020.

### 2.3 Population and Sample

Population is a group of individuals or objects that have the same characteristics, which may be investigated or observed (Notoadmodjo, 2010). The population in this study was the third trimester pregnant women in the Butar Health Center, Pagaran District, North Tapanuli Regency, amounting to 60 people. The sample is the object under study and is considered to represent the entire population (Notoadmodjo, 2010). The number of samples in this study were 37 respondents who were obtained by random sampling method, namely by simple random sampling using the formula:

$$n = \frac{N}{1 + N(d)^2}$$

Information:

n= Number of samples

N= Total population

D= Significant level (0,1)

$$\begin{aligned} n &= \frac{N}{1 + N(d)^2} \\ n &= \frac{60}{1 + 60(0,1)^2} \\ n &= \frac{60}{1 + 60(0.01)} \\ &= \frac{60}{1,6} \\ &= 37 \text{ orang} \end{aligned}$$

So the number of samples in this study were 37 pregnant women in the third trimester. The variables in this study are:

- The independent variable or independent variable is the knowledge of pregnant women in the third trimester
- The dependent variable or dependent variable is adherence to breast care

### 2.4 Method of collecting data

Primary data is data directly obtained from respondents by distributing questionnaire sheets provided by researchers based on the concept of knowledge of third trimester pregnant women about breast care with adherence to breast care in the third trimester. Secondary data is data obtained by researchers from the Butar Health Center in the form of data on the number of pregnant women in the third trimester.

### 2.5 Data Analysis Techniques

- Data processing

Data processing is carried out using a data collection format, then the data that has been collected is processed manually by following the following steps:

- Editing
  - Coding
  - Tabulating
- Data analysis

Data analysis was carried out using a cross table of different variables in accordance with existing theory or literature. What has been processed will then be analyzed with the following stages:

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- a. Univariate Analysis
- b. Bivariate Analysis

## 2.6 Operational Definition

Operational definition is operationally defining variables based on observed characteristics, enabling researchers to make careful observations or measurements of a subject or phenomenon.

### a. Knowledge

Knowledge is everything that is known by pregnant women in the third trimester about breast care. The score is in accordance with what has been set by the researcher, namely if the answer is correct, it is given a score of 5, and if it is incorrect, it is given a score of 0. By category:

- 1) High knowledge: if the respondent gets a score of 90-100.
- 2) Medium knowledge: if the respondent gets a score of 65-85.
- 3) Low knowledge: if the respondent gets a score of <60.
- 4) The measurement scale is using the ordinal scale.

### b. Obedience

That is an act of obedience to carry out breast care and the correct technique of breast care with the following information:

- 1) If the respondent answered often in a positive statement, he was given a score of 2 and a negative statement a score of 0.
- 2) If the respondent answers sometimes in positive and negative statements, they are given a score of 1.
- 3) If the respondent answered never in a positive statement was given a score of 0 and a negative score of 2.

By category:

- a) Obey : If the score is 24-30 (80%-100%)
- b) Not obey : If the score <24(<80%)

The measurement scale is using a Likert scale.

## 3. Result and Analysis

### 3.1 Univariate Analysis

Based on the univariate results, namely to obtain the frequency distribution and percentage of all the variables studied, the results of the analysis can be presented in the form of the table below:

**Table 1**

Distribution of knowledge of third trimester pregnant women about breast care in the Butar Health Center, Pagaran District, North Tapanuli Regency in 2020

No	Knowledge level	F	%
1	Tall	10	27
2	Currently	15	40.5
3	Low	12	32.5
	AMOUNT	37	100

Based on the table above, it shows that the majority of respondents have moderate knowledge, namely 15 people (40.5%) and the minority has high knowledge, namely 10 people (27%).

**Table 2**

Distribution of compliance of third trimester pregnant women regarding breast care with adherence perform breast care in the Butar District Health Center North Tapanuli Regency Pagaran 2020

No	OBEDIENCE	F	%
1	Obey	16	43.2
2	Not obey	21	56.8
	Amount	37	100

### 3.2 Bivariate Analysis

Based on the bivariate results, namely to obtain the distribution and percentage of all the variables studied, the results of the analysis can be presented in the form of the table below:

**Table 3**

The relationship between knowledge of third trimester pregnant women about breast care with compliance perform breast care in the Butar Health Center area, Pagaran sub-district North Tapanuli Regency in 2020

NO	Knowledge	Behavior				Total	p-Value
		Obey		Not obey			
		F	%	F	%		
1	Tall	10	100	-	-	10	0.001
2	Currently	6	40	9	60	15	
3	Low	-	-	12	100	12	

From table 3, it can be seen that the majority of moderate knowledge are 15 people with 6 people (40%) who are obedient and the minority of high knowledge is 10 people and all are obedient to breast care. The Chi-square test shows that the value is smaller than the value of or  $0.001 < 0.05$  so that there is a relationship between the knowledge of third trimester pregnant women about breast care and adherence to breast care.

### 3.3 Discussion

#### a. Knowledge of third trimester pregnant women about breast care

Based on table 1, the knowledge of third trimester pregnant women about breast care from 37 respondents obtained moderate knowledge of 15 people (40.5%). The results of this study are different from the results of Darmayanti's research (2012), entitled Description of Knowledge of Third Trimester Pregnant Women About Breast Care at Susukan Health Center Semarang Regency in 2012 with incidental sampling technique with a sample of 72 people, data collection was done by questionnaire and obtained research results the majority of respondents are in the category of good knowledge about breast care as many as 47 people (65%).

It is also different from the results of Laupe's (2013) study entitled Description of Pregnant Women's Knowledge About Breast Care During Pregnancy at the Bahu Health Center, Malalayang District, Manado City with a sampling technique *Purposive Sampling* with a sample of 57 people, the data was collected using a questionnaire and the research results obtained that the majority of respondents were in the good knowledge category 20 people (50.87%)(because the respondents lived in the city so that it was good from information, education, work, and the environment so that the respondent's level of knowledge quite good about breast care).

Limited knowledge or dominant moderate knowledge can be caused by limited information about the object or a limited understanding of the subject. Knowledge can be influenced by a limited environment to obtain more information about health. Each individual has a different level of knowledge. This level of knowledge is influenced by the level of education, exposure to job information and experience (Irmayati, 2007).

This theory is in accordance with the results of research conducted by researchers that the majority of respondents still have moderate knowledge with a low level of education, busy work, and environmental influences who still live in the village so that knowledge about breast care is still in the moderate majority.

#### b. Compliance of third trimester pregnant women in performing breast care

Based on table 2, it shows that out of 37 respondents, 21 people (56.8%) who do not adhere to breast care correctly and regularly.

The results of this study are different from the results of Tiara's research (2011) entitled Overview of Compliance in breast care for pregnant women in the third trimester at the Sibela Mojosoongo Health Center Surakarta in 2011 with a simple random sampling technique with a sample of 92 people, data collection was done by using a checklist sheet. and the research results obtained that the majority of respondents were obedient in performing breast care as many as 53 people (57.6%).

Research conducted by researchers is in accordance with Green's theory which is distasi by Graha that motivation from oneself and people living in the environment affects compliance, this is in compliance with breast care and the factors that cause low compliance of trimester pregnant women are individuals who do not feel sick. , Education, Employment, Ignorance of the impact, Negligence of pregnant women or low motivation of pregnant women in carrying out breast care and according to interviews that have been conducted to third trimester pregnant women who are

respondents, the low compliance of third trimester pregnant women is due to the respondent's low level of education. is still lacking so that breast care is not carried out with the correct technique, busy work, namely farming so that the busyness makes pregnant women do not have time to do breast care, negligence of pregnant women so that mothers feel breast care is not useful and or low motivation of pregnant women in carrying out breast care.

**c. The relationship between knowledge of third trimester pregnant women about breast care and compliance in breast care**

Based on table 3, it shows that the majority of moderate knowledge are 15 people (40.54%) and of those 15 people who are obedient 6 people (40%) and the minority with high knowledge are 10 people (27.02%) and of these 10 people all comply (100%). These results indicate that there is a significant relationship between the knowledge of pregnant women in the third trimester and adherence to breast care in the Butar Health Center, Pagaran District, North Tapanuli Regency in 2014 with a statistical test result p value = 0.001 so that the p value is smaller than the value = 0,05 Then  $H_0$  is rejected and  $H_a$  is accepted, which means that there is a significant relationship between knowledge of third trimester pregnant women and compliance in breast care, namely the higher the knowledge, the more obedient in breast care.

The results of this study are in accordance with research conducted by Hikmah (2012), entitled The relationship between knowledge and compliance of third trimester pregnant women regarding breast care at the Ciputat Health Center, South Tangerang City in 2010, saying that there is a relationship between the level of knowledge and the level of compliance with breast care in Third trimester pregnant women, the higher the level of knowledge, the higher the level of compliance in breast care and the results of statistical tests (p value = 0.004).

According to Azwar (2013) knowledge has an influence in shaping one's behavior and compliance is an action related to one's behavior.

Based on the theory in accordance with the results of the researcher that the higher the respondent's knowledge about breast care, the more obedient in doing breast care and the Chi-square test found that there was a relationship between knowledge of third trimester pregnant women and adherence to breast care.

#### 4. Conclusion

After conducting research on 37 third trimester pregnant women about the relationship between knowledge of third trimester pregnant women about breast care in the Butar Health Center area, Pagaran District, North Tapanuli Regency in 2020, it can be concluded that:

- a. The knowledge of third trimester pregnant women about breast care is moderate, namely 15 people (40.54%).
- b. The obedience of pregnant women in the third trimester in carrying out breast care was the majority of non-adherent 21 people (56.76%).
- c. There is a relationship between the knowledge of pregnant women in the third trimester with compliance in breast care.

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