

Katuk Leaf Consumption with Breast Milk Production in Primipara Breastfeeding Mothers in Pekanbaru

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ABSTRACT

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The success of breastfeeding is influenced by the production of breast milk from the mother. Lack of milk production results in the failure of exclusive breastfeeding. Breast milk is the single most important food and has many benefits for babies 0-6 months. Katuk leaf is one of the plants that can help increase the production of breast milk. This study aims to determine the consumption of katuk leaves on the milk production of primiparous nursing mothers. This research method is quantitative with a correlational research design using a cross sectional study approach. The number of samples was 35 breastfeeding mothers. Sampling used a random sampling technique with consecutive random sampling. The results of the study obtained a p value of 0.001 and the analysis of the close relationship between the two variables obtained OR (odds ratio) = 15,000. The conclusion is that there is a significant relationship between consumption of katuk leaves and breast milk production in primiparous breastfeeding mothers in Pekanbaru city. So it is hoped that katuk leaves can be used as the main menu in determining the menu when the mother is in postpartum care.

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1. Introduction

Breast Milk is the best food for babies, especially infants aged 0-6 months, whose function cannot be replaced by any food and drink. Breastfeeding is a fulfillment of the rights of every mother and child (Kemenkes, 2019). Breastfeeding is one of the best investments for survival and improving the health, social and economic development of individuals. The infant mortality rate is one of the important indicators to determine the health status of a country, even to measure the level of progress of a nation. One way to reduce infant mortality is to provide the best food, namely breast milk (Kemenkes, 2019).

According to the World Health Organization (WHO, 2021), around 44% of infants aged 0-6 months worldwide are exclusively breastfed during the 2015-2020 period. Exclusive breastfeeding for 6 months has many benefits for babies and mothers. Of particular importance is protection against gastrointestinal infections which is observed not only in developing but also developed countries. Breastfeeding can reduce the risk of death from diarrhea and other infections. Breast milk is also an important source of energy and nutrition for children aged 6-23 months. It can provide half or more of a child's energy needs between the ages of 6 and 12 months, and a third of the energy needs between 12 and 24 months. Breast milk is also an important source of energy and nutrients during illness, and reduces mortality among malnourished children.

Based on the data obtained, there are 19 Puskesmas located in the area of the Pekanbaru City Health Office, one of which is the Sidomulyo Inpatient Health Center. Data obtained from Medical Records at the Sidomulyo Inpatient Health Center in 2018 of 73 mothers who had babies at the Sidomulyo Inpatient Health Center, the majority who gave exclusive breastfeeding were mothers who did not work, namely 42 people. The results obtained were that the majority of babies who experienced weight gain were babies who received exclusive breastfeeding as many as 67.3% of 35 people. Meanwhile, mothers who did not give exclusive breastfeeding to their babies were found as many as 74% of the 54 people, this is the highest percentage in the Sidomulyo Inpatient Health Center area.

One of the causes of the high percentage of mothers who do not give exclusive breastfeeding is because most of the mothers feel that the milk production they produce is not enough for their babies so they choose to

replace breast milk with additional foods such as formula milk. Even though there are still many ways to increase breast milk production in mothers by consuming traditional plants, one of which is katuk leaves (Sartika, 2019). This is also supported by research (Rosdianah, 2021) by giving katuk leaf extract to the smoothness of breast milk for nursing mothers, it was found that there was an effect of giving katuk leaf extract to the smoothness of breast milk in postpartum mothers who have babies aged 0-6 months. Katuk leaves are effective in increasing breast milk production, both in the form of vegetables and in salads, this is due to the alkaloid and sterol content contained in katuk leaves.

Katuk leaf is one of the plants that exist in Indonesia and has long been consumed by the community, especially for vegetables. The benefits of katuk leaves for nursing mothers are able to increase milk production by increasing glucose metabolism for lactose synthesis. Giving katuk leaf suspension can increase digestibility, increase glucose absorption in the digestive tract, and glucose metabolism in the liver. Increased digestibility indicates an efficient absorption of nutrients in the digestive tract, especially carbohydrates so that the availability of nutrients in the body increases to be able to meet the body's needs and the synthesis of milk (Karya, 2021).

Based on the initial survey conducted at PMB Ernita which is in the working area of the Sidomulyo Inpatient Health Center, it was found that there are still many breastfeeding mothers whose milk production is still lacking and many breastfeeding mothers do not provide exclusive breastfeeding for their babies and do not comply with government programs in targeting babies to get breast milk. Exclusive. Based on this background, a research was conducted on Katuk Leaf Consumption with Breast Milk Production at PMB Ernita Pekanbaru City in 2021".

2. Method

This type of research is quantitative with the research design used is a correlational design using a cross sectional study approach. The study was conducted to determine the relationship between consumption of katuk leaves and breast milk production in nursing mothers at PMB Ernita Pekanbaru. The population in this study were all breastfeeding mothers whose babies were less than 6 months old at PMB Ernita and the sample in this study were 35 breastfeeding mothers. Sampling in this study used a random sampling technique with consecutive random sampling. Data collection was taken primary and secondary. Data analysis was carried out by univariate and bivariate analysis

3. Result and Analysis

3.1 Characteristics of Respondents

Table 1

Frequency Distribution of Respondents Based on the number of Primiparous breastfeeding mothers at PMB Ernita, SST Pekanbaru

Respondent Age	Frequency (N)	Percentage (%)
<20 years	3	8,6%
20-35 years	26	74,3 %
>35 years	6	17,1 %
TOTAL	35	100,0 %

Based on table 1 above, it can be seen that the majority of breastfeeding mothers are aged 20-35 years, as many as 26 breastfeeding mothers (74.3%)

Table 2

Frequency Distribution of Respondents Based on the number of Primiparous breastfeeding mothers at PMB Ernita, SST Pekanbaru

Profesion	Frequency (N)	Percentage (%)
work	13	37,1%
no work	22	62,9%
TOTAL	35	100,0 %

Based on table 1 above, it can be seen that the majority of breastfeeding mothers do not work, namely as many as 22 breastfeeding mothers (62.9%)

3.2 Univariate Results

Table 3

Frequency Distribution of Respondents Based on the number of breastfeeding mothers who consume katuk leaves at PMB Ernita, SST Pekanbaru

Consumption of Katuk Leaves	Frequency (N)	Percentage (%)
Yes	21	60%
No	14	40 %
TOTAL	38	100,0 %

Based on table 1 above, it can be seen that the majority of breastfeeding mothers consume katuk leaves, namely as many as 21 breastfeeding mothers (60%)

Table 4

Frequency Distribution of Respondents Based on the number of breastfeeding mothers whose milk production is smooth at PMB Ernita, SST Pekanbaru

ASI Production	Frequency (N)	Percentage (%)
Smooth	22	62,9%
Not Smooth	13	37,1%
TOTAL	38	100,0 %

Based on table 2 above, it can be seen that the majority of breastfeeding mothers produce breast milk smoothly, as many as 22 postpartum (62.9%).

3.3 Results of Bivariate analysis

Table 5

Relationship between consumption of katuk leaves and breast milk production at PMB Ernita, SST Pekanbaru

ASI Production	Consumption of Katuk leaves				Total	P value	OR 95 % CI
	Yes		No				
	n	%	n	%	N	%	
Smooth	18	81,80%	3	23,10%	21	60%	0,001 15,000 (2,782 - 80,867)
Not Smooth	4	18,20%	10	76,90%	14	40%	
Total	22	100%	13	100%	35	100 %	

In table 3 above, it can be seen that from 35 respondents, out of 22 nursing mothers who consumed katuk leaves there were 18 nursing mothers whose milk production was smooth, namely (81.8%).

From the results of the chy square test, a p value of 0.001 was obtained, which means that there is a significant relationship between consumption of katuk leaves and breast milk production in breastfeeding mothers at PMB Ernita, Pekanbaru in 2021. Analysis of the close relationship between the two variables obtained OR (odds ratio) = 15,000, Hal This shows that respondents who consume katuk leaves have 15 times the opportunity to produce breast milk smoothly.

3.4 Discussion

The relationship between consumption of katuk leaves and breast milk production in breastfeeding mothers. The results showed that from 35 respondents, out of 22 nursing mothers who consumed katuk leaves there were 18 breastfeeding mothers whose milk production was smooth (81.8%). From the results of the chy square test, a p value of 0.001 was obtained, which means that there is a significant relationship between consumption of katuk leaves and breast milk production in breastfeeding mothers at PMB Ernita, Pekanbaru in 2021. Analysis of the close relationship between the two variables obtained OR (odds ratio) = 15,000, Hal This shows that respondents who consume katuk leaves have 15 times the opportunity to produce breast milk smoothly.

As we know, the current phenomenon that often occurs when mothers are in the process of exclusive breastfeeding is the unequal production of breast milk during the period of exclusive breastfeeding for 6 months. From the results of this study, out of 22 mothers who consumed katuk leaves, there were 4 people

whose breast milk production was not smooth. Characteristics of respondents can also affect breast milk production if it is seen from the results of this study that there are still mothers who are <20 years old (8.6%) and there are also mothers who are actively working (62.9%). This is also supported by the results of Nugraheny and Alfiah tang's research entitled the inhibiting and driving factors for the application of exclusive breastfeeding, that one of the inhibiting factors for exclusive breastfeeding is the working mother, this is due to the absence of storage facilities for breast milk provided in the work environment, which can result in reduced milk production. (Nugraheny & Alfiah, 2015).

The results of this study are also in line with research conducted by (Sa'roni et al., 2004), it was found that the group of breastfeeding mothers who were given katuk leaf extract for 15 consecutive days at a dose of 3 x 300 mg/day was able to increase breast milk production. by 50.7% more than the group of breastfeeding mothers who did not consume katuk leaf extract. Katuk leaves contain sterol and alkaloid compounds that can increase breast milk production. The content of alkaloids and sterols in katuk leaves can increase glucose metabolism which is used for the lactose synthesis process so that the milk produced will increase (Ganie, 2003 in (Triananinsi et al., 2020).

Smooth milk production during the exclusive breastfeeding process can provide good benefits for infants, namely as protection against gastrointestinal infections, reducing the risk of infant mortality due to diarrhea and infection, a source of energy and nutrition for children aged 6 to 23 months, and reducing mortality among children. -children who are malnourished. While the benefits of breastfeeding for mothers are reducing the risk of ovarian and breast cancer, helping smooth milk production, as a natural method of preventing pregnancy in the first six months after birth, and helping to lose weight more quickly after pregnancy (Safitri, 2016).

4. Conclusion

Based on the results of research and discussions conducted on Katuk Leaf Consumption with Breast Milk Production in Primipara Breastfeeding Mother in Pekanbaru, it can be concluded that The majority of breastfeeding mothers consume katuk leaves as many as 21 people (60%). The majority of breastfeeding mothers whose milk production is smooth, as many as 22 people (62.9%). There is a significant relationship between consumption of katuk leaves and breast milk production, which can be seen from the results of the chy square test which obtained a p value of 0.001.

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