

THE EFFECT OF BANANA BLOSSOM CONSUMPTION ON INCREASING BREAST MILK PRODUCTION IN PUBLIC MOTHERS AT MURNIATI CLINIC KISARAN

Atika Pohan¹ Juliana Margolang²

^{1,2}STIKES As Syifa Kisaran, Jl.SKB/Pendidikan Kel. Kisaran Naga, 21219, Kab. Asahan, Indonesia

ARTICLE INFO

Keywords:

Breast milk,
Banana Blossom.

ABSTRACT

Breast milk is the first and foreive food that is best for babies. The thing that needs to be consideres by post partum mother giving breast milk to the baby is by consuming fruit and vegetables that can increase the amount of breast milk. Banana Blossom contains lactogogum which has performance stimulating oxytocin and prolactin hormones such as alkaloids, polyphenols, steroids, flavonoids, which are effective in increasing breast milk production. In this case, researchers conducted nonpharmacological studies such as Banana Blossom consumption. This research aims to find out the effect of Banana Blossom consumption on increased breast milk production in post partum in Clinic Muriati Kisaran. The method used is the Quasi eksperiment method with the research design of one group pretest posttest. The samples in this study were as many as 20 post partum in klinik murniati kisanan, using total sampling techniques. Data collection is carried out in the form of observation. The statistical test used is the t test. The results showed that there was an influence increase in breast milk production in post partum mothers after consuming banana blossoms with a value of P-Value of $0,012 < 0,05$. Based on the results of the study, the increase in breast milk production in the mother occurred because the content found in the heart of bananas is lactogogum which has the performance of stimulating oxytocin hormones and prolactin alkaloids, polyphenols, steroids, and flavonoids in increasing the production of breast milk.

E-mail:
atikapohan7@gmail.com

Copyright © 2022 Science Midwifery.

1. Introduction

The postpartum period is a period that is always experienced by mothers who have given birth, where the mother will experience bleeding from the uterus both before and after giving birth which generally lasts for 6 weeks. Walyani, 2015).

Exclusive breastfeeding is exclusive breastfeeding for 6 months without being given other food except vitamins, minerals and drugs in the form of ORS, drops and syrup. WHO recommends breastfeeding for 6 months and continued breastfeeding for the first 2 years of life. Breast milk has the right balance of nutrients in an easily digestible and bioavailable form, and boosts the immune system and reduces the risk of ARI in infants. Breast milk is the single best food and drink for babies. The composition is suitable for the growth and development of babies (Mustika, 2016).

According to the Ministry of Health (2015) the achievement of exclusive breastfeeding in Indonesia has not yet reached the expected figure of 80%. In 2012, the achievement of exclusive breastfeeding was 42%. Meanwhile in 2013, the coverage of exclusive breastfeeding was 54.3%. Most of those that can affect the amount of breast milk production are nutritional patterns, support, breast care, baby sucking, and socio-cultural factors. Nutritional factors in postpartum mothers or breastfeeding mothers need to be known because the nutritional needs of mothers must be further

increased so that milk production can increase. The nutritional advice given to postpartum mothers is to multiply protein consumption, where protein can form new tissue in the production of breast milk.

The problem caused by breastfeeding mothers is that the production of breast milk is not maximal, so that the nutritional needs of babies are not optimal. Some suggestions that need to be considered by mothers who are breastfeeding their babies, namely consuming vegetables and fruits that can increase the volume of breast milk. A small amount of breast milk can be overcome by the mother by consuming papaya leaves, long beans and Banana Blossom (Tjahjani, 2014).

Pineapple juice for postpartum mothers or postpartum mothers who experience perineal rupture, this is a natural and simple alternative to accelerate wound healing other than using drugs. Pineapple contains the enzyme bromelain which acts as an anti-inflammatory. The bromelain in pineapple can reduce the average number of days to relieve post-surgery pain and sores that cause inflammation.

Banana Blossom is part of the banana plant that is used to increase breast milk production. Banana Blossom was chosen because it is cheap and very easy to get. This reason is in accordance with the research that has been done by Astawan. According to him, in addition to carbohydrates, Banana Blossom also contains protein, minerals (especially phosphorus, calcium and iron, as well as a number of vitamins A, B1 and C (Wahyuni, 2012).

Processed Banana Blossom can be made into various types of food and processed vegetables. From the African journal Biotechnology that has been researched, it was found that 100 grams of Banana Blossom contains nutrients, such as 51 kilo calories, 1.6 g fat, 9.9 carbohydrates, 5.7 fiber, 56 mg calcium, 73.3 mg phosphorus, 56.4 mg iron, 13 mg copper, 553.3 mg potassium, 48.7 mg magnesium and 1.07 mg vitamins. Banana flower contains laktogogum which has the performance of stimulating the hormones oxytocin and prolactin such as alkaloids, polyferons, steroids, flavonoids, which are effective in increasing breast milk production, in the presence of polyphenols and steroids that can affect the reflex of the prolactin hormone to stimulate milk production Active alveoli can increase milk production.

Hormonally, the prolactin hormone will reflex in producing breast milk, when the baby sucks the mother's nipple, there will be neurohormonal stimulation of the mother's nipple and areola. The stimulation will be transmitted to the pituitary via the vagus nerve, then to the anterior lobe. Then the lobes will secrete the hormone prolactin and enter the blood circulation and reach the breast-forming glands and will be stimulated for breast milk (Harismayanti, 2018).

2. Method

This study uses the Quasi Experiment method is the control group, but can not fully function to control the external variables that affect the implementation of the experiment.

a. Population and Research Sample

The population in this study were all postpartum mothers who had problems with milk production that were not smooth as many as 10 people and breastfeeding mothers whose milk production was smooth as many as 10 people, the total population at the Murniati Clinic was 20 people.

b. Data collection

The type of data collected is primary data in the form of respondents' identities, along with the variables studied through question naires and secondary data from respondents' medical records.

c. Processing and analysis of data

The data will be processed using SPSS version 20 software. Data analysis will be carried out using quantitative analysis to obtain research results.

Science Midwifery

journal homepage: www.midwifery.iocspublisher.org

3. Results and Discussion

3.1 Univariate Analysis

TABLE 1
CHARACTERISTICS OF RESPONDENTS

Age	Total	Percentage
20-25 tahun	16	80%
26-30 tahun	4	20%
31-35 tahun	0	0%
Total	20	100%

Based on the table above, it is known that the number of respondents with parity status 1 or pregnancy 1 with the majority as many as 18 people (90%) and parity status 2 or pregnancy 2 and minority as many as 2 people (10%).

TABLE 2
THE NUMBER OF RESPONDENTS WITH JOBS AS IRT OR HOUSEWIVES

Job	Total	Percentage
Housewife	15	75 %
Employees	3	15%
Civil Servant	2	10%
Other	0	0
Total	20	100%

Based on the table above, it is known that the number of respondents with jobs as IRT or Housewives with the majority as many as 15 people (75%) and the minority working as private employees as many as 3 people (15%) and the rest working as civil servants as many as 2 people (10%).

TABLE 3
RESPONDENT'S BREAST MILK VOLUME BEFORE CONSUMPTION OF BANANA BLOSSOM DECOCTION

Breastfeeding Volume	Total	Percentage
< 550 ml	20	100 %
> 550 ml	0	0
Total	20	100%

Based on the table above, it is known that the number of respondents with the majority of volume or the amount of breast milk is less than (<550 ml) as many as 20 people (100%), this means that all postpartum mothers who are respondents have problems with insufficient milk production.

TABLE 4
RESPONDENT'S BREAST MILK VOLUME AFTER CONSUMPTION OF BANANA BLOSSOM DECOCTION (DAYS 1 TO 7)

Day	Breastfeeding Volume		Percentage	
	<550 ml	>550 ml	<550 ml	>550 ml
1	20	0	100%	0
2	18	2	90%	10%
3	15	5	75%	25%
4	12	8	60%	40%
5	5	15	25%	75%
6	0	20	0	100%
7	0	20	0	100%

Based on the table above, it is known the volume of breast milk before giving banana buds and after giving banana flowers. on day 1 to day 7 the results were found. It is known that on day 1 consuming banana buds as many as 20 respondents still obtained the amount of breast milk less than 550 ml (<550 ml) with a percentage (100%), On day 2 consuming peanut juice green as many as 18

respondents who obtained the amount of breast milk less than 550 ml (<550 ml) with a percentage (90%) and as many as 2 respondents received a quantity of breast milk more than 550 ml (> 550 ml) with a percentage (10%), on day 3 consumption of banana buds as many as 15 respondents still received the amount of breast milk less than 550 ml (<550 ml) with a percentage (75%), On the 4th day consuming Banana Blossom as many as 12 respondents who received the amount of breast milk less than 550 ml (<550 ml) with percentage (60%) and as many as 8 respondents obtained the amount of breast milk more than 550 ml (> 550 ml) with a percentage (40%), and on day 5 consuming Banana Blossom, it was found that 15 respondents (75%) had more than 550 ml (>550ml), and pa On the 6th and 7th days of consuming banana buds, 20 respondents (100%) obtained more than 550 ml of breast milk.

3.2 Bivariate Analysis

TABLE 4
BIVARIATE ANALYSIS OF BREAST MILK VOLUME BEFORE AND AFTER CONSUMING BANANA BLOSSOM DECOCTION AT THE MURNIATI CLINIC

Days	Beverage		Sig	Conclusion
	Before	After		
Day 1- Day 2	0,10	0,50	0,012	Ha Accepted
Day 2 – Day 3	0,50	1,00	0,012	Ha Accepted
Day 3- Day 4	1,00	1,50	0,012	Ha Accepted
Day 4 – Day 5	1,50	2,00	0,012	Ha Accepted
Day 5- Day 6	2,00	2,50	0,012	Ha Accepted
Day 6 - Day 7	2,50	2,50	0,012	Ha Accepted

The significance value obtained on day 1 – day 2 and day 2 – day 3, day 3 with day 4, day 4 with day 5 and day 5 with day 6 and day 6 with day 6. 7 is 0.012. Because the resulting significance value < 0.05, then giving Banana Blossom affects the amount of breast milk production.

3.3 Discussion

1. Effect of Decoction of Banana Blossom on the Amount of Breast Milk Production

The results of statistical tests to test the difference in the amount of breast milk volume before and after being given Banana Blossom decoction, the pretest and posttest of the treatment group showed a value of $p = 0.012$, which means that there was a significant difference in the amount of breast milk volume between the pretest and posttest of the treatment group after giving Banana Blossom stew. the resulting significance value.

This is in line with Apriza's research (2016), the results of the study on the average excretion of breast milk before being given Banana Blossom stew were 385 cc with a standard deviation of 82.876 and after being given 720 cc Banana Blossom boiled with a standard deviation of 86.450 with a p value of 0.001. Banana Blossom decoction on the excretion of breast milk in breastfeeding mothers in Kuapan Village, the working area of the Tambang Health Center. This study is also the same as previous research that Banana Blossom and katuk leaves are effectively used to increase breast milk production in breastfeeding mothers, from the results of his research on 28 respondents obtained p value, 0.040 which means that there is an effect of consumption of Banana Blossom and katuk leaves on increasing breast milk production in mothers. breast-feed.

Banana flower which contains lactagogum has the potential to stimulate oxytocin and prolactin hormones such as alkaloids, polyphenols, steroids, flavonoids and other substances that are most effective in increasing and facilitating breast milk production. Hormonal prolactin reflex to produce breast milk, when the baby sucks the mother's nipple, neurohormonal stimulation occurs in the mother's nipple and areola. This stimulation is transmitted to the pituitary via the vagus nerve, then to the anterior lobe. From this lobe will secrete the hormone prolactin, enter the blood circulation and arrive at the glands that make breast milk. This gland will be stimulated to produce breast milk (Fahmi, 2011).

The results of this study are in accordance with Nurliana's research (2013) with the title of the effect of stone Banana Blossom on increasing breast milk production in breastfeeding mothers in the Srikuncoro Health Center area, Pondok Kelapa District, Central Bengkulu. From the results of this study, it was found that the intensity of the average frequency of breastfeeding before consuming the stone banana flower was 5.7 times. After consuming the stone Banana Blossom, it increased to 9.75 times. The difference in the average value of the increase in breast milk production is 5,458 with a sig of 0.000. Because < 0.05, the conclusion H_a is accepted, which means that there is an influence of

Science Midwifery

journal homepage: www.midwifery.iocspublisher.org

stone heart consumption on increasing the effect of banana stone heart consumption on increasing breast milk production.

According to the researcher's assumption, the lack of excretion of breast milk in breastfeeding mothers is because mothers think that breast milk will not be enough to meet the needs of the baby, so the mother is afraid to give breast milk to the baby and the nipples are not prominent which results in the mother not giving breast milk to her baby. The wrong technique in breastfeeding the baby can also affect the mother not giving breast milk to her baby. Banana Blossom contains laktagogum which has several compounds that can increase the production and quality of breast milk. The increase in breast milk production is influenced by the presence of polyphenols and steroids that affect the prolactin reflex to stimulate the alveoli which work actively in the formation of breast milk

4. Conclusion

Based on the data obtained from the results of research on "The Influence of Consumption of Banana Blossoms on Increasing Breast Milk Production", then the data processing of answers from observations that have been filled in, using the paired T-test was found, the following results were found The significance value obtained on day 1 – day 2 and day 2 – day 3, day 3 with day 4, day 4 with day 5 and day 5 with day 6 and day 6 with day 7 is 0.012. In the statistical test results to test the difference in the amount of breast milk volume before and after being given Banana Blossom decoction, the pretest and posttest of the treatment group showed a value of $p = 0.012$, which means that there was a significant difference in the amount of breast milk volume between the pretest and posttest of the treatment group after giving heart decoction. bananas, because the resulting significance value < 0.05 , it can be concluded that there is an effect between giving Banana Blossom and increasing the amount of breast milk production.

References

- [1] Campion, & Bascom. (2011). *Obstetri Williams Volume I*. Jakarta: EGC.
- [2] Harismayanti, 2018, Kandungan Jantung Pisang: Jurnal Wiyata
- [3] Hesti Widuri, 2013, Hormon yang mempengaruhi pembentukan ASI. Yogyakarta: Nuha Medika
- [4] Ikatan Bidan Indonesia (IBI), 2016. *Buku Acuan Midwifery Update*
- [5] Kemenkes RI, 2015. *Profil Kesehatan Indonesia 2014*. Kemenkes RI. Jakarta Kemenkes RI, 2016. *Profil Kesehatan Indonesia 2015*. Kemenkes RI. Jakarta
- [6] Maryunani, Anik. 2012. *Asuhan pada Ibu Dalam Masa Nifas (Postpartum)*. Jakarta: CV. Trans Info Media
- [7] Maryunani, Anik. 2012. *Asuhan pada Ibu Dalam Masa Nifas (Postpartum)*. Jakarta: CV. Trans Info Media
- [8] Nugroho, dkk. 2016. *Buku Ajar Aduhan Kebidanan Nifas (Askeb 3)*. Yogyakarta: Nuha Medika
- [9] Notoatmodjo, Soekidjo. 2010. *Metodologi Penelitian Kesehatan*. Jakarta: Rineka Cipta
- [10] Sugiyono. (2012). *Metode Penelitian Kuantitatif dan Kualitatif*. Bandung: Alfabeta.
- [11] Saleha, Sitti. 2013. *Asuhan Kebidanan pada Masa Nifas*. Jakarta: Salemba Medika. Hesty, dkk. 2015. *Perawatan Masa Nifas*. Yogyakarta: Fitramaya
- [12] Sari dkk. 2014. *Asuhan Kebidanan Masa Nifas (Postnatal Care)*. Jakarta: Trans Info Media.
- [13] Saifuddin, BA. 2014. *Ilmu kebidanan*. Jakarta: PT. Bina Pustaka Sarwono Prawirohardjo