

# The Relationship between Covid-19 Pandemic Anxiety and Expenditures for Postpartum Mother's Breastfeeding at the Air Joman Baru Sub-Health Center, Air Joman District, Asahan Regency Year 2021

Herlia Suamrdha Nasution<sup>1</sup>, Fithriani<sup>2</sup>

<sup>1,2</sup>Midwifery Study Program, Faculty of Health Sciences, Universitas Haji Sumatera Utara

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## ABSTRACT

Many women of childbearing age (WUS) think that breast milk (ASI) is the best food for babies. The smoothness of breastfeeding is strongly influenced by psychological factors, one of which is anxiety due to the co-19 pandemic. This study aims to find out how the Anxiety of the Covid-19 Pandemic is related to the Expenditure of Breast Milk for Postpartum Mothers at the Air Joman Baru Sub-Health Center, Air Joman District, Asahan Regency in 2021. This research is a descriptive correlation study with a cross sectional approach. This research was carried out from 11 July 2021 to 24 July 2021. The population was 37 people. Sampling used total sampling with a total sample of 37 people, the research instrument used a questionnaire and data analysis with the chi-square test. The results of the study found that Covid-19 Pandemic Anxiety was in the anxious category, the majority of Postpartum Mothers' ASI expenditure was small. Based on the results of the chi-square test, it was found that there was a relationship between Covid-19 pandemic anxiety and breastfeeding for postpartum mothers at the Air Joman Baru Auxiliary Health Center, Air Joman District, Asahan Regency in 2021. The conclusion in this study is that there is a relationship between Covid-19 pandemic anxiety and postpartum mother's milk expenditure. Suggestions in this research are the Air Joman Baru Sub-district Health Center, Air Joman District, Asahan Regency, to conduct a psychological assessment of postpartum mothers during visits to the Health Center to maximize health services with special indicators for mother's milk production.

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### Corresponding Author:

Herlia Sumardha Nasution,  
Midwifery Study Program,  
North Sumatra Hajj University,  
Jl Haji Hospital, Percut Sei Tuan District  
Email: [herliasumardha5787@gmail.com](mailto:herliasumardha5787@gmail.com) , [darafithriani88@gmail.com](mailto:darafithriani88@gmail.com)

## INTRODUCTION

Mother's Milk (ASI) is the best food for babies, especially babies aged 0-6 months, whose function cannot be replaced by any food and drink (Ministry of Health RI, 2018). Breastfeeding by post partum mothers is expected to provide many benefits to both mother and baby. According to Arifeen, et al (2011) states that babies who are exclusively breastfed can avoid the risk of death from diarrhea by 3.9 times and acute respiratory infections (ARI) by 2.4 times.

According to the World Health Organization (WHO) Breastfeeding has many benefits for both mother and baby. Some of the benefits of breastfeeding for infants are protection against gastrointestinal infections, reducing the risk of infant death from diarrhea and infection, a source of energy and nutrition for children aged 6 to 23 months, and reducing mortality among malnourished children. While the benefits of breastfeeding for mothers are reducing the risk of ovarian and breast cancer, helping to smooth milk production, as a natural method of preventing pregnancy in the first six months after birth, and helping to reduce excess weight quickly after pregnancy (WHO, 2016a).

According to WHO data (2016), the coverage of exclusive breastfeeding worldwide was only around 36% during the 2007-2014 period. According to UNICEF, the average coverage of exclusive breastfeeding in the world is 38%. According to WHO, the coverage of exclusive breastfeeding in several ASEAN countries is still quite low, including India (46%), the Philippines (34%), Vietnam (27%), Myanmar (24%), and Indonesia (54.3%) (Ministry of Health, 2014).

According to the Data and Information Center of the Indonesian Ministry of Health, in 2018 breastfeeding for newborns has increased. Based on the results of the 2018 Riskesdas, the proportion of IMD in children aged 0-23 months is 58.2%. Of this proportion, only 15.9% did IMD  $\geq 1$  hour. By province, the highest percentage of newborns receiving IMD in 2017 was Aceh Province (97.31%), while the lowest percentage was Papua Province (15%). If you look at the existing data, the implementation of IMD is closely related to the area of residence and people's access to health services. Based on the results of the 2018 Riskesdas, the proportion of breastfeeding patterns for infants aged 0-5 months in Indonesia is 37.3% exclusive breastfeeding, 9.3% partial breastfeeding, and 3.3% predominant breastfeeding (Infodatin, 2018).

North Sumatra Province Health Profile data for 2018 found that out of 147,436 babies aged <6 months, only 51,392 babies were reported to be receiving exclusive breastfeeding (34.86%). Based on district/city data, it is known that the three districts/cities with the highest coverage of exclusive breastfeeding are West Nias (81.30%), Sibolga (60.54%) and Samosir (54.62%). Meanwhile, the three lowest districts/cities were North Nias (1.17%), Nias (5.68%) and Tanjung Balai (9.68%). Referring to the Strategic Plan target of 55%, only 2 districts have achieved this target, namely West Nias and Sibolga. This achievement is still far from the target set in the 2018 North Sumatra Provincial Health Office Strategic Plan, namely 55% (North Sumatra Provincial Health Profile, 2018).

Exclusive breastfeeding for babies is the best way to improve the quality of human resources from an early age who will become the nation's successors. Breastfeeding means providing nutrients of high nutritional value needed for the growth and development of nerves and brain, providing substances for immunity against several diseases and creating an emotional bond between mother and baby (Retnani, 2016).

The process of breastfeeding has two important processes, namely the process of forming milk (the milk production reflex) and the process of releasing milk (let down reflex), both processes are influenced by hormones regulated by the hypothalamus. The hypothalamus will work according to the orders of the brain and work according to the mother's emotions. The calm mental and emotional condition of the mother greatly influences the smooth flow of milk. If the mother experiences stress, depressed thoughts, uneasy, anxious, sad, and tense it will affect the smooth

flow of milk. Mothers who are worried will secrete less milk than mothers who are not worried (Mardjun et al, 2019).

One of the factors that influence failure in the breastfeeding process can be caused by not releasing milk. The smoothness of breastfeeding is greatly influenced by psychological factors (Mardjun et al, 2019). Psychological disorders in the mother cause a reduction in milk production, because it will inhibit the let down reflect. One of the psychological disorders that are often experienced by postpartum mothers is anxiety. Anxiety in postpartum mothers can occur due to stress about the changes they are experiencing and fears arising from not being able to provide breast milk which actually inhibits milk production (Kusumawati et al, 2020)

Currently there is an outbreak of Corona Virus Disease (COVID-19) with symptoms of acute respiratory distress such as fever, cough and shortness of breath, which is easily transmitted to anyone. In severe cases it can cause death. Until now, COVID-19 cases in Indonesia have shown a significant increase (Ministry of Health RI, 2020). So that the COVID-19 pandemic makes mothers who are about to post partum experience anxiety from mild to moderate, such as fear of crowds and confining themselves at home (Tambaru, 2020).

Covid-19 that occurs will add to the storm and pressure, it can even cause anxiety, including for postpartum mothers. The COVID-19 pandemic has caused many restrictions to almost all routine services, both in terms of access and quality, including restrictions on maternal and neonatal health services, such as reducing the frequency of prenatal checks and delaying classes for pregnant women. These conditions can create psychological problems for pregnant women and postpartum women, which can cause anxiety (Retno Yuliani and Nur Aini, 2020).

Corona Virus Disease (COVID-19) is a new type of virus that has never been previously identified in humans. Clinical manifestations of COVID-19 usually appear within 2 days to 14 days after exposure. Common signs and symptoms of corona virus infection include symptoms of acute respiratory disorders such as fever, cough and shortness of breath. In severe cases it can cause pneumonia, acute respiratory syndrome, kidney failure, and even death (RI Ministry of Health, 2020). According to Tambaru's research (2020) it states that there is a relationship between the anxiety of the Covid-19 pandemic and the expenditure of post partum mother's milk. Supported by Arfiah's research (2017) shows that there is a relationship between anxiety levels and breastfeeding during the post partum period at Anutapura Hospital in Palu.

Based on an initial survey conducted at the Air Joman Baru Auxiliary Health Center, Air Joman District, Asahan Regency, the number of post partum mothers at the Air Joman Baru Auxiliary Health Center in 2020 was 101 people. The number of births at the Joman Baru Air Health Center In January 2021 there were 6 people, in February 2021 there were 7 people, in March 2021 there were 9 people, in April 2021 there were 7 people and in May 2021 there were 8 people so that the number of births from January 2021 up to May 2021 there were 37 people (Joman Baru Water Health Center Profile, 2021).

Based on the results of interviews conducted with 10 mothers, there were 7 people who were worried during the Covid-19 pandemic because they still had to leave the house, which made mothers worry about the health of themselves and their babies. Meanwhile, 3 mothers stated that they were not confident and worried about giving breast milk to their babies but felt anxious about coming to the health center and asking the midwife.

## RESEARCH METHOD

### Types of research

This research is a descriptive correlation research, namely research that is directed at explaining the relationship between the two independent variables and the dependent variable (Notoadmodjo, 2014).

**Research design**

The research design uses a cross-sectional approach, namely research that aims to explain the relationship between Covid-19 Pandemic Anxiety and Postpartum Mother's Breastfeeding Expenditures at the Air Joman Baru Sub-Health Center, Air Joman District, Asahan Regency in 2021.

**Location and Time of Research**

a. Research sites

This research was conducted at the Air Joman Baru Auxiliary Health Center, Air Joman District, Asahan Regency on the grounds of the high anxiety of postpartum mothers about the Covid-19 pandemic, the same research had never been carried out as conducted by researchers, the population and samples were sufficient, sufficient literature and research sites were accessible. .

b. Research time

This research was carried out from 11 July 2021 to 24 July 2021. That is, starting to conduct literature searches, thesis preparation, thesis seminars, research, data analysis and preparation of the final report. Questionnaire distribution was carried out at the end of July 2021.

**Table 1.** Research schedule

No	Description	May				June				July				August				September				
		1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	
1	Title Submission	█																				
2	Acc title		█																			
3	Thesis Preparation			█																		
4	Acc thesis exam				█																	
5	Research preparation					█																
6	Research implementation						█															
7	Results tabulation							█														
8	Thesis examination								█													
9	Typing fix									█												
10	Results submission										█											

**Population and Sample**

a. Population

The population is the entire object of research or the object under study (Notoatmodjo, 2010). The population in this study were all postpartum mothers at the Air Joman Baru Auxiliary Health Center, Air Joman District, Asahan Regency from January 2021 to May 2021 as many as 37 people.

b. Sample

The sample is part of the population to be studied or part of the number of characteristics possessed by the population (Hidayat, 2014). The sampling technique uses the total sampling technique, which is the technique of determining the sample when all members of the population are used as samples. (Sugiyono, 2014). So that the sample size is 37 people.

**Data collection technique**

Data collection was compiled and modified by researchers with reference to the conceptual framework and literature review (Nursalam, 2013). Data collection was carried out using primary data (questionnaire/questionnaire). Questionnaire/questionnaire is a way of collecting data or a research on a problem which generally concerns the public interest/many people (Notoatmodjo, 2010). This technique is carried out by circulating a list of statements/questionnaires submitted in writing to a number of respondents to obtain answer information.

The researcher submitted an application letter to conduct research at the Joman Baru Air Health Center. After receiving an application letter from the Chancellor of Haji University, North Sumatra, the researchers met and asked for permission from the Air Joman Baru Sub-Health Center to be able to conduct research by explaining the aims, objectives, procedures and benefits of the research to be carried out as well as making a planned research schedule at that location..

The researcher made an agreement with the Air Joman Baru auxiliary health center that the researchers would make postpartum mothers at the Air Joman Baru auxiliary health center as samples in the study. Before conducting the research, the researcher asked the respondent's willingness to become a research subject through a consent form to become a respondent. Respondents have the right to accept or reject the agreement. Respondents who received the consent were asked to sign the consent form and were considered valid as samples in the study. When conducting research, researchers provide information regarding the aims, objectives, procedures and benefits of carrying out this research.

Researchers began conducting research on the relationship between Covid-19 Pandemic Anxiety and Postpartum Mother's Breastfeeding at the Air Joman Baru Sub-Health Center, Air Joman District, Asahan Regency in 2021 using a questionnaire in accordance with research implementation procedures. The implementation of the research was adjusted to the conditions of the corona virus outbreak that occurred, namely by implementing health protocols, namely maintaining a good interaction distance between researchers and patients and between fellow patients with a minimum distance of 1 m, providing hand sanitizer and asking respondents to wash their hands before and after filling out the questionnaire and using a mask .

## RESULTS AND DISCUSSIONS

### Characteristics of Respondents

The characteristics of the respondents studied in this study include: Age/age, occupation, education and number of children can be seen in the table

**Table 2.** Characteristics of Postpartum Mothers at the Air Joman Baru Sub-Health Center Air Joman District, Asahan Regency in 2021

No	Characteristics	Frequency (f)	Percentage (%)
1	Age/Age		
	21-25 Years	4	10,8
	26-30 Years	15	40,5
	31-35 Years	12	32,5
	≥36 Years	6	16,2
	<b>Amount</b>	<b>37</b>	<b>100.0</b>
2	Education		
	JUNIOR HIGH SCHOOL	6	16,2
	SENIOR HIGH SCHOOL	28	75,7
	College	3	8,1
	<b>Amount</b>	<b>37</b>	<b>100.0</b>
3	Work		
	Self-employed	2	5,5
	Housewife	18	48,6
	Private sector employee	17	45,9
	<b>Amount</b>	<b>37</b>	<b>100.0</b>
4	Number of children		
	1	5	13,5
	2	28	75,7
	3	4	10,8
	<b>Amount</b>	<b>37</b>	<b>100.0</b>

Based on table 1 of the 37 respondents studied, it can be seen that the age of the majority of respondents was 26-30 years old, as many as 15 people (40.5%), the education of the majority of respondents was high school, as many as 28 people (75.7%), the majority of mother's activities were There were 18 housewives (48.6%) and the majority of children who had second children were 28 people (75.7%).

### **Anxiety about the Covid-19 Pandemic at the Air Joman Baru Sub-Health Center, Air Joman District, Asahan Regency in 2021**

To see Covid-19 Pandemic Anxiety at the Air Joman Baru Sub-Health Health Center, Air Joman District, Asahan Regency in 2021 can be described in the table:

**Table1 3.** Anxiety about the Covid-19 Pandemic at the Air Joman Baru Community Health Center Air Joman District, Asahan Regency in 2021

No	Covid-19 Pandemic Anxiety	Frequency (f)	%
1	Not Worried	18	48,6
2	Worried	19	51,4
<b>Amount</b>		<b>37</b>	<b>100</b>

Based on table 2 above, it can be seen that the majority of respondents felt anxious as many as 19 people (51.4%) and a minority felt not anxious as many as 18 people (48.6%).

### **Expenditure of Breast Milk for Postpartum Mothers at the Air Joman Baru Sub-Health Center, Air Joman District, Asahan Regency in 2021**

To see the Expenditure of Breast Milk for Postpartum Mothers at the Air Joman Baru Sub-Health Center, Air Joman District, Asahan Regency in 2021, it can be described in Table:

**Table1 4.** Expenditure of Breast Milk for Postpartum Mothers at the Air Joman Health Center New Air Joman District, Asahan Regency in 2021

No	Expenditure of Postpartum Mother's Milk	Frequency (f)	%
1	A little	20	54,1
2	Lots	17	45,9
<b>Amount</b>		<b>37</b>	<b>100</b>

Based on table 3 above, it can be seen that the majority of the postpartum mother's milk expenditure was a little as many as 20 people (54.1%) and the minority postpartum mother's milk expenditure was a lot as many as 17 people (45.9%).

### **The Relationship between Covid-19 Pandemic Anxiety and Expenditure of Breast Milk for Postpartum Mothers at the Air Joman Baru Sub-Health Center, Air Joman District, Asahan Regency in 2021**

To see the relationship between Covid-19 Pandemic Anxiety and Expenditure of Breast Milk for Postpartum Mothers at the Air Joman Baru Auxiliary Health Center, Air Joman District, Asahan Regency in 2021 can be seen in table 5.

**Tab1 5.** The Relationship between Covid-19 Pandemic Anxiety and Expenditure of Breast Milk for Postpartum Mothers at the Air Joman Baru Sub-Health Center, Air Joman District, Asahan Regency in 2021

No	Covid 19 Pandemic Anxiety	Expenditure of Postpartum Mother's Milk				Total		Score P
		A little		Lots		F	%	
		f	%	f	%			
1	Not Worried	6	33,3	12	66,7	18	100.0	0.014
2	Worried	14	73,7	5	26,3	19	100.0	
<b>Total</b>		<b>20</b>	<b>54,1</b>	<b>17</b>	<b>45,9</b>	<b>37</b>	<b>100</b>	

Based on table 5 above, it can be seen that in the Covid 19 pandemic situation, the majority of postpartum mothers felt anxiety with little milk production as many as 14 people (73.7%). Then, based on the results of the chi-square test, the p-value was  $0.014 < \alpha = 0.05$ , so  $H_0$  was rejected, meaning that there is a relationship between Covid-19 Pandemic Anxiety and Postpartum Mother's Breastfeeding at the Air Joman Baru Auxiliary Health Center, Air Joman District, Asahan Regency in 2021.

## Discussion

### a. Anxiety about the Covid-19 Pandemic at the Air Joman Baru Sub-Health Center, Air Joman District, Asahan Regency in 2021

Anxiety is an unpleasant subjective experience regarding worry or tension in the form of feelings of anxiety, tension, and emotions experienced by a person (Ghufron et al, 2016). Anxiety in postpartum mothers increases with the covid 19 pandemic situation where mothers are worried about the risk of exposure to COVID-19, the quarantine period and the steps adopted during the COVID-19 pandemic so that it can have a negative impact on the thoughts and emotions of new mothers and exacerbate symptoms of depression (Zanardo et al. al., 2020).

Based on the results of the study it was found that the majority of respondents felt anxious. If related to the answers of postpartum mothers, they said that they were worried and always worried about feeling tense after giving birth, they were afraid of contracting Covid-19, the mothers mentioned they were afraid of giving birth in the hospital, the mothers felt worried if someone who was sick was near them, the mothers were worried if they had a fever, cough and colds were told to take a rapid test and the mother even felt nauseous and vomited when she heard that local residents had Covid.

The results of this study are in accordance with Fadli's research (2020) which shows that most postpartum mothers experience anxiety during the Covid-19 pandemic. Yono's research (2020) shows that most postpartum mothers experience anxiety during the Covid-19 pandemic including reduced income and fear of contracting Covid-19. Likewise, Buana's research (2020) shows that most postpartum mothers experience anxiety in dealing with the Covid-19 pandemic.

Furthermore, the research by Zanard0 et al (2020) states that 87% of postpartum mothers experience anxiety with the majority of anxiety in the mild-moderate category. with symptoms of anhedonia, anxiety, and depression were all higher in the postpartum group during COVID-19 compared to the postpartum group one year earlier. Furthermore, research by Retno Yuliani and Nur Aini (2020) states that 59.5% of postpartum mothers experience anxiety related to the COVID-19 pandemic and this affects milk production.

Although the comparison between postpartum mothers who feel anxious and not anxious is relatively small. However, anxiety in postpartum mothers during the COVID-19 pandemic needs to be a concern to avoid negative effects on mothers. According to Tambaru (2020) states that mothers who experience anxiety cause an increase in the secretion of Adrenocorticotrophic Hormone (ACTH) by the anterior pituitary gland, followed by an increase in the secretion of adrenocortical hormone in the form of cortisol within a few minutes which can inhibit the transport of the hormone oxytocin in its secretions, so that it can inhibit the release of breast milk products.

If it is related to the characteristics of the respondents, the majority of the mother's age is 26-30 years, which is 40.5%. Where this age is still classified as a young age that is prone to anxiety. In accordance with Manuaba's research (2017) states that young people experience anxiety more easily, due to immature mental and mental readiness and lack of experience. According to Notoatmodjo (2015) also explains that the more mature, the maturity level and strength of a person will be more mature in thinking so that the more mature the way of thinking makes the individual ready to breastfeed their child in any condition.

In addition, the majority of respondents' education was high school, amounting to 75.7%. This is supported by Mardiatun's research (2017) which shows that most of the respondents with the

last education were high school at the Karang Taliwang Health Center in Mataram, West Nusa Tenggara. Fauza's research (2018) shows that most of the respondents with their last education are high school in the Midwifery Room of RSUDZA Banda Aceh.

According to Notoatmodjo (2015) the higher the level of education, the easier it is for a person to accept new things and adapt easily. The higher a person's education, the easier it is for him to receive information and ultimately the more knowledge he has. Conversely, if a person's level of education is low, it will hinder the development of his behavior towards receiving new information and knowledge. The low level of knowledge of respondents both about ASI and Covid-19 allows for a lack of insight into the knowledge possessed by respondents, so that respondents experience anxiety. Then the characteristics of the respondents based on the mother's occupation were the majority of housewives at 48.6%. According to Linawaty (2012) stated that a person's work can have an impact on income or family income so that it can affect the level of anxiety of family members, because there is a moral burden that must be borne by each family member to be able to meet the needs of family life.

Furthermore, the majority of the number of respondents' children had a second child of 75.7%. According to Hastuti (2020) states that mothers should try to find information on breastfeeding for primiparous mothers, namely one way through the experiences of others in exclusive breastfeeding and for multiparous mothers with close birth spacing tends to influence thoughts, feelings and sensations which will affect the increase and inhibit milk production. The more children born will affect the productivity of breast milk, because it is closely related to the mother's health status and fatigue as well as nutritional intake.

In general, anxiety in postpartum mothers can have an impact on the health of the mother and fetus or baby. The existence of the COVID-19 pandemic can increase the incidence or level of anxiety in postpartum mothers, so that these problems require further treatment, to reduce the negative impact on the welfare of the mother and fetus or baby. With the Covid-19 pandemic situation, it is hoped that in every antenatal visit, health workers will carry out psychological assessments on postpartum mothers more optimally, so that if they are detected suffering from psychological problems such as anxiety, further management can be given immediately (Retno Yuliani and Nur Aini, 2020).

#### **b. Expenditure of Breast Milk for Postpartum Mothers at the Air Joman Baru Sub-Health Center, Air Joman District, Asahan Regency in 2021**

The process of lactation or breastfeeding is the process of forming breast milk which involves the hormone prolactin and the hormone oxytocin. The hormone prolactin during pregnancy will increase but breast milk has not come out because it is still inhibited by the high estrogen hormone. And at the time of delivery, the hormones estrogen and progesterone will decrease and the hormone prolactin will be more dominant so that breast milk secretion occurs (Astutik, 2014).

The process of forming breast milk starts from the beginning of pregnancy, breast milk (breast milk) is produced due to the influence of hormonal factors, the process of forming breast milk starts from the process of forming lactogen and hormones that affect the formation of breast milk, the process of forming lactogen and hormone production of breast milk (Amalia, 2016). When the breasts are producing milk, there is also a process of expelling milk, that is, when the baby begins to suckle, several different hormones work together to release milk and release it for suction (Tambaru, 2020).

The baby's sucking movements stimulate the nerve fibers in the nipple. These nerve fibers carry requests for milk to pass through the spinal column to the pituitary gland in the brain. The pituitary gland will respond to the brain to release the hormone prolactin and the hormone oxytocin. The hormone prolactin can stimulate the breasts to produce more milk. Meanwhile, the hormone oxytocin stimulates the contraction of the very small muscles that surround the ducts in the breast, these contractions compress the ducts and secrete milk into the reservoir under the areola (Astutik, 2014).

Based on the results of the study, it was found that the majority of postpartum mothers spent little milk. This was measured based on the respondents' answers to the questionnaire which stated that the mother's milk never seeps out of the nipples, sometimes the mother's breasts feel soft and empty after each feeding and the mother's breasts rarely feel tense before breastfeeding.

Complaints about the lack of smoothness of breastfeeding in postpartum were not only found in this study. According to Mardjun's research (2019) it showed that out of 68 respondents, 28 respondents (41.2%) had smooth breastfeeding, and 40 respondents (58.8%) had substandard breastfeeding. Hastuti's research (2017) shows that there are 16 respondents (53.3%) who express breastfeeding smoothly and 14 respondents (46.7%) whose breastfeeding is not smooth. Arfiah's research (2017) shows that the majority of respondents breastfeeding are not fluent.

**c. The Relationship between Covid-19 Pandemic Anxiety and Expenditure of Breast Milk for Postpartum Mothers at the Air Joman Baru Sub-Health Center, Air Joman District, Asahan Regency in 2021**

Based on the results of the study, it was found that in the Covid 19 pandemic situation, the majority of postpartum mothers felt anxiety with little milk production of 73.7%. Then, based on the results of the chi-square test, the p-value was  $0.014 < \alpha = 0.05$ , so  $H_0$  was rejected, meaning that there is a relationship between Covid-19 Pandemic Anxiety and Postpartum Mother's Breastfeeding at the Air Joman Baru Auxiliary Health Center, Air Joman District, Asahan Regency in 2021.

This research is in accordance with research conducted by Arfiah (2017) which shows that there is a relationship between anxiety levels and breastfeeding during the postpartum period with a p value =  $0.002 < 0.05$ . Mardjun's research (2019) shows that there is a relationship between anxiety and the smooth release of breast milk in post partum mothers with a p value of  $0.001 < 0.05$ . Hastuti's research (2017) shows that there is a relationship between anxiety and the smooth release of breast milk in post partum mothers. In accordance with the results of research conducted by Kamariyah (2014) that there is a relationship between the psychological condition of the mother and the smooth production of breast milk, a good psychological state of the mother will motivate her to breastfeed her baby so that the hormones that play a role in milk production will increase because milk production starts from the breastfeeding process and stimulates milk production.

Supported by Tambaru's research (2020) states that there is an effect of Covid-19 pandemic anxiety on post partum mothers' milk output. in line with Hastuti's research (2020) which states that there is an effect of Covid-19 pandemic anxiety on post partum mothers' milk output (p value:  $0.000 < \alpha : 0.05$ ). Where it is known that of the 24 people whose ASI did not come out, the highest proportion of those who were worried about the Covid-19 pandemic was 21 people (56.8%), but there were those whose ASI did not come out who were not worried about the Covid-19 pandemic totaling 3 people (8.1%) . As for the 13 breastfeeding people, the highest proportion of those who were not worried about the Covid-19 pandemic was 12 people (32.4%), but there were those who were breastfeeding who were worried about the Covid-19 pandemic, totaling 1 person (2.7%).

According to Riksani (2012) the calm mental and emotional conditions of the mother greatly affect the smoothness of breastfeeding. If the mother experiences anxiety, stress, depressed thoughts, uneasy, sad, and tense it will affect the smoothness of the milk, in this case the mother who is worried will secrete less milk than the mother who is not worried. Breastfeeding mothers must prepare themselves to breastfeed their babies, but some mothers experience anxiety that affects milk production. Breastfeeding mothers must think positively and relax so they don't experience anxiety and the mother's psychological condition becomes good, a good psychological condition can trigger the work of hormones that produce breast milk.

Although no research has been found that focuses on the Relationship between Covid-19 Pandemic Anxiety and Postpartum Mother's Milk Expenditure. However, based on several research results and supporting theories, researchers assume that the anxiety that occurs in breastfeeding mothers is due to thinking too much about negative things during the Covid-19

pandemic. Post partum mothers must think positively, try to love their babies, and relax when breastfeeding. When the mother thinks positively and remains calm, it will trigger milk production so that the milk can come out smoothly, on the other hand, a mother whose psychological condition is disturbed, such as feeling anxious, will affect milk production so that milk production can decrease and cause milk not to come out.

## CONCLUSION

Based on research conducted at the Air Joman Baru Auxiliary Health Center, Air Joman Subdistrict, Asahan Regency in 2021, it was concluded: Covid-19 Pandemic Anxiety at the Air Joman Baru Auxiliary Health Center, Air Joman District, Asahan Regency in 2021 is in the anxious category. The majority of postpartum mother's milk expenditure at the Air Joman Baru Sub-Health Health Center, Air Joman District, Asahan Regency in 2021 is mostly small. There is a relationship between Covid-19 Pandemic Anxiety and Expenditure of Breast Milk for Postpartum Mothers at the Air Joman Baru Sub-Health Center, Air Joman District, Asahan Regency in 2021 with a value of  $p < 0.014 < \alpha = 0.05$ .

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