

The Effect Of Breastfeeding Counseling On Breastfeeding Practices In Postpartum Mothers At RSIA Tiara Cikupa In 2022

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Abstract.

According to the Health Profile of Banten Province in 2019, the number of babies who were exclusively breastfed was 56.1%, while the City of Tangerang itself was 64.5%. This figure is still below the government target that has been set for the success of breastfeeding by 80%. Research objectives is the effect of breastfeeding counseling on breastfeeding practices for postpartum mothers at RSIA Tiara Cikupa in 2022. Research method used preexperimental with one group pre test post test design. Sampling in this study used a total sampling technique and the sample size in the study was 30 postpartum mothers who had babies aged less than 6 months at RISA Tiara Cikupa. The research instrument used leaflets, teaching aids on how to breastfeed, and the LATCH questionnaire. Bivariate analysis used the Wilcoxon Signed Rank Test because the data were not normally distributed. The results showed that before being given counseling on how to breastfeed the respondents had an average value of breastfeeding practice of 2.63, while after being given counseling on how to breastfeed the respondents had an average value of breastfeeding practice of 6.57. There are differences in breastfeeding practices for postpartum mothers before and after being given breastfeeding counseling at RSIA Tiara Cikupa in 2022 with a p value of 0.001 0.05. It is hoped that they will further increase knowledge and skills about correct breastfeeding by following consultations with health workers, so that they can carry out correct breastfeeding practices effectively, independently and properly to improve the health status of mothers and babies.

Keywords: Postpartum mothers, Counseling and Breastfeeding.

I. INTRODUCTION

Based on data reported to the Directorate of Family Health in 2020, of the 28,158 deaths under five, 72.0% (20,266 deaths) of them occurred during the neonatal period. Of all reported neonatal deaths, 72.0% (20,266 deaths) occurred at the age of 0-28 days. Meanwhile, 19.1% (5,386 deaths) occurred at the age of 29 days-11 months and 9.9% (2,506 deaths) occurred at the age of 12-59 months (Ministry of Health RI, 2021). Breastfeeding to babies from birth is very important because breast milk is a nutrient that contains many nutrients good for the growth and development of babies. From world data, there are 35.5% of babies aged less than 6 months who get exclusive breastfeeding. At the 65th World Health Session, WHO (World Health Organization) member states set a target by 2025 that at least 50% of babies under six months of age be exclusively breastfed. Southeast Asia's exclusive breastfeeding achievements show numbers that do not differ much. In comparison, exclusive breastfeeding coverage in India has reached 46%, in the Philippines 34%, in Vietnam 27% and in Myanmar 24% (WHO, 2018). Based on data from the Directorate General of Public Health of the Ministry of the Republic of Indonesia in 2021, it shows that in Indonesia the percentage of babies who get exclusive breastfeeding is 66.1%. Meanwhile, in Banten Province, the percentage of babies who get exclusive breastfeeding is 79,297 people (55.9%) (Ministry of Health of the Republic of Indonesia, 2021). According to the Banten Provincial Health Profile in 2019, the number of babies who were exclusively breastfed was 56.1%, while Tangerang City itself was 64.5%. This figure is still below the government's target that has been set in the success of breastfeeding by 80% (Banten Provincial Health Office, 2021).

Based on RSIA Tiara Cikupa data in 2020 regarding puerperal mothers and babies, it shows that the achievement of the indicator of the percentage of babies aged 6 months who get exclusive breastfeeding has met the target in 2020, which is 50% (RSIA Tiara Cikupa Profile, 2022). The cause of the lack of achievement of exclusive breastfeeding is due to the ignorance of the puerperal mother about the correct way of breastfeeding. For this reason, it is necessary to provide counseling on how to breastfeed properly to postpar-

tum mothers, so as to increase knowledge in puerperal mothers. The basic concept of counseling how to breastfeed the puerperium is a very meaningful learning process, in counseling how to breastfeed there is a process of growth, development, or change towards a more mature, better and more mature puerperal mother in the right way of breastfeeding (Samsinar, 2021). Exclusive breastfeeding is breast milk that is given from the time the baby is born until the age of the baby is about 4-6 months (without formula or other foods). Proper breastfeeding can meet the needs of babies up to six months of age, without complementary foods (PASI, complementary breast milk). After the age of 6 months, babies need additional food but breastfeeding can be continued until the baby is 2 years old (Roito et al, 2019). The importance of the benefits of breastfeeding is well known by many people, especially mothers who have given birth. However, it does not make all mothers aware of the willingness to breastfeed their babies directly for various reasons, such as busy work, breast milk not coming out or not running smoothly, blistered nipples, and so on. In the lactation process, it is influenced by two hormones, namely the hormone prolactin and the hormone oxytocin. The hormone prolactin is a hormone that can affect the production of breast milk, while the hormone oxytocin is a hormone that affects the production of breast milk. (Suyatini and Mesra, 2021).

The milk that comes out for the first time during a newborn is called colostrum. So when the newborn is recommended the baby is placed on the mother's chest so that the baby can feel direct touch with the mother's skin and look for the mother's nipples (Ministry of Health RI, 2021). Breast milk production is one of the things that needs to be considered because breast milk is a good source of nutrition for babies. A problem that often occurs in breastfeeding mothers in the first month of post partum is the lack of milk production (Trianita and Nopriantini, 2018). The impact if exclusive breastfeeding is not given to babies can increase the incidence of stunting, infant growth and development is less than optimal because they do not get the nutrients contained in breast milk such as vitamins, arachidonic acid (AA), Decosahexoid acid (DHA), reduce family expenses because buying formula milk, the content of formula milk that is not as good as breast milk causes obesity in infants, digestive problems, allergic problems and other health problems in babies (Anggraini, 2018). Various efforts have been made to increase the scope of exclusive breastfeeding, such as providing lactation education perindividu, or by telephone, providing educational media through posters and providing breastfeeding rooms, increasing knowledge through husbands. The use of media in lactation counseling can have a major effect on the absorption of information conveyed. Health education media is made based on the principle that the knowledge that exists in every human being is received or captured through the five senses, the more senses used to receive something, the more and clearer the knowledge gained (Sari and Fajri, 2021). Based on the results of Prananingrum's research (2021), it shows that the pre-test experimental and control groups with a mean of 11.10 and 10.65, respectively. The mean post test for the experimental and control groups was 13.87 and 11.20, respectively.

After an independent t test, the results of p value 0.001 ($p < 0.05$) and t-count (3.788) were obtained $> t$ -table (2,028) which means that there is a significant difference between counseling and lecture methods and discussions on correct breastfeeding practices. (Prananingrum, R. 2021. The Effect of Breastfeeding Counseling on Proper Breastfeeding Practices at BPM Rahma Pranaindita, S.ST Surakarta. Scientific Journal of Nursing. 9(2)) In line with the results of the research of Kurniawati and Kurniasari (2020), it shows that the results of the Shapiro-Wilk normality test value $p > \alpha$ (0.05), the paired t-test signification value (p) $0.00 < (\alpha) 0.05$ and the Lower and Upper values do not pass zero (0), the average value before counseling is 64.46 and after counseling is 79.05, where there is an influence of counseling how to breastfeed on the implementation of breastfeeding properly in mothers who have babies aged 0-2 weeks with a difference in pre-test and posttest values of 14.59 (Kurniawati and Kurniasari, 2021). Based on the delivery report at RSIA Tiara Cikupa Tangerang, the number of postpartum mothers from January 1, 2022 to June 2022 was 133 people, of which 133 people experienced nipple pain 32 people while those who experienced blistered nipples 29 and swollen breasts 5 people. Based on a preliminary study conducted by researchers at RSIA Tiara Cikupa Tangerang on Monday, July 4, 2022, it was found that from 8 breastfeeding mothers who visited RSIA Tiara Cikupa on that day, it was known that there were 5 breastfeeding mothers who did not understand how to breastfeed properly and had experienced blistered nipples in the first week, 3 puerperal mothers who complained that breast milk did not come out on the first day of postpartum resulted in mothers choos-

ing formula milk. Based on the description above, the author is interested in conducting a study with the title, "The Effect of Breastfeeding Counseling on Breastfeeding Practices in Postpartum Mothers at RSIA Tiara Cikupa in 2021". The purpose of this study is to determine the effect of breastfeeding counseling on breastfeeding practices in postpartum mothers at RSIA Tiara Cikupa in 2022.

II. METHODS

The design of this study is in the form of a pre-experimental with a one-group pre-test post test design approach. The population in this study was all puerperal mothers in the period from January to June 2022, which was 153 people.

1. Inclusion criteria

- Puerperal mothers who visited in the period from January to June 2022 at RSIA Cikupa.
- Willing to be a respondent
- Cooperative

2. Exclusion criteria

- Puerperal mother is sick

The sampling technique was determined by taking Purposive Sampling to obtain a sample of 30 people. The research tools in data collection are leaflets of breastfeeding props, and LATCH scores. Bivariate data analysis using the Wilcoxon Signed Rank Test with a significance level of 95% confidence degree with a meaningfulness limit of $\alpha = 0.05$. If the p value ≤ 0.05 , it indicates a meaningful relationship between the dependent variable and the independent variable. On the other hand, if the p value ≥ 0.05 , it shows that there is no data used in this study, namely primary data and secondary data. Data primer diperoleh langsung dari responden. Sedangkan data sekunder berupa rekam data mengenai identitas responden dari RSIA Tiara Cikupa 2022.

III. RESULT AND DISCUSSION

1. Univariate Analysis

Table 1. Average Breastfeeding Practice for Postpartum Mothers Before Being Given Counseling on How to Breastfeed at RSIA Tiara Cikupa in 2022

Breastfeeding Practice	N	Mean	S.E. Mean	Std. Deviation
Before counselling	30	2,63	0,176	0,964

Based on table 1. It shows that before counseling how to breastfeed, respondents had an average value of breastfeeding practice of 2.63 with a standard deviation of 0.964 and a standard error mean of 0.176.

Table 2. Rerata Praktek Menyusui Ibu Nifas Sesudah diberikan Konseling Cara Menyusui di RSIA Tiara Cikupa Tahun 2022

Breastfeeding Practice	N	Mean	S.E. Mean	Std. Deviation
After counseling	30	6,57	0,294	1,612

Based on table 2. It was shown that after counseling on breastfeeding methods, respondents had an average value of breastfeeding practice of 6.57 with a standard deviation of 1.612 and a standard error mean of 0.924.

2. Analisis Bivariat

Table 3. Normality Test

Variable	Kolmogorov Smirnov	Information
The practice of breastfeeding	0,001	Abnormally distributed

Based on table 3. showing, that the results of the normality test using the Kolmogorov Smirnov test obtained the Asymp value. Sig. (2-tailed) < 0.05 , meaning the data in distribution is abnormal.

Table 4. The Average Practice of Breastfeeding for Postpartum Mothers After Being Given Counseling on How to Breastfeed at RSIA Tiara Cikupa in 2022.

Breastfeeding Practice	N	Mean	p value
Before counselling	30	2,63	0,001
After counseling	30	6,57	0,001

Based on table 4, it shows that the results of the Wilcoxon Signed Rank Test statistical test show a p value of $0.001 \leq 0.05$, meaning that there are differences in breastfeeding practices in postpartum mothers before and after being given counseling on breastfeeding methods at RSIA Tiara Cikupa in 2022.

Discussion

Based on the results of the study, it showed that before being given counseling on breastfeeding methods, respondents had an average value of breastfeeding practice of 2.63 with a standard deviation of 0.964 and a standard error mean of 0.176. Meanwhile, after being given counseling on how to breastfeed, respondents had an average value of breastfeeding practice of 6.57 with a standard deviation of 1.612 and a standard error mean of 0.924. According to Lakshmi and Eka (2019), counseling is an activity or effort to convey health messages to the community, group or individual in the hope of gaining knowledge about better health and can change behavior for a healthy life. According to Ismaniar (2020), breastfeeding is the process of feeding milk to a baby or young child with breast milk (breast milk). All the efforts made to help mothers achieve success in breastfeeding their babies are called lactation management. Based on the results of research by Kurniawati and Kurniasari (2020), it shows that before being given counseling, respondents had an average value of breastfeeding of 64.46, the minimum score obtained was 50, and the maximum value obtained was 75. Meanwhile, after being given counseling, respondents had an average score of 79.05 in breastfeeding, a minimum score of 66, and a maximum score of 91.

Based on the results of research by Mulyana and Irmayani (2019), it showed that before being given audio-visual media, the average result of breastfeeding technique skills scores in post sectio caesarea mothers was 57.0 with a standard deviation of 2.75, the lowest skill value was 52.0 and the highest score was 63.0. Meanwhile, after being given audio-visual media, the average result of breastfeeding technique skills score in post sectio caesarea mothers was 70.8 with a standard deviation of 4.86, the lowest skill score was 63.0 and the highest score was 79.0. According to the researcher's assumption, it can be seen from the practice of how to breastfeed before counseling, there are still many mothers who breastfeed in the wrong way, for example, there are still many mothers who do not wash their hands before and after breastfeeding, before breastfeeding breast milk is not removed a little then applied to the nipples and around the breast areola, areola does not all enter the baby's mouth, After breastfeeding, the mother does not apply breast milk back to the nipples and areola and there are still mothers who do not breastfeed their babies after feeding. Then after being given counseling on how to breastfeed, the mother's practice in breastfeeding becomes more correct according to the procedure.

Based on the results of the study, it shows that the results of the Wilcoxon Signed Rank Test statistical test show a p value of $0.001 \leq 0.05$, meaning that there are differences in breastfeeding practices in puerperal mothers before and after being given counseling on breastfeeding methods at RSIA Tiara Cikupa in 2022. Based on the results of Prananingrum's research (2021), it shows that the pre-test results of the experimental and control groups with a mean of 11.10 and 10.65, respectively. The mean post test for the experimental and control groups was 13.87 and 11.20, respectively. After an independent t-test, the results of p value 0.001 ($p < 0.05$) and t-count (3.788) were obtained $>$ t-table (2,028) which means that there is a significant difference. According to the assumptions of researchers, that from the counseling carried out got the result that the mother can better understand about how to breastfeed correctly. After being given counseling, a person is able to know something that has been conveyed in counseling so that it can change one's behavior to be able to process into a better behavior. When the mother has not been given counseling, the mother first does the pretest, from the pretest, it is found that the average mother does not understand how to breastfeed properly. After being given counseling, the average mother becomes better at breastfeeding. With this, mothers can have their own awareness to apply the things that have been conveyed in counseling and carry out the correct breastfeeding procedures wherever and whenever.

IV. CONCLUSION

Based on the results of research and discussion at RSIA Tiara Cikupa in 2022, it can be concluded that:

1. Before being given counseling on how to breast feed, respondents had an average score of breastfeeding practice of 2.63.
2. After counseling on breastfeeding methods, respondents had an average score of breastfeeding practice of 6.57.
3. There are differences in breastfeeding practices in postpartum mothers before and after being given counseling on how to breastfeed at RSIA Tiara Cikupa in 2022 with a p value of $0.001 \leq 0.05$.

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