Relationship Between Health Education On Breastfeeding Techniques And Burping Babies After Breastfeeding With Regusrgitation Incidents In Babies In Panyaungan Village In 2023

Eha Putri Dewi[1*], Mariyani[2]

[1,2]Abdi Nusantara College of Health Sciences, Indonesia
*Corresponding Author:
Email: ehaputridewi@gmail.com

Abstract.

Background Regurgitation in infants is often caused by physiological reflux, which is a normal condition. The lower esophageal sphincter in infants is not fully mature, so food can go back up into the esophagus and out through the mouth. Purpose of Writing: for the relationship between health education on breastfeeding techniques and burping babies after breastfeeding with the incidence of regurgitation in babies in Panyaungan Village in 2023. Research Methods: The sample size in this study used a total side, namely 65 mothers who had babies aged 0-6 months in Panyaungan Village who were taken by total sampling. Collecting data to determine mother's knowledge about breastfeeding techniques and burping babies and the incidence of regurgitation was measured using a questionnaire. The data analysis used is the method of this research is an analytic survey with a case control design or retrospective study. Research Results In the chy-square test, the results obtained were P value 0.000 > 0.05, so the analysis was that there was a relationship between burping techniques and regurgitation events in Panyaungan Village in 2023. The OR calculation results were 5.556, which means that babies aged 0-6 months have more regurgitation events 5.556 times higher by not or rarely doing burping techniques compared to doing burping techniques (95% CI 3.075 -10.038. Conclusions and Suggestions: It is hoped that the results of this study can be used as a reference that in order to reduce regurgitation it is necessary to provide education on breastfeeding techniques until breastfeeding mothers understand proper and correct breastfeeding techniques.

Keywords: *Health Education, Breastfeeding Techniques, Burping Babies and Regusrgitation Incidents.*

I. INTRODUCTION

Regurgitation is a process when food or liquid that has entered the stomach or stomach returns to the mouth. Regurgitation occurs due to interference with the valve that connects the stomach and esophagus, which is called the lower esophageal sphincter. This sphincter is supposed to function as a one-way valve that prevents food from coming back up once it enters the stomach. However, if the sphincter doesn't work properly, food can back up into the esophagus and mouth. (Lestari, 2018).Regurgitation in infants is often caused by physiological reflux, which is a normal condition. The lower esophageal sphincter in infants is not fully mature, so food can move back up into the esophagus and out through the mouth. This is common in babies under 1 year of age. Causes of regurgitation Feeding your baby too much at one time can cause his stomach to get too full and push food back up. eating in an improper position, such as leaning too far back or too horizontally, this can cause food regurgitation. The frequency of vomiting is about 25% with vomiting > 4 times at the start of birth and half of newborns experience vomiting 1-4 times daily until 90 days of age. 30% of mothers feel nervous when their baby vomits breast milk, where tension is identified with recurrence (66%) and lots of regurgitation (9%) (IDAI, 2016).One way to prevent regurgitation in babies is to burp after feeding. The purpose of burping a baby is to get the air out of the baby's stomach after feeding. Soetjiningsih (2017). Some of the factors that cause regurgitation are the age of the baby, the baby is full, the amount of air that enters when breastfeeding, the baby does not burp when finished breastfeeding, sleeping position, and the lack of knowledge of the mother about breastfeeding techniques. Babies should be burped 8 times a day or after each feeding to minimize regurgitation and complications due to regurgitation. (Sukrita, 2017).

Regurgitation can be reduced by removing swallowed air during and after drinking, handling it gently, avoiding emotional conflict and putting the baby to sleep on the right side immediately after drinking. The head should not be lower than the body during the rest period. Regurgitation sometimes occurs spontaneously with excess saliva production or during belching. Often babies burp after drinking milk to avoid regurgitation. To reduce regurgitation, one of them is by adopting the correct breastfeeding position so as to reduce air entry into the baby's stomach. Burp every time you finish breastfeeding (Dina & Ardani,

2016).The act of breastfeeding explained by Garusu, (2020) states that breastfeeding is a natural process for the well-being of babies and mothers. But mothers often don't want to breastfeed their babies because the milk doesn't come out, the babies don't want to breastfeed. One of the problems in babies when breastfeeding is spitting up (Regurgitation). Regurgitation is a condition that often occurs in almost every baby with the return of some of the milk that is swallowed through the mouth and without coercion some time after drinking milk. Regurgitation is a normal condition that often occurs in babies under 6 months.Regurgitation is a condition that often occurs in almost every baby with the return of some of the milk that is swallowed through the mouth and without coercion some time after drinking milk. Regurgitation is a normal condition that often occurs in babies under 6 months (Garusu, 2020). Regurgitation or often called spitting up is an event that is often experienced by babies, namely the release of a small portion of stomach contents some time after eating.

It is common for babies to vomit back the milk (ASI) they have drunk, especially in babies who are exclusively breastfed. This is because the baby swallows air while breastfeeding. Impacts arising from spitting up can be in the form of respiratory tract infections, spit up liquid that returns to the lungs can cause inflammation, breathing stops for a moment, spit up liquid can cause irritation, pale on the baby's face because he can't breathe, baby choking and coughing. (Askasaffanah, A., & Septarini, A. (2022).The results of the preliminary study were carried out by researchers by observing and interviewing 10 parents of babies aged 0-6 months in Panyaungan Village on March 25 2023 during Posyandu activities. From some of the baby's parents, there were 6 respondents (60%) who were not exposed to health education and only 3 people who were exposed to the health education, then there were 5 baby parents (50%) who were still not good at breastfeeding techniques and there were only 2 people. (20%) who are good at performing breastfeeding techniques. In terms of burping babies aged 0-6 months, there were 6 people (60%) who rarely burped babies after breastfeeding and there were only 4 people (40%) who often burped babies after breastfeeding, even according to some mothers who had babies aged 0- 6 months in Panyaungan Village, according to parents, babies who often experience regurgitation or spit up will grow faster than other babies who rarely experience regurgitation.Based on the results of this preliminary study, the researcher is interested in conducting research with the title "Relationship Between Health Education on Breastfeeding Techniques and Burping Babies After Breastfeeding With Regusrgitation Incidents in Babies in Panyaungan Village in 2023.

II. METHODS

This study was conducted to determine the relationship between breastfeeding position and the incidence of regurgitation in infants 0-6 months. This research was conducted in Panyaungan Village during April-June 2023. The independent variables in this study were health knowledge and education and the dependent variable was the incidence of regurgitation. The sample size in this study used total sampling, namely 65 mothers who had babies aged 0-6 months in Panyaungan Village who were taken by total sampling. Collecting data to determine mother's knowledge about breastfeeding techniques and burping babies and the incidence of regurgitation was measured using a questionnaire. The data analysis used was the research method. This research method is an analytical survey with a case-control design or design or a retrospective study, which is an analytical study in which the effects of disease or case events are identified at this time and then the risk factors are identified as existing or occurring in the past.

III. UNIVARIATE ANALYSIS RESULTS

A. Characteristics of Respondents (Mother and Child)

1. Distribution of Respondents Based on Mother's Age, Mother's Education, Mother's Occupation, Mothers Who Have Children Aged 0-6 Months in Panyaungan Village in 2023

Table 1. Distribution of Respondents Based on Mother's Age, Mother's Education, Mother's Occupation, Mothers Who Have Children Aged 0-6 Months in Panyaungan Village in 2023 N= 65

Characteristics of Respondents	Amount (n)	Precentage (%)
Mother's age		
20-25 years	12	18,46

26-30 years	30	46,15
31-35 years	18	27,69
36- 40 years	5	7,6
Education		
Low education	60	92,3
Upper secondary education	5	7,7
Pekerjaan		
Housewife	65	100

Based on table 1 above, it shows that of the 65 mother respondents who have children aged 0-6 months, the majority of respondents are 26-30 years old, with 30 respondents (46.15%). The majority of respondents have low education as many as 60 respondents (92.3%), the majority of respondents are housewives (IRT) as many as 65 respondents (100%).

2. Distribution of Respondents Based on Children's Age, Gender of Children, in Panyaungan Village in 2023

Table 2. Distribution of Respondents Based on Children's Age, Gender of Children, in Panyaungan Village in 2023 N= 65

Characteristics of Respondents	Amount (n)	Precentage (%)
Umur Anak		
1-2 Month	23	35,4
3-4 Month	27	41,5
5-6 Month	15	23,1
Jenis Kelamin		
Man	32	49,2
Woman	33	50,8

Based on table 5.2 above, it shows that out of 65 children aged 0-6 months, the majority aged 3-4 months were 27 respondents (41.5%). The majority of female sex as many as 33 respondents (50.8%).

B. Univariate analysis

1. Frequency Distribution Based on Education on Breastfeeding Techniques for Mothers Who Have Babies 0-6 Months in Panyaungan Village in 2023

Table 3. Frequency Distribution Based on Education on Breastfeeding Techniques for Mothers Who Have Babies 0-6 Months in Panyaungan Village in 2023

Breastfeeding technique education	Amount (n)	Precentage (%)
Exposure Education	45	69,2
Tidak Terpapar Edukasi	20	30,8
Total	**65**	**100**

Table 3 shows that of the 65 mother respondents who have children aged 0-6 months, the majority were exposed to education by 45 respondents (69.2%) and not exposed to education by 20 respondents (30.8%).

2. Frequency Distribution Based on Breastfeeding Techniques for Mothers Who Have Babies 0-6 Months in Panyaungan Village in 2023

Table 4. Frequency Distribution Based on Breastfeeding Techniques for Mothers Who Have Babies 0-6 Months in Panyaungan Village in 2023

Breastfeeding Technique	Amount (n)	Precentage (%)
Correct	28	43,1
Not Correct	37	56,9
Total	**65**	**100**

Table 4 shows that of the 65 mothers who have children aged 0-6 months, the majority of breastfeeding techniques are incorrect as many as 37 respondents (56.9%) and correct breastfeeding techniques are as many as 28 respondents (43.1%)

3. Frequency Distribution Based on Burping Techniques for Mothers Who Have Babies 0-6 Months in Panyaungan Village in 2023

Table 5. Frequency Distribution Based on Burping Techniques for Mothers Who Have Babies 0-6 Months in Panyaungan Village in 2023

Burp technique	Amount (n)	Precentage (%)
often	15	23,1
Seldom	50	76,9
Total	**65**	**100**

Table 5 shows that of the 65 respondents who have children aged 0-6 months, the majority rarely do burping techniques, as many as 50 respondents (76.9%) and never burp as many as 15 respondents (23.1%).

4. Frequency Distribution Based on Regurgitation Incidence in Infants 0-6 Months in Panyaungan Village in 2023

Table 6. Frequency Distribution Based on the Incidence of Regurgitation in Infants 0-6 Months in Panyaungan Village Year 2023

Regurgitation events	Amount (n)	Precentage (%)
Never	24	36,9
Seldom	41	63,1
Total	**65**	**100**

Table 6 shows that of the 65 respondents who have children aged 0-6 months, the majority rarely have regurgitation, as many as 41 respondents (63.1%) and never experience regurgitation, as many as 24 respondents (36.9%)

C. Results of Bivariate Analysis

1. The Relationship between Breastfeeding Technique Education and Regurgitation Incidents in Panyaungan Village in 2023

Table 7. The Relationship between Breastfeeding Technique Education and Regurgitation Incidents in Panyaungan Village in 2023

Breastfeeding Technique Education	Regurgitation Events				Total	OR 95% CI	P value
	Never		Seldom				
	f	%	f	%	f		
Exposed	24	36,9	21	32,3	45	0,467 (0,341 – 0,638)	0,000
Not exposed	0	0	20	30,8	20		
Total	24	36,9	41	63,1	65		

Table 7 shows that there was exposure to education on breastfeeding techniques, most of them had never experienced regurgitation as many as 24 (36.9%) and not exposed to education on breastfeeding techniques, the majority had rare regurgitation events as many as 20 (30.8%). In the chy-square test, the result is a P value of 0.016 > 0.05, so the analysis is that there is a relationship between education on breastfeeding techniques and the incidence of regurgitation in Panyaungan Village in 2023. The OR calculation results are 0.467, which means that infants aged 0-6 months have a lower incidence of regurgitation 0.467 times with exposure to education on breastfeeding techniques compared to no exposure to education on breastfeeding techniques (95% CI 0.341 -0638)

2. The Relationship between Breastfeeding Techniques and Regurgitation Incidents in Panyaungan Village in 2023

Table 8. The Relationship between Breastfeeding Techniques and Regurgitation Incidents in Panyaungan Village in 2023

Breastfeeding technique	Regurgitation Events				Total	OR 95% CI	P value
	Never		Seldom				
	f	%	f	%	f		
Correct	24	36,9	4	6,2	28	0,143 (0,058 – 0,354)	0,000
Wrong	0	0	37	56,9	37		
Total	24	36,9	41	63,1	65		

Table 8 shows that the breastfeeding technique found that most of the correct breastfeeding techniques had never experienced regurgitation as many as 24 (36.9%) and the wrong breastfeeding technique mostly rarely experienced regurgitation as many as 37 (56.9%). In the chy-square test, the results

obtained were a P value of 0.000 > 0.05, so the analysis was that there was a relationship between breastfeeding techniques and the incidence of regurgitation in Panyaungan Village in 2023. The OR calculation results were 0.143, which means that infants aged 0-6 months have a lower incidence of regurgitation 0.143 times with correct breastfeeding technique compared with incorrect (95% CI 0.058 - 0.354)

3. The Relationship between Doing Burping Techniques and Regurgitation Incidents in Panyaungan Village in 2023

Table 9. Relationship of Doing Burping Techniques With Regurgitation Incidents in Panyaungan Village in 2023

Do the Burping Technique	Regurgitation Events				Total	OR 95% CI	P value
	Never		Seldom				
	f	%	f	%	f		
Often	15	23,1	0	0	15	5,556 (3,075 – 10,038)	0,000
Seldom	9	13,8	41	63,1	50		
Total	24	36,9	41	63,1	65		

Table 9 shows that the majority of burp techniques have never experienced regurgitation as many as 15 (23.1%) and rarely do burp techniques, the majority have rarely regurgitation events as many as 41 (63.1%). In the chy-square test, the results obtained were a P value of 0.000 > 0.05, so the analysis was that there was a relationship between the burping technique and the incidence of regurgitation in Panyaungan Village in 2023. The OR calculation results were 5.556, which means that babies aged 0-6 months have a higher incidence of regurgitation of 5.556 times by not or rarely doing burping techniques compared to doing burping techniques (95% CI 3.075 -10.038)

DISCUSSION

A. Univariate Analysis Results

1. Description of Frequency Distribution Based on Education on Breastfeeding Techniques for Mothers Who Have Babies 0-6 Months in Panyaungan Village in 2023

In this study, out of 65 mother respondents who had children aged 0-6 months, the majority were exposed to education by 45 respondents (69.2%) and not exposed to education by 20 respondents (30.8%). Health Education is all activities to provide and improve knowledge, attitudes, good practices of individuals, groups or communities in maintaining and improving their own health. one's behavior in knowledge. (Indriani, 2020).In Notoatmodjo's theory, 2018 which explains that health education has a very important role in changing a person's behavior. Through health education, individuals are given in-depth knowledge and understanding of this knowledge so that with this knowledge it will have an impact on the behavior of someone who previously did not know about health education to become aware and finally with this understanding actions will be practiced.In this study, it was found that they were not exposed to education on breastfeeding techniques because based on the characteristics of mothers who had babies 0-6 months, the majority had low education and received information from posyandu cadres when they were given health education. concluded by still not being exposed to education either by health workers or information on social media and coupled with a low level of education.

2. Description of Frequency Distribution Based on Breastfeeding Techniques for Mothers Who Have Babies 0-6 Months in Panyaungan Village in 2023

The results of this study showed that of the 65 respondents who had children aged 0-6 months, the majority of breastfeeding techniques were incorrect, as many as 37 respondents (56.9%) and correct breastfeeding techniques as many as 28 respondents (43.1%).The correct breastfeeding technique is how to provide breast milk to the baby with the attachment and position of the mother and baby correctly. Wrong breastfeeding behavior can cause the nipples to become chafed, breast milk does not come out optimally so that it affects further milk production or is reluctant to breastfeed (Subekti, 2019).The correct breastfeeding technique must be considered when the mother is breastfeeding. In women who are breastfeeding, if the breastfeeding technique is not correct, it will cause sore nipples, non-smooth milk production and pain that occurs if the mother stops breastfeeding carelessly. The release of breast milk that is not smooth and inadequate when supported by limited breastfeeding can cause the breasts to become swollen (Kumorojati

and Windayani, 2017).According to Febriyanti, E. R. (2021). Correct breastfeeding technique is very important to reduce the possibility of spitting up in babies, namely:

1. The right position, by the way the mother has to hold the baby with her stomach facing directly to the mother's chest. Make sure the baby's head and body are in a straight line with the baby's head tilted slightly back so he can swallow properly.
2. Make sure the baby goes through the correct gripping process on the nipple. The baby's lips must be wide open and cover most of the areola (the dark part around the nipple) so that the baby can suck well and avoid trapped air which can cause spitting up.
3. Breastfeed the baby at the right frequency and allow the chest to empty completely during meals. By giving enough time for babies to digest food, we can reduce the risk of spitting up.
4. After breastfeeding, it is important for the mother to help the baby in the process of expelling air from his stomach by helping the baby to expel gas by burping the baby. A common method is to place the baby on the mother's shoulder or lap and gently pat him on the back. This helps prevent air buildup that can cause spitting up.
5. Try to avoid activities that shake or position the baby upright after eating, providing sufficient rest time after eating can help the baby's digestion reduce spitting up.

3. Description of Frequency Distribution Based on Burping Techniques for Mothers Who Have Babies 0-6 Months in Panyaungan Village in 2023

The results of this study were 65 respondents who had children aged 0-6 months, the majority rarely did burping techniques, as many as 50 respondents (76.9%) and never did burping as many as 15 respondents (23.1%).According to Samsuri, A. E. (2016). Burping a baby after breastfeeding is a technique commonly used to help babies expel swallowed air during the breastfeeding process. Swallowed air can cause discomfort in babies, including bloating, colic and other uncomfortable feelings. Therefore burping the baby is an important step in baby care after eating.According to Mauludina, F., & Anggeni, U. (2021)..explained that in carrying out the burping technique it is necessary to take sufficient time and be patient because in order to carry out the burping technique wait until the baby expels air after a few gentle pats. Burp has the benefit of being able to expel the air swallowed by the baby when the baby suckles. Babies who are breastfed should burp first after they have finished feeding on one breast before changing to the other breast, while babies who use bottles should burp each baby 10ml of milk. This is done in order to reduce regurgitation, one of which is by adopting the correct breastfeeding position so as to reduce air entry into the baby's stomach and burp after each feeding.

4. Description of Frequency Distribution Based on Regurgitation Incidence in Infants 0-6 Months in Panyaungan Village in 2023

The results of this study showed that of the 65 respondents who had children aged 0-6 months, the majority rarely experienced regurgitation by 41 respondents (63.1%) and 24 respondents (36.9%) had never experienced regurgitation.Regurgitation or spitting up is the backflow of stomach contents into the esophagus, out through the mouth and is not accompanied by abdominal muscle contractions. In addition, regurgitation in infants is a condition in which food that has been consumed rises from the stomach to the mouth without being accompanied by nausea, this often occurs in infants who are still in their early growth period, especially at the age of 0-12 months. (Indrio, et al. , 2009 in Ilmiasih Reni, et al 2017).Regurgitation is different from vomiting. Vomiting is a more complete emptying of the stomach, especially after eating. Vomiting is the discharge of stomach contents to the mouth with active force and strong contractions of the abdominal muscles and diaphragm (Dwienda, 2014).According to Lestari, c. (2018). Regurgitation is divided into 2, namely physiological regurgitation and pathological regurgitation. Regurgitation in infants is said to be normal if the volume going in and out is balanced. The frequency of regurgitation that occurs in infants is not more than 5 times a day, not more than 15 ml. Regurgitation occurs some time after drinking breast milk, the baby is not fussy, the regurgitation that occurs in the baby is not mixed with blood, and the baby does not refuse to drink breast milk. Babies who experience regurgitation but don't experience problems with weight loss, regurgitation doesn't need to be a problem because it's still normal.

Regurgitation that occurs more than 5 times a day and is more than 15 ml, babies who cry excessively after drinking breast milk and experience weight loss need to be aware of disturbances in the digestive organs. Excessive frequency and volume of regurgitation will be pathological because stomach acid flows into the esophagus and causes damage to the lining of the esophageal wall which will result in esophagitis, as a result the baby will be fussy because of the pain in the throat. Regurgitation can cause various complications that can interfere with the baby's growth. Regurgitation occurs not only after drinking breast milk but also during sleep even though drinking milk has been done 3 hours ago. Clinical manifestations of pathological regurgitation in infants are babies who are often fussy when and after drinking breast milk, besides that babies also refuse to drink breast milk again, the baby's weight does not increase, and regurgitation is accompanied by blood. Sustainable, (2018).There is also according to Askasaffanah, A., & Septarini, A. (2022). The pathophysiology of regurgitation occurs because when the breastfeeding process takes place in the air that is sucked in with the milk, the air enters the stomach and then pushes the stomach contents so that the liquid rises to the esophagus and out through the mouth at the corners of the lips without any contraction of the stomach. Regurgitation occurs because the lower esophageal sphincter (LES) in infants is not yet perfect, so it does not function optimally and the milk the baby drinks has exceeded the capacity of the stomach, the stomach cannot accommodate the milk so that the esophageal sphincter opens, fluid will rise to the esophagus and the baby experiences regurgitation.

B. Discussion of Bivariate Data Analysis Results

1. The Relationship between Breastfeeding Technique Education and Regurgitation Incidence in Infants 0-6 Months in Panyaungan Village in 2023

In the chy-square test, the result is a P value of 0.016 > 0.05, so the analysis is that there is a relationship between education on breastfeeding techniques and the incidence of regurgitation in Panyaungan Village in 2023. The OR calculation results are 0.467, which means that infants aged 0-6 months have a lower incidence of regurgitation 0.467 times with exposure to education on breastfeeding techniques compared to no exposure to education on breastfeeding techniques (95% CI 0.341 -0638).The results of this study are in line with previous research by Askasaffanah, A., & Septarini, A. (2022). From the statistical test results, it was found that the P Value (0.001) <0.05, it can be concluded that there is a relationship between health education and the incidence of regurgitation in infants. The results of the probability of the two variables obtained the Odds Ratio (OR) = 4.705, this means that respondents who were not exposed to health education had a 4.7 times chance of experiencing frequent regurgitation events compared to respondents who were exposed to health education. In his opinion, more mothers whose babies rarely experience regurgitation are directly proportional to the number of mothers who are exposed to health education.

This happened because the mother had attended health education, at that time she was exposed to health education, the mother knew what regurgitation was and the mother applied the knowledge obtained from health workers. Apart from that, mothers are diligent in coming to the posyandu to weigh their babies, seek treatment or just get health education, so that mothers can prevent regurgitation or spitting up of their babies.Based on the opinion of previous research which explained that education on breastfeeding techniques is closely related to reducing the risk of regurgitation in which breastfeeding mothers gain knowledge of correct breastfeeding techniques so that with knowledge and understanding, these actions or practices will be carried out directly by breastfeeding mothers.So researchers can conclude from the results of the study that education on breastfeeding techniques can also help mothers to recognize signs of fullness in babies. Therefore, education on breastfeeding techniques has an important role in reducing the incidence of regurgitation in infants through a good understanding of the correct breastfeeding position, regulating the rate of milk flow and recognizing signs of fullness in infants so as to optimize the breastfeeding process and reduce the risk of regurgitation.

2. The Relationship between Breastfeeding Techniques and Regurgitation Incidence in Babies 0-6 Months in Panyaungan Village in 2023

In the chy-square test, the results obtained were a P value of 0.000 > 0.05, so the analysis was that there was a relationship between breastfeeding techniques and the incidence of regurgitation in Panyaungan Village in 2023. The OR calculation results were 0.143, which means that infants aged 0-6 months have a

lower incidence of regurgitation 0.143 times with correct breastfeeding technique compared with incorrect (95% CI 0.058 -0.354) The results of this study are in line with Tampubolon, 2019 which explains that there is a relationship between breastfeeding technique and the incidence of regurgitation with a value of p = 0.001 (p <0.05) and an RP of 3,355 meaning that those who practice poor breastfeeding technique are at risk of experiencing regurgitation 3,355 times. It was found that breastfeeding technique has a relationship with the incidence of regurgitation and it is necessary to carry out counseling and KIE by health workers, especially by midwives regarding the correct breastfeeding technique so that the incidence of regurgitation can be prevented.In addition, the results of this study also have similarities with previous research by Askasaffanah, A., & Septarini, A. (2022). From the statistical test results, it was found that the P-Value (0.031) <0.05, it can be concluded that there is a relationship between breastfeeding technique and the incidence of regurgitation in infants.

The results of the probability of two variables obtained Odds Ratio (OR) = 2.685, this means that respondents who get poor breastfeeding techniques have a 2.7 times chance of experiencing frequent regurgitation events compared to respondents who get good breastfeeding techniques. The opinion from his research is that more mothers whose babies rarely experience regurgitation are directly proportional to the number of mothers who are able to practice good breastfeeding techniques. In the observations of researchers, mothers know the position and time of breastfeeding that is good so that their babies do not experience regurgitation or spitting up. As with the breastfeeding technique, namely the mother's nipple and areola enter the baby's mouth completely and no air enters. Therefore, this causes a reduction in the incidence of regurgitation or spitting up in babies.Based on the theory and opinions of previous studies, the researchers argue that the incidence of regurgitation will decrease if it is carried out with the correct breastfeeding technique, which the researchers conclude from previous opinions, according to the assumptions of researchers, correct breastfeeding technique is very important in reducing the risk of regurgitation in infants. When the baby is breastfeeding with the right technique such as a good position and regulating the flow of milk and making sure the baby is in an upright position and leaning slightly forward, in addition to regulating the flow of milk in which the baby must be able to suck milk slowly and calmly, without sucking too fast and strong . Therefore, applying the correct breastfeeding technique will reduce the risk of regurgitation so that the breastfeeding technique is an action that really needs to be considered while breastfeeding the baby.

3. The Relationship between the Burping Technique and the Incidence of Regurgitation in Babies 0-6 Months in Panyaungan Village in 2023

In the chy-square test, the results obtained were a P value of 0.000 > 0.05, so the analysis was that there was a relationship between the burping technique and the incidence of regurgitation in Panyaungan Village in 2023. The OR calculation results were 5.556, which means that babies aged 0-6 months have a higher incidence of regurgitation of 5.556 times by not or rarely doing the burping technique compared to doing the burping technique (95% CI 3.075 -10.038).The results of this study are in line with Askasaffanah, A., & Septarini, A. (2022) who explained that from the results of statistical tests it was found that the P Value (0.029) <0.05, it can be concluded that there is a relationship between burping babies and the incidence of regurgitation in babies. The results of the probability of two variables obtained Odds Ratio (OR) = 2.809, this means that respondents who rarely burp their babies have a 2.8 times chance of experiencing frequent regurgitation events compared to respondents who often burp their babies. In her opinion, mothers who often burp their babies after breastfeeding will reduce the risk of regurgitation or spitting up in babies because when burping the baby, the air that enters when the baby is breastfeeding comes out, then abdominal pressure and the esophageal sphincter do not affect the volume of reflux in the esophagus so that the baby can avoid regurgitation or spitting up.This research also has similarities with previous researchers by Samsuri, 2016.

There is a relationship between burping babies and the incidence of regurgitation in babies 0-6 months in Noborejo Village, Salatiga City, with p value = -0.000 (α = 0.05). Mothers who have babies should increase their knowledge about how to burp their babies properly and raise awareness of the importance of burping after breastfeeding as an effort to prevent regurgitation. In her opinion, mothers who

often burp their babies after breastfeeding will reduce the risk of regurgitation in babies because when burping the baby, air enters when the baby is suckling out so that the abdominal and esophageal sphincter pressure does not affect the volume of reflux in the esophagus so that the baby can avoid regurgitation.
Based on the theories and opinions of previous researchers who mentioned that it is important to burp after breastfeeding, the researchers argue that burping is one of the actions that can help reduce the incidence of regurgitation. When someone burps, air trapped in the stomach can escape through the digestive tract, including the esophagus. Regurgitation occurs when the contents of the stomach, the air inside makes food that has entered the stomach return to the esophagus and even reach the mouth.

IV. CONCLUSION

Based on the results and discussion of the research results, it can be concluded that:

1. 65 respondents of mothers who have children aged 0-6 months, the majority of respondents aged 21-35 years, 60 respondents (92.3%). The majority of respondents have low education as many as 60 respondents (92.3%), the majority of respondents are housewives (IRT) as many as 65 respondents (100%).
2. 65 children aged 0-6 months, the majority aged 3-4 months, as many as 27 respondents (41.5%). The majority of female sex as many as 33 respondents (50.8%).
3. Respondents of mothers who have children aged 0-6 months are mostly exposed to education as many as 45 respondents (69.2%) and not exposed to education as many as 20 respondents (30.8%)
4. Respondents of mothers who have children aged 0-6 months, the majority of breastfeeding techniques are incorrect as many as 37 respondents (56.9%) and correct breastfeeding techniques are as many as 28 respondents (43.1%)
5. Mother respondents who have children aged 0-6 months rarely do burping techniques as many as 50 respondents (76.9%) and never do burping as many as 15 respondents (23.1%)
6. In the chy-square test, the result is a P value of 0.016 > 0.05, so the analysis is that there is a relationship between education on breastfeeding techniques and the incidence of regurgitation in Panyaungan Village in 2023. The OR calculation results are 0.467, which means that infants aged 0-6 months experience regurgitation 0.467 times lower with exposure to education on breastfeeding techniques compared to no exposure to education on breastfeeding techniques (95% CI 0.341 -0638).
7. In the chy-square test, the result is a P value of 0.000 > 0.05, so the analysis is that there is a relationship between breastfeeding technique and the incidence of regurgitation in Panyaungan Village in 2023. The OR calculation results are 0.143, which means that infants aged 0-6 months experience more regurgitation lower 0.143 times with correct breastfeeding technique compared with incorrect (95% CI 0.058 -0.354)
8. In the chy-square test, the result is a P value of 0.000 > 0.05, so the analysis is that there is a relationship between the burping technique and the incidence of regurgitation in Panyaungan Village in 2023. The OR calculation results are 5.556, which means that babies aged 0-6 months have more regurgitation events high 5.556 times by not or rarely doing burping techniques compared to doing burping techniques (95% CI 3.075 -10.038)

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