



The Impact of Breastfeeding Technique Education on the Effectiveness of Postpartum Mothers in Breastfeeding at Montong Betok Health Center

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ABSTRACT

Exclusive breastfeeding involves providing only breast milk without any additional liquids or solid foods, except for vitamins, minerals, or medications in drop or syrup form, until the baby is six months old. The correct breastfeeding technique can enhance the success of exclusive breastfeeding. This study aims to determine the impact of breastfeeding technique education on the effectiveness of postpartum mothers in breastfeeding at Montong Betok Health Center. The research method employed is quantitative with a pre-experimental design using a one-group pretest and posttest approach. The population includes all mothers who gave birth at Montong Betok Health Center from November 1 to December 31, 2022, totaling 30 individuals. The sampling technique used is total sampling, encompassing 30 participants. Data collection was conducted through observation sheets. The data were analyzed using the Wilcoxon test. The results indicated that the effectiveness of breastfeeding techniques before education was in the sufficient category for 29 participants (96.7%), and after education, it improved to the good category for 20 participants (66.7%). There is a significant impact of breastfeeding technique education on the effectiveness of postpartum mothers in breastfeeding at Montong Betok Health Center, with a p-value of $0.000 < 0.05$. This means that breastfeeding technique education positively affects the effectiveness of postpartum mothers in breastfeeding at Montong Betok Health Center.

Keywords: Exclusive Breastfeeding, Education, Postpartum, Breastfeeding Technique

ABSTRAK

ASI Eksklusif merupakan pemberian ASI tanpa cairan atau makanan padat apapun kecuali vitamin, mineral atau obat batuk tetes atau sirup sampai bayi berusia 6 bulan. Pemberian teknik menyusui yang tepat akan meningkatkan keberhasilan ASI Eksklusif. Tujuan penelitian ini untuk mengetahui pengaruh edukasi teknik menyusui terhadap keefektifan ibu nifas dalam menyusui di Puskesmas Montong Betok. Metode yang digunakan dalam penelitian ini merupakan penelitian kuantitatif dengan rancangan pra experimental dengan desain one group pretest dan posttest. Populasinya adalah semua ibu yang melahirkan di Puskesmas Montong Betok dari tanggal 1 November sampai dengan 31 Desember 2022 yang berjumlah 30 orang. Teknik pengambilan sampel yang digunakan adalah total sampling sebanyak 30 orang. Pengumpulan data melalui lembar observasi. Data diuji menggunakan uji Wilcoxon. Hasil penelitian menunjukkan keefektifan teknik ibu menyusui sebelum diberikan edukasi berada pada kategori cukup, sebanyak 29 orang (96,7%) dan setelah diedukasi pada kategori baik, sebanyak 20 orang (66,7%). Ada pengaruh edukasi teknik menyusui terhadap keefektifan ibu nifas dalam menyusui di Puskesmas Montong Betok dengan nilai p value sebesar $0,000 < 0,05$. Artinya bahwa ada pengaruh edukasi teknik menyusui terhadap keefektifan ibu nifas dalam menyusui di Puskesmas Montong Betok.

Kata Kunci: ASI Eksklusif, Edukasi, Nifas, Teknik Menyusui

INTRODUCTION

Exclusive breastfeeding, according to the World Health Organization (WHO), is the practice of feeding infants only breast milk without any additional liquids or solid foods, except for vitamins, minerals, or medications in drop or syrup form, until the baby is six months old. Exclusive breastfeeding from birth is highly recommended because the baby receives colostrum, the yellowish breast milk produced during the first three days of breastfeeding (WHO, 2019).

The coverage of exclusive breastfeeding is 25% in Central Africa, 32% in Latin America and the Caribbean, 30% in East Asia, 47% in South Asia, and 46% in developing countries. Overall, less than 40% of children under six months of age are exclusively breastfed (Winda, Yessy, 2020).

The Indonesian Ministry of Health recorded that the rate of exclusive breastfeeding for infants aged 0-5 months was 71.58% in 2021, an improvement from 69.62% the previous year. However, most provinces still have exclusive breastfeeding rates below the national average. Gorontalo has the lowest percentage at 52.75%, followed by Central Kalimantan and North Sumatra at 55.98% and 57.83%, respectively. West Papua reported a rate of 58.77%, while the Riau Islands recorded 58.84%. DKI Jakarta also has a percentage below the national average at 65.63%. The highest percentage of exclusive breastfeeding coverage is in West Nusa Tenggara Province (86.26%). The coverage percentage aligns with WHO's national targets of 70% and 80% (Kementerian Kesehatan Republik Indonesia, 2021).

West Nusa Tenggara Province is a cultural hub in Indonesia. The Provincial Health Office of NTB has implemented several programs to increase the exclusive breastfeeding rate, such as breastfeeding support groups, exclusive breastfeeding counseling and promotion for breastfeeding mothers, early breastfeeding initiation training for healthcare workers, and providing breastfeeding rooms at workplaces. According to the East Lombok District Health Office, the number of exclusively breastfed infants from 35 health centers in East Lombok district is 1,558, with a percentage of 70%. The failure to achieve exclusive breastfeeding is influenced by multiple factors, not just one (Dinas Kesehatan Provinsi NTB, 2021).

Montong Betok Health Center is located in East Lombok district and provides maternal and child health services. From May to June 2022, the average number of births at Montong Betok Health Center ranged from 15-30 per month, but the exclusive breastfeeding rate was only 52.5% (Puskesmas Montong Betok, 2022).

Based on a preliminary study conducted by the researcher from August 3-9, 2022, at Montong Betok Health Center, the number of postpartum mothers from May to June 2022 averaged 30 per month. Among the 10 postpartum mothers who breastfed their babies, 3 were in the good category, 5 in the sufficient category, and 2 in the poor category. The LATCH score for the ten mothers observed averaged 6.2, indicating a moderately effective category. Interviews with these 10 postpartum mothers revealed that they had never received information about breastfeeding techniques.

This study aims to determine the impact of breastfeeding technique education on the effectiveness of postpartum mothers in breastfeeding at Montong Betok Health Center.

RESEARCH METHODS

The type of research used in this study is quantitative with a pre-experimental design using a one-group pretest and post-test approach. The population in this study includes all postpartum mothers who gave birth at Montong Betok Health Center from November 1 to December 31, 2022, totaling 30 individuals. The sampling technique used is total sampling, resulting in a sample size of 30 individuals. Data collection was conducted using questionnaires, and statistical analysis was performed using the Wilcoxon signed-rank test.

RESULTS

Table 1. Distribution of Respondents Based on the Effectiveness of Postpartum Mothers in Breastfeeding Before Being Given Breastfeeding Technique Education at Montong Betok Health Center

Effectiveness of Postpartum Mothers in Breastfeeding	n	%
Poor	1	3.3
Sufficient	29	96.7
Good	0	0
Total	30	100

Based on Table 1, it shows that out of 30 postpartum mothers studied, the effectiveness of breastfeeding before being given breastfeeding technique education was mostly in the sufficient category, with 29 participants (96.7%).

Table 2. Distribution of Respondents Based on the Effectiveness of Postpartum Mothers in Breastfeeding After Being Given Breastfeeding Technique Education

Effectiveness of Postpartum Mothers in Breastfeeding	n	%
Poor	0	0
Sufficient	10	33.3
Good	20	66.7
Total	30	100

Based on Table 2, it shows that the effectiveness of breastfeeding after being given breastfeeding technique education was mostly in the good category, with 20 participants (66.7%).

Table 3. Impact of Breastfeeding Technique Education on the Effectiveness of Postpartum Mothers in Breastfeeding

Breastfeeding Technique Education	Effectiveness of Postpartum Mothers in Breastfeeding			Total	p-value
	Poor	Sufficient	Good		
Before Education	3.3%	96.7%	0.0%	100%	0.000
After Education	0.0%	33.3%	66.7%	100%	

The statistical analysis using the Wilcoxon test resulted in a p-value of 0.000 with a significance level of 0.05. Since $0.000 < 0.05$, it can be concluded that there is a significant impact of breastfeeding technique education on the effectiveness of postpartum mothers in breastfeeding at Montong Betok Health Center.

DISCUSSION

Effectiveness of Postpartum Mothers in Breastfeeding Before Being Given Breastfeeding Technique Education at Montong Betok Health Center

The research conducted at Montong Betok Health Center shows that out of 30 postpartum mothers studied, the effectiveness of breastfeeding before being given breastfeeding technique education was predominantly in the sufficient category, with 29 mothers (96.7%) falling into this category.

These results align with Annisa's 2018 study titled "The Effect of Breastfeeding Technique Education on the Effectiveness of Postpartum Mothers in Breastfeeding at PKU Muhammadiyah Yogyakarta Hospital." Munawarah's study found that among 23 respondents, most mothers' effectiveness in breastfeeding before receiving education was in the poor category, with 17 respondents (73.9%) scoring 1 on the attachment indicator in the pretest.

In the study conducted at Montong Betok Health Center, the effectiveness of postpartum mothers in breastfeeding before education was categorized as poor. This was attributed to the fact that most postpartum mothers did not know the proper way to attach the baby's mouth to the breast, leading to infrequent swallowing sounds.

This finding is consistent with the theory stating that when a mother gently touches the baby's lips, the baby responds with a natural rooting reflex, turning and opening its mouth. The nipple and most of the areola should be inside the baby's mouth. If the baby's mouth appears closed, the mother can lift the baby's pelvis to provide more room for breathing. Properly

placing the baby on the breast and removing them carefully, ensuring correct positioning, and allowing the baby to suck correctly requires practice for both the mother and the baby (Bobak, et al., 2005).

Effectiveness of Postpartum Mothers in Breastfeeding After Being Given Breastfeeding Technique Education at Montong Betok Health Center

The research conducted at Montong Betok Health Center shows that out of 30 postpartum mothers studied, the effectiveness of breastfeeding after receiving breastfeeding technique education was predominantly in the good category, with 20 mothers (66.7%) falling into this category, while a smaller portion was in the sufficient category, with 10 mothers (33.3%).

These results are consistent with Astuti & Anggarawati, (2020) study titled "The Effect of Health Education on Breastfeeding Techniques on Improving Breastfeeding Ability in Primiparous Mothers." Astuti's research found that among 30 respondents, after health education on breastfeeding techniques, most mothers' breastfeeding ability was in the good category, with 21 mothers (70%), while a smaller number were in the poor category, with 2 mothers (6.7%).

The study conducted at Montong Betok Health Center indicates that after receiving education on breastfeeding techniques, there was a significant improvement in the effectiveness of postpartum mothers in breastfeeding. Most postpartum mothers' effectiveness in breastfeeding was in the good category. This improvement is attributed to the fact that after receiving education on breastfeeding techniques, mothers' knowledge and understanding of proper breastfeeding increased, allowing them to correctly position the baby during breastfeeding and effectively apply the indicators on the LATCH score.

This finding aligns with the theory that education can enhance changes in knowledge and skills related to effective breastfeeding. Breastfeeding education is crucial for achieving a positive breastfeeding experience, which can lead to behavioral changes in breastfeeding practices. This education aims to achieve successful breastfeeding by providing information on breastfeeding techniques and teaching proper breastfeeding techniques (Wambach & Riordan, 2016).

Impact of Breastfeeding Technique Education on the Effectiveness of Postpartum Mothers in Breastfeeding at Montong Betok Health Center

The statistical analysis using the Wilcoxon test revealed a significant impact of breastfeeding technique education on the effectiveness of postpartum mothers in breastfeeding at Montong Betok Health Center, with a p-value of 0.000 at a significance level of 0.05.

Based on the research results, several factors influence the effectiveness of postpartum mothers in breastfeeding, both before and after receiving breastfeeding technique education. These factors include the mother's experience with breastfeeding, the ease of access to technology and information, and health facility programs that educate the community about breastfeeding techniques. Additionally, education provided by healthcare professionals is a crucial factor in enhancing knowledge and broadening the understanding of postpartum mothers about breastfeeding, thereby improving their effectiveness in breastfeeding their infants.

These findings are consistent with Astuti & Surasmi's (2016) study, which found a significant effect of counseling with demonstration methods on mothers' breastfeeding abilities at the Banjarsari Surakarta Maternity Hospital.

This aligns with the theory that breastfeeding technique education is an effort by healthcare professionals to provide knowledge on breastfeeding methods, steps, and proper attachment, which can minimize common personal issues faced by postpartum mothers (Nurbaeti, Syafii, & Lestari, 2021).

CONCLUSION

The study concludes that before receiving breastfeeding technique education, the effectiveness of postpartum mothers in breastfeeding at Montong Betok Health Center was predominantly categorized as sufficient, with 29 mothers (96.7%). After receiving the education, there was a significant improvement, with the majority of mothers categorized as good, totaling

20 mothers (66.7%). The study also found a significant effect of breastfeeding technique education on the effectiveness of postpartum mothers, with a p-value of 0.000, which is less than the 0.05 significance level.

Recommendation: To build on these findings, future research should involve a larger and more diverse sample of postpartum mothers across various health centers. This would enhance the generalizability of the results and provide a more comprehensive understanding of the long-term impact of breastfeeding technique education on breastfeeding effectiveness. Additionally, incorporating long-term follow-up could assess the sustainability of improvements in breastfeeding practices.

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