Original Research Paper

The Relationship between Postpartum Mother's Knowledge about Breast Milk Dam and Interest of Breastfeeding Mothers in the Working Area of Eromoko II Health Center

Migita Vidia Amita[1,a,*], Enyk Yunanto[1,b], Nurul Annisa[1,c]

[1] Universitas Kusuma Husada, Jawa Tengah, Surakarta and 57136, Indonesia
[a] amitamigita@gmail.com*; [b] enyk.y33@gmail.com; [c] lrnsna21@gmail.com

Abstrak

Background: Mother's knowledge of breast milk has a role in the success or failure of a mother in breastfeeding her baby. The greater the knowledge possessed, the greater the ability to survive in breastfeeding. One of the problems that causes the failure of breastfeeding is due to the presence of breast milk dams.

Objective: To determine the relationship between postpartum mothers' knowledge about breast milk dams with the interest of nursing mothers.

Method: This type of research is quantitative using a cross sectional study approach. Sampling in this study will use total sampling. The analysis to be used is the Pearson Product Moment, which is a significance value (Sig.) > 0.05.

Results: A total of 15 postpartum mothers were respondents in this study. The characteristics of the majority respondents in the age category are not at risk, high school education and working mothers. The frequency distribution of postpartum mothers' knowledge about breast milk dams is mostly in the less category, while the interest of breastfeeding mothers is the majority in the category of not interested in breastfeeding. The data normality test using Shapiro Wilk shows normally distributed data. Then the Pearson Product Moment test was carried out, namely the significance value (Sig.) > 0.05 so that the conclusion was that there was a relationship between postpartum mothers' knowledge about breast milk dams with the interest of breastfeeding mothers in the work area of the Eromoko II Health Center.

Conclusion: The results showed that there was a relationship between postpartum mothers' knowledge about breast milk dams with the interest of breastfeeding mothers in the working area of the Eromoko II Health Center.

Keywords : Knowledge, postpartum Mother, Breast Milk Dam, Breastfeeding Interest

1. Introduction

Health problems in postpartum mothers have an impact that can extend to various aspects of life and become one of the parameters of the nation's progress in the provision of health services to the community concerning maternal mortality (MMR) and infant mortality (IM). During the puerperium there are psychological or physical changes. One of the changes that occur in postpartum mothers is changes in the breasts (Azimah, 2018).

Puerperal mother's knowledge about breast care greatly affects the intake of breast milk needs for babies as basic nutrients that are indispensable. Increasing maternal knowledge about breast care can reduce problems that often occur in postpartum mothers in producing breast milk for their babies.

One of the problems that causes the failure of breastfeeding is due to the presence of breast milk dams. Breast milk dam usually occurs on the second to fourth day of the puerperium. Breast milk dam is the occurrence of swelling of the breast due to increased venous and lymph flow, causing breast milk dam and pain accompanied by an increase in body temperature. The occurrence of breast milk dams

due to narrowing of the active duct in the mother's breast and can occur if the mother has flat, immersed, and sunken milk nipple disorders. This incident is usually caused because the collected milk is not immediately removed so that it becomes a blockage. Symptoms that often appear when a breast milk dam occurs include swollen breasts, hot and hard breasts, painful breasts when pressed, reddish breasts and body temperature up to 380C (Sutanto, 2019). If this event continues, it can lead to mastitis and breast abscess. Breast milk dams can be prevented by means of breast care that can be done by the mother and can facilitate the lactation process (Rukiyah &; Yulianti, 2019).

Based on the results of Juliani & Nurrahmaton's research (2020), it was stated that out of 92 respondents, there were 65 mothers (70.7%) who experienced breast milk dams. Causes that affect breast milk dams in postpartum mothers are less breastfeeding frequency, nipple conditions (nipple sinking, long nipples), less breastfeeding attachment, wrong breastfeeding position, less breast care. According to Sarlis Nelfis (2020), factors that affect the occurrence of breast milk dams include mother and baby factors. The maternal factor is the lack of knowledge, psychology, nutrition, breastfeeding techniques, breast care, while the baby factor is the baby's weak suction power. The knowledge and information factors obtained will affect a mother's interest in breastfeeding. Factors that influence the interest of pregnant women in breastfeeding are gestational age, social norms, mother's work, and mother's breastfeeding experience (Jatmika, 2019). Interest is the will or interest in one's heart wanting to do something behavioral. Interest is closely related to motivation, which is the drive that arises in a person consciously to perform an action with a certain purpose.

Interest in doing or not doing a behavior is influenced by two basic determinants, namely subjective attitudes and norms. A person will have a strong interest if the information he has is strong enough to convince him that the behavior is worth doing. The interest that a person already has, should be strengthened by increasing knowledge about breast milk both its advantages, composition, benefits, and virtues. Knowledge is needed to strengthen the mother's interest in breastfeeding (Nurani, 2018). In research conducted by Indrayani Triana (2023), the optimal breastfeeding frequency range is between 8-12x every day. But you should breastfeed the baby without being scheduled (on demand), because the baby will determine his own needs. Where if the mother does not provide milk in a small amount of frequency, she will experience a dam of breast milk, the mother must breastfeed her baby if the baby cries not for other reasons (urinating, bitten by ants / mosquitoes, defecation) or the mother already feels like breastfeeding her baby (Fitriahadi, 2016).

Based on the results of a preliminary study conducted in April 2023 using the interview method on Midwives on duty at the Eromoko II Health Center, it was found that the number of postpartum mothers visiting the health center in March 2023 was 48% of postpartum mothers. Of the 48% of postpartum mothers who visited, 20% of postpartum mothers experienced breast milk dam events, 18% of postpartum mothers experienced breast milk was not smooth, 10% of postpartum mothers experienced swollen breasts. Based on the above problems, efforts that can be taken are to provide counseling and counseling to postpartum mothers about breast milk dams, providing information related to correct breastfeeding techniques in order to increase the knowledge of postpartum mothers that breastfeeding techniques that are done correctly can prevent the occurrence of breast milk dams. Based on this background, efforts are made to overcome the above problems, namely by conducting research on the relationship between postpartum mothers' knowledge about breast milk dams with the interest of breastfeeding mothers, so as to help increase the knowledge of postpartum mothers and mothers' interest in breastfeeding their babies.

2. Method

The type of research used is quantitative using a cross sectional study approach. The purpose was to determine the relationship between postpartum mothers' knowledge about breast milk dams with the interest of breastfeeding mothers in the Eromoko II Health Center Working Area observed in the same

time period. The tool or instrument used is a questionnaire sheet with 3 categories, namely: (1) Demographic data, generally containing name, age, education, parity; (2) Knowledge of breast milk dams using a questionnaire sheet with 20 questions with a nominal scale, namely the respondents' answers "correct" and "wrong". If the answer is "correct" it is given a value of 1, and if the answer is "false" a value of 0. Which are categorized as follows: Knowledge is good if respondents can answer correctly 76–100%, Knowledge is sufficient if respondents can answer correctly 56–75%, and Knowledge is lacking if respondents can answer correct answers <56%; (3) Mother's interest in breastfeeding: questionnaire of mother's interest in breastfeeding, containing questionnaire questions asked as many as 2 question items categorized as follows: Mother is interested in breastfeeding if you get a "yes" answer ≥ 50%, and you are not interested in breastfeeding if you get a "yes" answer < 50%. The sampling technique is total sampling with the following inclusion criteria: (1) Mothers in the puerperium period of 24 hours to 6 days after giving birth (early postpartum), (2) Willing to be respondents. While the exclusion criterion is mothers with mental disorders. Researchers together with village midwives screened postpartum mothers who visited the Eromoko II Health Center from May to July 2023. Postpartum mothers who fit the research criteria were given questionnaire sheets. Then researchers collected data using questionnaire instruments to collect demographic data, puerperal mothers' knowledge about breast milk dams and data on the interest of breastfeeding mothers. So that as many as 15 postpartum mothers were obtained in accordance with the criteria of respondents in this study. Data analysis in this study used IBM SPSS Statistics 22 for Windows application. Bivariate analysis is used to determine the relationship between the independent variable and the dependent variable. Data normality test was conducted with Shapiro Wilk correlation, then a correlation test was carried out with Pearson Product Moment to test the relationship between postpartum mothers' knowledge about breast milk dams with the interest of breastfeeding mothers in the work area of the Eromoko II Health Center. This study has been reviewed by the Health Research Ethics Commission of Kusuma Husada University Surakarta and declared ethically feasible, with ethical feasibility letter number 085 / UKH. L.02/EC/IX/2022.

3. Result and Discussion
3.1. Result

A total of 15 postpartum mothers were respondents in this study. The characteristics of the majority of respondents are the age of postpartum mothers in the age category is not at risk.

Tabel 1. Characteristics of Respondents

Characteristic	Sum	
	N	%
Age		
Risky	1	6,7%
No Risk	14	93,3%
Education		
JUNIOR	5	33,3%
SMA	8	53,4%
College	2	13,3%
Work		
Housewife	6	40%
Private Employees	6	40%
Civil servants	3	20%
Postpartum mother's Knowledge about Breast Milk Dam		
Good : 76%-100%	2	13,3%
Enough : 56%-75%	5	33,3%
Less : <56%	8	53,4%
Interest of Breastfeeding Mothers		
Yes : ≥ 50%	7	46,7%
No : < 50%	8	53,3%

Source: Primary Data, 2023

The distribution of the frequency of education of the majority of high school is 8 postpartum mothers, the majority of respondents are working mothers, namely as many as 9 postpartum mothers. The frequency distribution of postpartum mothers' knowledge about breast milk dams is mostly in the category of less than 8 postpartum mothers, but there are postpartum mothers in the good category as many as 2 postpartum mothers and in the sufficient category as many as 5 postpartum mothers. Meanwhile, the frequency distribution of interest of breastfeeding mothers is the majority in the category of not interested in breastfeeding as many as 8 postpartum mothers, but there are postpartum mothers in the category of interested in breastfeeding as many as 7 postpartum mothers, it can be seen in table 1.

Bivariate analysis is an analysis to determine the relationship between the independent variable and the dependent variable. Bivariate analysis of data in this study used IBM SPSS Statistics 22 for Windows application with a significance level of 5%. The first statistical test, the data normality test using Shapiro Wilk, can be seen in table 2.

Table 2. Data Normality Test with *Shapiro Wilk*

	Statistics	Df	Sig.
Knowledge of the breast milk Dam	.898	15	.089
Interest in Breastfeeding	.837	15	.011

Data source: Statistical Test Results using SPSS

Table 3. Test *Pearson Product Moment*

		f	Sig.
Knowledge of Breastfeeding Interest * Knowledge of Breast Milk Dam	Deviation from Linearity	1.556	.275

Data source: Statistical Test Results using SPSS

From table 2 significance values (sig. > 0.05), the data are normally distributed. So to see the relationship between postpartum mothers' knowledge about breast milk dams with interest in breastfeeding, it is necessary to conduct a hypothesis test. The appropriate hypothesis test used is the *Pearson Product Moment* test can be seen in table 3.

In table 3, the results of the Pearson Product Moment test are obtained *by looking at the basis for making* conclusions *in* the Pearson Product Moment test , namely the significance value (Sig.) > 0.05, then H0 is rejected and H1 is accepted. So that in conclusion, there is a relationship between the knowledge of postpartum mothers about breast milk dams with the interest of breastfeeding mothers in the working area of the Eromoko II Health Center.

3.2. Discussion

Research on the relationship between postpartum mothers' knowledge about breast milk dams with the interest of breastfeeding mothers in the working area of the Eromoko II Health Center has been carried out from May to July 2023.

In this study, out of as many as 15 respondents who had knowledge in the category of lacking, there were 5 respondents with junior high school education. According to the researchers' assumptions, this is in accordance with the theory of Wawan and Dewi (2020), which states that in general, someone with higher education has the potential to get more information, including information related to maternal and infant health. The level of education a person has can have an effect on information processing activities to make it a new knowledge (Hawari, 2019).

The knowledge of postpartum mothers about breast milk dams, the majority in the less category (53.4%) was likely influenced by the respondents' work. Researchers assume that postpartum mothers who work have a greater chance of breast milk dams, this is due to lack of action to take preventive measures against breast dams such as breast care and the frequency of frequent breastfeeding of their babies and improper breastfeeding techniques due to lack of information about breastfeeding techniques and the number of activities carried out by mothers outside the home that make mothers feel more tired

and reduce mother's attention to herself. This is evidenced by the number of working postpartum mothers who experience breast milk dams. According to Notoatmojo (2019), because by working attention to his own interests is eliminated.

From the results of this study, 53.3% of breastfeeding mothers' interest in the category of not interested. Factors that influence the interest of postpartum mothers in breastfeeding are social norms, mother's work, and mother's breastfeeding experience (Jatmika, 2019). Interest is closely related to motivation, which is the drive that arises in a person consciously to perform an action with a certain purpose.

Based on the results of the analysis, it shows a significant relationship between the knowledge of postpartum mothers about breast milk dams and the interest of breastfeeding mothers. Knowledge is the result of knowing that occurs through sensory processes, especially through the eyes and ears of certain objects. Knowledge is a very important domain for the formation of overt behavior. Behavior based on knowledge is generally lasting (Sunaryo, 2018).

It can be assumed, that postpartum mothers who have good knowledge about breast milk dams are interested in breastfeeding while postpartum mothers who have less knowledge about breast milk dams are less interested in breastfeeding. Health workers should further improve the provision of information through counseling about breast milk dams to increase the knowledge of postpartum mothers about breast milk dams so that breast milk dams do not occur and increase the interest of postpartum mothers to breastfeed. This result is in line with research from Yulyana, et al. (2020), which states that there is an influence of the use of booklets on knowledge about postpartum care at the Basuki Rahmad Bengkulu Health Center. The use of booklets has a positive influence on knowledge about postpartum care because it can provide benefits as an effective medium in providing health education and can increase knowledge of postpartum mothers' knowledge about postpartum care.

According to Arikunto (2018), booklet is one of the mediums for delivering concise information as a combination of books and leaflets, which contain various information about a material, with presentation in the form of images and writing so that it is easy to understand and interesting for readers. Booklet is the latest creation in print media with a modern, concise, and attractive appearance so that the delivery of information is easily understood by readers (Andreansyah, 2019).

The use of booklets as a medium for health education is carried out in line with the objectives of the Test Model tcalculate ttabel Sig. Pretest-Posttest Postpartum Maternal Knowledge about Breast Milk Dam (9,747; 2,069; 0,000) health education as something with benefits for the community in carrying out healthy lifestyle activities, and can be applied in public health services appropriately Kusumastuti, and Dyah Puji Astuti. (2018).

4. Conclusion

The conclusion of this study is that there is a relationship between postpartum mothers' knowledge about breast milk dams with the interest of breastfeeding mothers in the work area of the Eromoko II Health Center. This is shown by the level of knowledge of postpartum mothers about breast milk dams, the majority in the less category and the interest of breastfeeding mothers, the majority in the category of not interested in the characteristics of postpartum mothers in the Eromoko II Health Center Working Area, the majority aged 20-35 years, have high school education, and working mothers.

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