

Knowledge and Attitudes of Postpartum Mothers Towards Prevention of Breast Milk Dam in The Working Area of Puskesmas Gunting Saga, Kualuh Selatan Sub-District

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Abstract: One of the factors that support exclusive breastfeeding is a smooth and correct breastfeeding process. One of the factors that can be a problem that can hinder the breastfeeding process is the problem of breast milk dams. This study aims to determine the knowledge and attitudes of postpartum mothers towards preventing breast milk dams in the Gunting Saga Health Center Working Area. This research design is descriptive with a sample of 34 people with purposive sampling method. This study was conducted from July 2023 to November 2023 using a research instrument in the form of a questionnaire about knowledge and attitudes of 10 questions each. The results showed that the majority of mothers' knowledge was in the good category as many as 16 people (47.1%) and the minority in the poor category as many as 3 people (8.8%), based on the attitude of the majority in the positive category as many as 27 people (79.4%) and the minority in the negative category as many as 7 people. It is expected that health workers will further improve services and counseling in carrying out midwifery care for postpartum mothers.

Keywords: Infant mortality, Nutrition fulfillment, Maternal behavior, Malnutrition effects

1. Introduction

One of the rights of a newborn is to receive breast milk from its biological mother. During pregnancy, the breasts develop in such a way and produce milk. This milk production is ready to be given to the baby by breastfeeding[1].

Breastfeeding is very important because breast milk is the baby's main food. With breast milk, the baby will grow perfectly as a healthy, gentle human being and have a high IQ[1]. The provision of colostrum and the correct breastfeeding process are reliable means to build a quality generation. As we know, colostrum has a high concentration of nutrients and immunity that is produced at the stage of pregnancy and the early days after childbirth[2].

In 1979, more than 50% of American mothers breastfed their babies. Today, about 60% of mothers breastfeed their newborns and approximately 22% continue to breastfeed their six- month-old infants. Although these rates are higher than in the past 50 years, they are still below the published Healthy People 2000 and National Promotion and Disease Preventio[3]

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Objectives, which call for at least 75% of women to breastfeed their newborns and 50% of these mothers to continue breastfeeding their infants to five or six month. In Indonesia, only about 8% of mothers exclusively breastfeed their babies until they are six months old and only 4% are breastfed within the first hour after birth. In fact, 21,000 deaths of newborns aged 28 days in Indonesia can be prevented through breastfeeding in the first hour of birth[4].

According to UNICEF, exclusive breastfeeding can reduce infant mortality in Indonesia and also states that 30,000 deaths in Indonesia and 10 million infant deaths in the world each year can be prevented by exclusive breastfeeding for six months from the first hour of birth without giving additional food and drink to the baby[5].

Failure to breastfeed is often caused by problems with both the mother and the baby. For some mothers who do not understand this issue, breastfeeding failure is often considered a problem with the child alone (Lactation Management, 2004). Milk dams occur due to swelling of the breast due to increased venous and lymph flow, causing milk dams and pain accompanied by an increase in body temperature[6].

Based on the experience that the researchers got in the community, postpartum mothers who breastfeed their babies in the first weeks after giving birth there are those who experience breast milk dams, especially primiparous mothers and mothers who gave birth by surgery. They said that in this situation they often stop breastfeeding because their breasts feel painful, not if someone touches their breasts and feel uncomfortable when breastfeeding their babies, they also think that if the breasts have problems, then they have to stop breastfeeding their babies because of the pain experienced and so as not to transmit the disease to the baby[7].

2. Materials and Methods

The type of research used in this study is descriptive research with a cross sectional approach (research that is only conducted once at a time) which aims to determine the knowledge and attitudes of postpartum mothers towards preventing breast milk dams in the Gunting Saga Health Center Work area, South Kualuh District, North Labuhan Batu Regency[7].

The population in this study were all primiparous postpartum mothers in the Gunting Saga Health Center Area, South Kualuh District,

North Labuhan Batu Regency as many as 34 people. The sampling technique used in this study was purposive sampling technique. The place of this research was conducted at the Gunting Saga Health Center Working Area, South Kualuh District, North Labuhan Batu Regency from July 2023 to November 2023[8].

3. Results

Table 1. Distribution of Characteristics of Postpartum Mothers on Prevention of Breast Milk Dams in the Health Center Working Area of Gunting Saga Health Center, South Kualuh District,

Characteristics	F	%
Age		
1. < 20 years	2	5,9
2. 21 - 25 years	23	67,6
3. > 25 years	9	26,5
Last education		
1. SD	-	-
2. SMP	3	8,8
3. HIGH SCHOOL	26	76,5
4. UNIVERSITY	5	14,7
Jobs		
1. IRT	10	23,5
2. PNS	8	11,8
3. FARMERS	4	32,4
4. Self-employed	11	32,4

Based on occupation, most primiparous postpartum mothers work as self-employed with a percentage of 32.4% as many as 11 people, postpartum mothers who work as civil servants as many as 4 people (11.8%), farmers as many as 11 people (32.4%), housewives as many as 8 people (23.5%)[9].

Table 2. Distribution of Respondents' Knowledge of Breast Milk Dam Prevention Based on Questionnaire Item "Knowledge" in the Working Area of Gunting Saga Health Center, Kualuh Selatan District,

No.	Question	Answer Options			
		Correct		Wrong	
		F	%	F	%
1	definition of breast milk dam	30	88,2	4	11,8
2	Causes of breast milk dams	21	61,8	13	38,2
3	Time of occurrence of breast milk dam	28	82,4	6	17,6
4	Signs of a breast milk dam	25	73,5	9	26,5
5	The best time to breastfeed your baby	21	61,8	13	38,2
6	Utilization of breast milk that first comes out after childbirth	25	73,5	9	26,5
7	Treatment if the mother has a breast milk dam	14	41,2	20	58,8
8	Consequences that occur when breast milk dam is not treated immediately	29	85,3	5	14,7
9	What to do when a mother experiences a breast milk dam	32	94,1	2	5,9

From table 2, it can be seen a description of the data obtained from the knowledge questionnaire, namely the question that most respondents answered correctly was question no.9, totaling 32 people (94.1%). Meanwhile, respondents who gave the least correct answers were question no. 7, totaling 14 people (41.2%). Then, the respondents who gave the most wrong answers were question no. 7, totaling 20 people (58.8%)[10].

Table 3. Distribution of *Postpartum* Mothers' Knowledge on Prevention of Breast Milk Dams in the Working Area of the Gunting Saga Health Center, Kualuh Selatan Subdistrict

Knowledge	Frequency (n)	Percent (%)
Good	16	47,1
Simply	15	44,1
Less	3	8,8
Total	34	100

From the results of the study, it was found that the knowledge of postpartum mothers was mostly good knowledge as many as 16 people (47.1%), and a small proportion of less knowledge as many as 3 people (8.8%)[11].

Table.4. Distribution of *Postpartum* Mothers' Attitudes Towards Prevention of Breast Milk Dams Based on the Item Item of the "Attitude" Questionnaire in the Working Area of the Health Center Gunting Saga, Kualuh Selatan Distric

No.	Statement	Answer options					
		Agree		<u>Undecided</u>		<u>disagree</u>	
		F	%	F	%	F	%
1	As soon as the baby is born the mother should breastfeed <u>The</u> baby	30	88,2	4	11,8	0	0
2	Mother continues to breastfeed even though she is tired after labor	13	38,2	19	55,9	2	5,9
3	Immediately after the mother's milk dam occurs stop breastfeeding the baby	26	76,5	6	17,6	2	5,9
4	Baby's position is very influential in milk production	27	79,5	6	17,6	1	2,9
5	Nipples should be cleaned with soapy water before and after breastfeeding	10	29,4	12	35,3	12	35,3
6	After giving birth, the mother immediately wears a BH tight to keep her breasts firm	8	23,5	11	32,4	15	44,1
7	Mom only compresses her breasts with warm water if there is a milk dam	10	29,4	12	35,3	12	35,3
8	If there is a milk dam, the baby should be breastfed starting from of the breast affected by the milk dam	18	52,9	9	26,5	7	20,5

From table 4, it can be seen that the description of the data obtained from the attitude questionnaire, namely the statement that is mostly in the agree category answered by respondents is statement no.1, totaling 30 people or (88.2%)[12]. Meanwhile, respondents who gave the least agreed answer were in question no. 6, totaling 8 people (23.5%). Then, the respondents who gave the most undecided answers were in question no. 2, totaling 19 people (55.9%), while the respondents who gave the least undecided answers were in question no. 1, totaling 4 people (11.8%)[13]. Respondents who gave the most disagreeing answers were in question no. 15 people (44.1%) while respondents who gave the least disagreeing answers were in question no.1, namely none[14].

Table 5. Distribution of *Postpartum* Mothers' Attitudes Towards Prevention of Breast Milk Dams in the Gunting Saga Health Center Working Area

Attitude	Frequency (n)	Percent (%)
Positive	27	79,4
Negative	7	20,6
Total	34	100

Of the 34 respondents, most had a positive attitude towards breast milk dam prevention as many as 27 people (79.4%) and a small proportion had a negative attitude as many as 7 people (20.6%)[15].

4. Discussion

a) Knowledge of Postpartum Mothers on the Prevention of Breast Milk Dams in the Gunting Saga Health Center Working Area

In table 3, it can be observed that the knowledge of postpartum mothers on the prevention of breast milk dams is mostly good knowledge as many as 16 people (47.1%) and a small proportion of less knowledge as many as 3 people (8.8%)[16].

This states that postpartum mothers who have a good level of knowledge mean that they have obtained information about breast milk dam prevention from various sources such as electronic media, mass media, family, or from health workers[17]. Meanwhile, postpartum mothers who have a poor level of knowledge are caused by a lack of information and insight obtained by postpartum mothers from electronic media, family, mass media, and health workers[18].

According to Notoatmojdo (2003) knowledge is the result of knowing and this occurs after people perceive certain objects. Most human knowledge is obtained from education, experience of oneself and others, mass media and the environment[19]. Good and sufficient knowledge can be influenced by several factors such as information sources, educational factors[20]. The more a person gets information both from the family environment, the neighborhood, health workers and from the print media. This will affect a person's level of knowledge[21]. Likewise with education, the higher a person's level of education, the better the level of knowledge of postpartum mothers towards the prevention of breast milk dams[22].

Good and sufficient attitudes can be influenced by direct experience that individuals experience towards something and attitudes are not carried from birth but are learned and formed based on individual experiences throughout the course of development during their lifetime[23]. Attitude cannot be separated from the influence of human interaction with one another[24].

Newcomb (2007, in Soekidjo Notoatmodjo, 2007, p. 142) states that attitude is a readiness or willingness to act and not an implementation of certain motives[25]. Attitude is not yet an action or activity, but a predisposition to behavior. In determining this complete attitude, knowledge, thoughts, beliefs and emotions play an important role[26].

b. Postpartum mothers' attitudes towards breast milk dam prevention in the Gunting Saga Health Center Working Area

Table 4 shows that most postpartum mothers have a positive attitude towards the prevention of breast milk dams as many as 27 people (79.4%) and the smallest have a negative attitude as many as 7 people (20.6%)[27].

According to the researcher, this shows that postpartum mothers have a positive attitude because they are supported by good knowledge of breast milk dam prevention[28]. While postpartum mothers who have a negative attitude because they are not supported by good knowledge about the prevention of breast milk dams. This is apart Newcomb states that attitude is a readiness or willingness to act and not an implementation of certain motives. Attitude is not yet an action or activity, but is a predisposition to behavior[29]. In determining this complete attitude, knowledge, thoughts, beliefs and emotions play an important role[30].

5. Conclusion

Based on the results and discussion of this study, it can be concluded as follows: The majority of postpartum mothers' knowledge of breast milk dam prevention in the Gunting Saga Health Center Working Area is in the good category, namely 16 people (47.1%) and the minority is less knowledgeable, namely 3 people (8.8%). The attitude of postpartum mothers towards preventing breast milk dams in the Gunting Saga Health Center Working Area was found to have a

positive attitude, namely 27 people (79.4%) and a small proportion had a negative attitude, namely 7 people (20.6%).

Health workers are expected to continue to improve counseling programs on proper breastfeeding and how to prevent breast milk dams for postpartum mothers.

For Postpartum Mothers, continue to breastfeed their babies even though they are experiencing breast milk dams and take proper care as recommended by health workers.

For Other Researchers Further researchers who will conduct research with the same title can utilize the results of this study as an additional reference and use a larger sample and can be carried out in several locations and use different designs.

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