



THE EFFECT OF A COMBINATION OF MARMET TECHNIQUES AND POST PARTUM MOTHERS BREAST CARE ON THE SLOW DELIVERY OF BREAST MILK

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ABSTRACT

Breast milk is the most perfect food for babies, giving breast milk to babies aged 0-6 months can provide high-value nutrients needed for growth and development of the brain and nerves, can make the baby's body immune to several diseases, Providing Water Exclusive breast milk (ASI) for 6 months throughout the world is still not in accordance with the World Health Organization (WHO) breast milk recommendations which state that breastfeeding is an unrivaled way of providing ideal food for healthy growth and development for babies. Objective: in this study is To determine the smooth flow of breast milk before the Marmet Technique and Breast Care for Post Partum Mothers on the Smooth Expression of Breast Milk at the Pratama Mariana Clinic Deli Serdang, Method: This research uses quasi-experiments. The subject group was observed before the intervention and observed again after the intervention, using the One Group Pre-Test and Post-Test research method. The research began in October 2023. This research involved collecting univariate and bivariate data as well as collecting data from 40 respondents . Results: the research that has been carried out has obtained a Z value of -5.477 with a P value = 0.000, where the P value < α (0.05) conclusion: There is a significant influence of providing the Marmet Technique and Post Partum Mother's Breast Care on the Smooth Expression of Breast Milk in Pratama Mariana Clinic Deli Serdang.

Keywords: breast care; breast milk; marmet technique; post partum mothers

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INTRODUCTION

Breast milk is the most perfect food for babies, giving breast milk to babies aged 0-6 months can provide high-value nutrients needed for growth and development of the brain and nerves, can make the baby's body immune to several diseases and create bonds. emotional relationship between mother and baby, so that (WHO) recommends breast milk to be given at BBL or exclusive breastfeeding (Sudargo, et al., 2019). Meanwhile, the benefits of giving breast milk to babies aged 0-6 months can help optimize the baby's development because breast milk contains fatty acids which can make the baby's brain and physique develop well, (Rilyaniet al., 2021). An indicator that can be a measure of the success of efforts to improve health babies and toddlers, one of the efforts implemented is by giving exclusive breast milk as early as possible (Purnamasari and Hindiarti, 2020).

Based on research (Ekajayanti et al., 2021) states that one effort that can be made to stimulate the hormones prolactin and oxytocin in mothers after giving birth can be done using the marmet technique. Marmet massage is a combination of expressing breast milk and massaging the breasts so that the breast milk ejection reflex can be optimal. The better the marmet massage is carried out by health workers, the better the milk production in post partum mothers (Muslimah et al., 2020). Based on research (Solehaet.al 2019) with it is said that breast care for post partum mothers can influence the level of breast milk production if it is done well and correctly so that the care given to the breasts can help Cleaning the breasts, overcoming breastfeeding problems and stimulating the hormone Prolactin, so that this can increase breast milk production. Based on the background above, my purpose as a researcher is to find out the smoothness of breast milk production in Post Partum mothers before performing the Marmet Technique and Breast Care, the smoothness of the production of ASI in Post Partum mothers after performing the Marmet Technique and Breast Care, and how the "Effect of the Combination of Marmet Techniques and Breast Care of Postpartum Mothers on the Smoothness of Breastfeeding at Pratama Clinic Mariana Deki Serdang tahun 2023"

METHOD

This research uses One Group Pre-Test and Post-Test research without a control group, the subject group is observed before the intervention, and observed again after the intervention. Before being given a certain treatment, one group was given a pre-test, then after being given the treatment, another measurement was taken to determine the cause and effect of the treatment. Causation testing is carried out by comparing the results of the pre-test with the post-test. This research involved collecting univariate and bivariate data as well as collecting data from 40 respondents .

RESULTS

Table 1.
Characteristics of Respondents Based on Age and Parity (n=40)

Age	f	%
<20	5	12,5
20-35	32	80,0
>35	3	7,5
Parity		
Primipara	19	47,5
Multipara	21	52,5

Table 1 shows that of the 40 respondents, the majority were post partum mothers aged 20- 35 years, namely: 32 respondents (80.0%), the minority of post partum mothers aged >35 years, namely: 3 respondents (7.5%), and the majority of parity were multiparous, namely: 21 respondents (52.5%), Parity minorities are primiparas, namely: 19 respondents (47.5%)

Table 2.
Frequency Distribution of Breast Milk Flow Before and After Combination Treatment of Marmet Technique and Breast Care in Post Partum Mothers on the Smooth Expression of ASI (n=40)

Category	Criteria	f	%
Before Treatment			
Not Smooth	1	31	77.0
Smooth	2	9	22.0
After Treatment			
Not Smooth	1	1	2.5
Smooth	2	39	97.5

Table 2 shows that of the 40 post partum mother respondents before the marmet technique and breast care were carried out, the majority were not fluent, namely: 31 respondents (77.0%), the minority were fluent, namely: 9 respondents (22.5%). Meanwhile, after carrying out the marmet technique and breast care, the majority were fluent, namely: 39 respondents (97.5%), the minority were not fluent, namely: 1 respondent (2.5%).

Table 3.
Effect of Marmet Technique and Breast Care in Post Partum Mothers on the Smooth Expression of Breast Milk (n=40)

Smooth breastfeeding	Mean	Median	Z	p value
Before Intervention	1,30	1,00	-5,477	0,000
After Intervention	1,98	2,00		

Table 3, it was found that the average value of breast milk flow before treatment was 1.23, while the average breast milk flow after treatment was 1.98, so it can be seen that there was an increase in the average flow of breast milk before and after Marmet technique was carried out on post partum mothers. After carrying out the Wilcoxon test, the z value was - 5.477 with a p value = 0.000, where the p value < α (0.05) means that there is an influence of the combination of marmet techniques for post partum mothers on the smooth delivery of exclusive breast milk for BBL at the Pratama Mariana clinic Deli Serdang.

Table 4.
Effect of Breast Care in Post Partum Mothers on the Smooth Expression of Breast Milk (n=40)

Smooth breastfeeding	Mean	Median	Z	p Value
Before Intervention	1,23	1,00	-5.477	0.000
After Intervention	1.98	2.00		

Table 4 it was found that the average value of breast milk flow before treatment was 1.23, while the average breast milk flow after treatment was 1.98, so it can be seen that there was an increase in the average breast milk flow before and after breast care for post partum mothers. After carrying out the Wilcoxon test, the z value was - 5.477 with a p value = 0.000, where the p value < α (0.05) means that there is an influence of breast care for post partum mothers on the smooth delivery of exclusive breast milk for BBL at the Pratama Mariana Deli clinic Serdang.

DISCUSSION

Characteristics of Respondents Based on Age and Parity

Based on table 3.4, it was found that the average value of breast milk flow before treatment was 1.23, while the average breast milk flow after treatment was 1.98, so it can be seen that there was an increase in the average breast milk flow before and after breast care for post partum mothers. After carrying out the Wilcoxon test, the z value was - 5.477 with a p value = 0.000, where the p value < α (0.05) means that there is an influence of breast care for post partum mothers on the smooth delivery of exclusive breast milk for BBL at the Pratama Mariana Deli clinic Serdang. This is in line with research by Widiastuti et al. (2020), who found that the ideal reproductive age for mothers is between 21 and 40 years. Between 20 and 35 years is the ideal age for producing milk, but young mothers aged 20 to 25 are afraid, confused and worried when their babies cry, including children. Without the mother's psychological response, it inhibits the hormones prolactin and oxytocin which can affect production. At the age of 35, reproductive hormone function declines, but at this age

emotional maturity is reached, and the average mother already has a lot of experience breastfeeding herself and others.

The results of this research are in line with research by Lubis et al. (2021), which states that there is an influence on the success of exclusive breastfeeding in multiparous mothers because these mothers already have experience with previous children. According to Noviyana et al. (2022), the results of research on postpartum mothers regarding the smooth delivery of exclusive breast milk at BBL in multiparous mothers were due to the fact that these mothers already had experience with previous children. According to the research assumption, that is from the results of research that has been carried out at the Clinic Pratama Mariana said that the smooth production of breast milk is found in multiparous mothers this is because multiparous mothers have far more knowledge than primiparas apart from that, multiparous mothers also have experience with previous children.

The smoothness of breast milk production in post partum mothers Before and after the combination of Marmet Technique and Breast Care

From the results of research that has been carried out from 40 respondents of post partum mothers who have performed the Marmet technique and breast care, then the results before being given the Marmet technique and breast care are found the amount of breast milk that is smooth is 22.5%, while after being given the marmet technique and breast care in postpartum mothers, the result is an increase in breast milk of 97.5%. From the research results that have been obtained that there is the Effect of the Combination of Marmet Technique and Breast Care of Postpartum Mothers on the smoothness of breast milk production at Mariana Deli Primary Clinic Serdang. The results of this research are in line with research conducted by Wasis Pujiati et al. in 2022, entitled "Marmet Technique for Smooth Breastfeeding in Post Partum Mothers." The results of this study show that the Marmet technique is very effective in increasing the flow of breast milk for mothers who have just given birth. Smooth breast milk production can be achieved through hormones, one of which is the hormone oxytocin. The sucking sensation that the baby makes when breastfeeding is then passed on to the hypothalamus where oxytocin is produced, which then triggers the smooth muscles located around the breast milk-making cells to release it.

According to research assumptions, breast care is very important to facilitate the release of breast milk by stimulating the milk glands through massage. Breast care is done by massaging, applying compresses and cleaning the areola and nipples, this can improve blood circulation and prevent blockages in the lactiferous ducts so that it can facilitate the release of breast milk, prepare the breasts before the breastfeeding process, and stimulate the secretion of the hormone oxytocin.

CONCLUSION

Expression of breast milk before the Marmet Technique and Breast Care for Post Partum Mothers. The average score obtained by the majority of non-fluent breast milk was 31 respondents (77.0%) and the minority breast milk was smooth as many as 9 respondents (22.5%). Expression of breast milk after carrying out the Marmet Technique and Breast Care for Post Partum Mothers. The average value obtained by the majority of breast milk was fluent, 39 respondents (97.5%) and the minority was not fluent, 1 respondent (2.5%). There is a significant effect of providing the Marmet Technique and Breast Care for Post Partum Mothers on the Smooth Expression of Breast Milk at the Pratama Mariana Clinic in Deli Serdang. This can be seen from the Wilcoxon test results which show a Z value of -5.477 with a P value = 0.000, where the P value < α (0.05).

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