



## **THE EFFECT OF BREASTFEEDING INSTRUCTION ON THE BREASTFEEDING BENEFITS FOR PRIMIPAROUS POSTPARTUM**

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### **ABSTRACT**

To determine whether breastfeeding technique education has an impact on the ability of postpartum primiparous mothers to breastfeed successfully. The study was a pre-experiment with only one group of one group pretest-posttest approach. 23 postpartum primiparous mothers were applied in this study using purposive sampling. The study was conducted at the Fitri Asih Clinic, Patumbak District, Deli Serdang Regency in 2024. Data were collected using The Latch Score assessment to identify breastfeeding instructions. The Wilcoxon test was used to analyze the data. There is a difference in the success of breastfeeding in primiparous postpartum mothers before and after receiving breastfeeding technique counseling ( $p=0.001$ ). Based on the results of the study, the success of breastfeeding in primiparous postpartum mothers at the Fitri Asih Clinic, Patumbak District, Deli Serdang Regency in 2024 was influenced by education on breastfeeding techniques in primiparous postpartum mothers.

Keywords: breastfeeding; education; primiparous postpartum

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## **INTRODUCTION**

One of the best actions is breastfeeding to get ideal nutrition for babies. Breast milk is very important for the development and growth of babies so it is important for mothers to understand how to provide breast milk care (Modak et al., 2023). Exclusive breastfeeding means giving only until the baby is six months old, breast milk alone without additional food or fluids, and continuing breastfeeding for up to 2 years (Naah et al., 2019). It is known that breast milk alone given by a mother to her baby contributes significantly to increasing the baby's defense against disease and protecting it from several diseases that endanger the baby's health. In addition, the main benefit of exclusive breastfeeding is that it can support and support the development of the baby's brain and body. However, many mothers do not provide exclusive breastfeeding for various reasons (Camacho-Morales et al., 2021). The World Health Organization (WHO) recommends that newborns be exclusively breastfed for 6 months of their lives to ensure ideal development and well-being. Currently, 52% of infants under six months in Indonesia achieve exclusive breastfeeding. Indonesia has exceeded the WHO target (50% by 2025) and the government's target in the National Medium-Term Development Plan (World Health Organization, 2024).

In 2022, the number of newborns who received early initiation of breastfeeding was 86.5% nationally. The province with the highest early initiation value The highest percentage of newborns (99.2%) is in DKI Jakarta Province. Bali Province, on the other hand, has the lowest early initiation of breastfeeding rating (63.0%). The target for early initiation of

breastfeeding is 62% in 2022, so the target has been achieved in every province. The number of six-month-old babies who were only given breast milk in 2022 was 61.5%. West Nusa Tenggara Province had the highest percentage (80.1%). However, West Papua Province had the lowest percentage, namely 10.7%. Nine provinces failed to meet the program's 2022 targets, especially the provinces of Gorontalo, Maluku, Papua, West Papua, North Maluku, North Sulawesi, Riau, and North Sumatra (Badan Pusat Statistik, 2024). In addition, the percentage of exclusive breastfeeding in 2022 is less than the target of 50% as stated in the Strategic Plan of the North Sumatra Provincial Health Service (Ismail et al., 2022).

Health education is the best action for postpartum mothers. Effective health education is the process of disseminating knowledge to change the behavior of individuals, communities, or groups so that they maintain healthy behaviors and actively contribute to achieving optimal health. Providing health education can increase the duration of breastfeeding. Therefore, Promotion is one method to achieve this, especially through health education or counseling combined with knowledge of correct breastfeeding practices (S et al., 2023). Breastfeeding techniques with poor attachment and position will affect the success of breastfeeding and can be the main cause of breastfeeding failure. Therefore, support from husbands, families, and medical personnel (midwives) is very much needed so that mothers are confident that they can produce enough breast milk for their babies. Health promotion efforts by educating mothers about proper breastfeeding techniques have an impact on increasing their knowledge and skills in breastfeeding (Nasrabadi et al., 2019). Breastfeeding can be effective if done with proper breastfeeding techniques. The following are some variables that affect breastfeeding techniques, namely early breastfeeding, knowledge, education, gender equality, and health education of medical professionals. Media-based health education includes information and instructions aimed at promoting the use of breastfeeding. The main problem is that mothers need more support and information to increase their confidence in their ability to breastfeed successfully (Basrowi et al., 2024). Therefore, The purpose of this study is to determine whether there is an influence in providing breastfeeding technique education on the effectiveness of breastfeeding in primiparous postpartum mothers.

## **METHOD**

The study was a pre-experiment with only one group of one group pretest-posttest approach. This design includes a pre-test before providing health education on breastfeeding techniques so that the results of the counseling or education on breastfeeding techniques can be understood more precisely. The sample in this study was all primiparous postpartum mothers who were breastfeeding at the Fitri Asih Clinic, totaling 23 respondents on April 22 - May 18, 2024. Purposive sampling was the strategy for the sample used in this study, and inclusion criteria included breastfeeding mothers, mothers who were primiparous after giving birth, mothers who were willing to participate in the survey, mothers and infants who received shared care, and mothers who did not have medical conditions that could prevent them from producing enough breast milk, such as cleft palate, cleft lip, galactosemia. Exclusion criteria were conditions of mothers and infants who received intensive care. Data were collected using the LATCH score. The LATCH score is one of the research tools used to determine Latch-on, Audible swallowing, Type of nipple, Comfort, and Hold. The LATCH score is used by researchers to evaluate the effectiveness of breastfeeding technique education given to primiparous postpartum mothers before and after the intervention (Brugaletta et al., 2020). The Wilcoxon test was used to analyze the data. Ethical clearance of this study has been carried out at the Research Ethics Commission Section of the Institut Kesehatan Deli Husada with Number 2313/KEP-IKDH/XI/2024.

## RESULTS

Based on the characteristics of respondents, age, and education were found in a study conducted on 23 respondents at the Fitri Asih Clinic, showing that 14 respondents, or 60.9% of the sample, were between 20-25 years old and 4 respondents (17.4%) were a minority of respondents under 20 years old. The majority of education levels were high school, as many as 14 respondents (62.9%), and the minority of primary school education levels were 1 respondent (4.3%) (Table 1).

Table 1.  
Respondent characteristics (n=23)

Respondent characteristics	f	%
Age (year)		
>20	4	17,4
20-25	14	60,9
>25	5	21,7
Education		
Primary school	1	4,3
Junior school	3	13
High school	14	60,9
Bachelor	5	21,7

20 respondents (87%), the majority of respondents, had sufficient effectiveness before receiving instructions on breastfeeding practices (Table 2).

Table 2.

Effectiveness of breastfeeding before being given breastfeeding technique education at the Fitri Asih Clinic

Level of effectiveness	f	%
Effective	3	13
Quite effective	20	87
Not effective	0	0

Table 3 shows that most respondents (91.3%) felt effective after receiving counseling on breastfeeding techniques. Of the respondents, 21 respondents felt effective.

Table 3.

Effectiveness of breastfeeding after being given breastfeeding technique education at the Fitri Asih Clinic

Level of effectiveness	f	%
Effective	21	91,7
Quite effective	22	8,3
Not effective	0	0

Based on table 4, shows that the results of the statistical test found a value of  $p < 0.001$  at a significance level of  $p < 0.05$ . This indicates that the  $H_a$  of the study is accepted, which shows that breastfeeding method education affects the effectiveness of postpartum primiparous mothers at the Fitri Asih clinic breastfeeding their babies.

Table 4.

Wilcoxon Test of Breastfeeding Effectiveness for Primiparous Postpartum Mothers at Fitri Asih Clinic

Information	Result	N	Mean	Wilcoxon value	p-value
After being given education < Before being given education	Negative	0	0,00	-4,240	0,001
After being given education > Before being given education	Positive	21	11,00		
After being given education = Before being given education	Ties	2			

## DISCUSSION

In this study, primiparous postpartum mother's age is in the range of 25-35 years. In line with previous research which states that a good reproductive age is 25-35 years because the mother

maintains healthy breast milk production because she is still in good health and has good fertility (Chowdhury et al., 2015). Meanwhile, the educational mothers are high school. The level of education and experience of a mother play an important role in ensuring the success of exclusive breastfeeding (Laksono et al., 2021). Twenty-one mothers shown the effectiveness of breastfeeding by primiparous postpartum mothers after being given education on breastfeeding techniques. This is due to the age and education factors of the mother, age >20 and the latest education is primary school and junior high school. In essence, as the mother's age increases, her experience can also increase, from other people or herself (Wanadi et al., 2023).

This study is in line with previous studies, postpartum mothers are given education about breastfeeding techniques and health issues. This education aims to help mothers improve their breastfeeding skills before and after counseling. Based on the data, as many as 12 postpartum mothers (75%) did not know anything about breastfeeding before receiving breastfeeding health counseling, however, as many as 16 respondents (100%) knew something about breastfeeding after receiving education (Ghunu & Nirwana, 2022). The results of the research data analysis showed that the  $p\text{-value} = 0.001$  ( $p < 0.05$ ) indicated that providing education on breastfeeding techniques had an impact on the success of postpartum mothers in breastfeeding at the Fitri Asih Clinic. Zaini et al. (2024) stated that there was a significant difference between the intervention group and the control group in terms of the effectiveness of breastfeeding after the intervention ( $p = 0.001$ ). In the intervention group, the average breastfeeding effectiveness score before the intervention was  $62.50 \pm 7.23$ . The average breastfeeding effectiveness score after the intervention was  $79.35 \pm 7.56$ . There was an increase in the average breastfeeding effectiveness score after the intervention in the intervention group,  $p = 0.001$ .

Previous research has also suggested a correlation between health literacy and the ability to breastfeed effectively after discharge from the hospital. The report goes on to say that receiving health education both before and after breastfeeding increases the likelihood of doing so (Fatmawati et al., 2023). Mothers who receive health education are better prepared to breastfeed their children healthily. Because breastfeeding education has the power to change mothers' attitudes toward breastfeeding, it is essential to achieving a pleasant breastfeeding experience (Cook et al., 2021). Breast milk production is also influenced by the mother's comfort level (comfort) and how she places her baby on the breast (hold) (Pérez-Escamilla et al., 2023). Providing health information about breastfeeding procedures is very important to minimize the possibility of failure in exclusive breastfeeding (Hamer et al., 2022). To breastfeed a baby with the correct position and attachment between mother and baby, the correct breastfeeding technique must be used (Parashar et al., 2015). Mothers need to have breastfeeding techniques to ensure a smooth breastfeeding experience (Husnah, 2024). Good baby fixation (breast latch), correct body position of mother and child (body position), and effective breastfeeding on the mother's breast are indicators of successful breastfeeding (Joshi et al., 2016).

## **CONCLUSION**

Based on the results of the study, it can be seen that as many as 23 postpartum primiparous mothers before receiving education on effective breastfeeding methods 3 as many respondents (13%) and after receiving education on effective breastfeeding techniques, 21 respondents (91.3%) breastfed. The results of the Wilcoxon test showed a sig value of  $p < 0.001$ , which means that the sig value If  $p$  is less than 0.05 then  $H_a$  is accepted and  $H_o$  is rejected. This shows that in 2024 the effectiveness of breastfeeding in primiparous postpartum mothers at

the Fitri Asih Clinic, Patumbak District, Deli Serdang Regency is influenced by breastfeeding technique education.

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