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BREASTFEEDING FREQUENCY WITH SMOOTH BREAST MILK DISCHARGE IN POST PARTUM MOTHERS

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ABSTRACT

Problem: Exclusive breastfeeding in infants can reduce infant mortality due to infection by up to 80% and can also help reduce the risk of stunting, obesity, and chronic diseases in the future. In Bengkulu Province, the coverage of exclusive breastfeeding is 22%. The low coverage of exclusive breastfeeding is due to several factors including the smoothness of breast milk production. **Objective:** To determine the relationship between breastfeeding frequency and the smoothness of breast milk production in postpartum mothers. **Method:** This type of research is a quantitative research in the form of an analytical survey with a cross-sectional approach. The sample in this study were 30 postpartum mothers in the working area of the Sawah Lebar Health Center, Bengkulu City, using a systematic random sampling technique. The data used are primary data, processed using univariate, bivariate statistical tests Chi-square test. **Results:** The results of the study showed that there was a relationship between breastfeeding frequency and the smoothness of breast milk production in postpartum mothers at the Sawah Lebar Health Center, Bengkulu City with a ρ value of 0.003 <0.05 with a risk estimate value of 25.667.

Keywords : Frequency of Breastfeeding, Smoothness of Breast Milk Production

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1. INTRODUCTION

Breast milk (ASI) is the best food for babies that contains colostrum and is rich in antibodies because it has a protein content that is useful as a body's immune system so that breastfeeding can reduce the risk of infant death. Breast milk is easily digested by babies and is immediately absorbed. Breast milk helps children grow and develop optimally and protects children from disease (Rey, 2017).

Babies who are exclusively breastfed have a lower risk of getting sick compared to babies who are not exclusively breastfed. Exclusive breastfeeding to babies can reduce infant mortality due to infection by up to 80% and can also help reduce the risk of stunting, obesity, and chronic

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diseases in the future. 36-37% of babies are sick because they are not exclusively breastfed (Rohmayanti, 2020).

The 2018 Basic Health Research (Riskesdas) explained that the coverage of exclusive breastfeeding is still not optimal, only reaching 37.3%. In Bengkulu Province, the coverage of exclusive breastfeeding is 22%. The low level of exclusive breastfeeding is due to several factors. A phenomenon that often occurs in breastfeeding mothers is the irregularity of breast milk production which causes the baby to cry often so that the baby refuses to breastfeed (Naziroh 2019). The process of providing breast milk can be hampered by the reason that breast milk production stops. Breast milk production is closely related to various factors including food, use of contraceptives, breast care, rest patterns, child sucking factors or breastfeeding frequency, baby's birth weight, gestational age at delivery, peace of mind and soul, breast anatomy, physiological factors, cigarette and alcohol consumption

The postpartum period is also called the postpartum period which begins after the placenta is born until the reproductive organs return to normal as before pregnancy which lasts approximately 6 weeks (Marmi, 2012). One thing that needs to be considered in the postpartum period is breastfeeding. Breastfeeding is a process of giving breast milk from the mother's breast directly to her baby (Sumastri, 2012). The process of releasing breast milk is related to the hormones prolactin and oxytocin.

Breast milk production can be influenced by various internal and external factors. Internal factors that influence such as knowledge of breast care, diet and nipple problems while external factors include food, peace of mind and soul, use of contraception, breast care, physiological factors, rest patterns, child sucking factors or breastfeeding frequency, birth weight, gestational age at birth (Kadir, 2016).

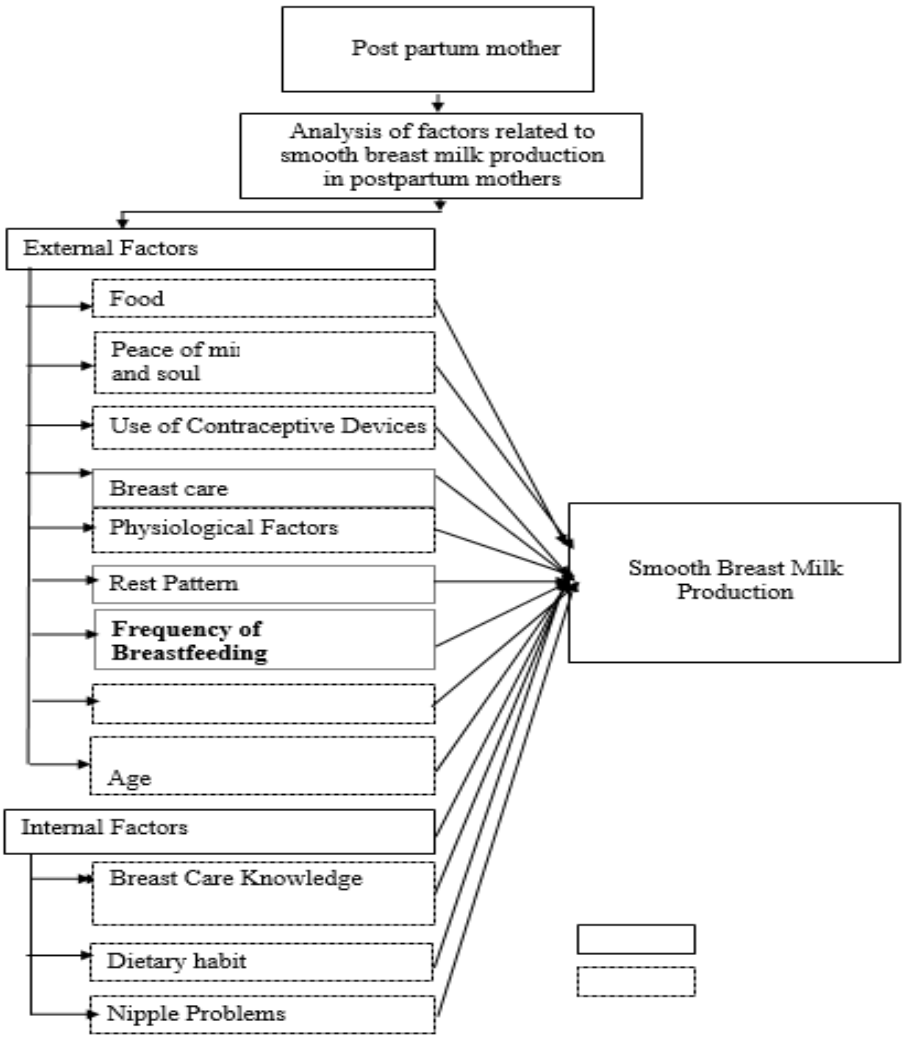
The frequency of breastfeeding is related to breast milk release. Babies should be breastfed every 2 hours or whenever the baby needs it with the position must be changed. If the baby is a baby who falls asleep easily, the mother must be more active in waking him up by changing the breastfeeding position or even by tickling his feet while breastfeeding so that the baby stays awake. If the baby is not full after breastfeeding, empty one breast and give the other breast. The more often breast milk is given to the baby, the smoother the milk production will be and the baby's need for nutrients from breast milk will also be met (Utami R, 2020). The survey results also showed that 46% of breast milk problems occurred due to inadequate breast care, 25% due to breastfeeding frequency of less than 8x/day (Ministry of Health, 2018).

The Indonesian Demographic Health Survey (SDKI, 2017) found that 4.3% of babies received breast milk on the first day. Meanwhile, the number of breastfeeding for babies under 2 months old was 59%, breastfeeding between 2-3 months 43.5%, breastfeeding between 4-5 months 14.7% and between 6-7 months 9.0%. Meanwhile, based on the profile data from the Bengkulu Provincial Health Office, it is known that the data on newborns and the number of babies who received exclusive breastfeeding in 2020 were 6,729 people and 66.4% or 706 people. In 2021, it is known that the number of newborns was 6,779 people with the percentage of babies who received exclusive breastfeeding of 69.3% or 706 people, in 2022, the number of

newborns was 6927 people with the percentage of babies who received exclusive breastfeeding of 52.9% or 627 people.

Based on data from the Bengkulu City Health Office in 2022, the highest percentage of exclusive breastfeeding in Bengkulu City was at the Beringin Raya Health Center at 96.3% and the lowest percentage of exclusive breastfeeding was at the Sawah Lebar Health Center at 17.1%. The survey was conducted by interviewing 5 postpartum mothers, 4 mothers said they gave their babies additional breast milk with formula milk and 1 was the one who only gave breast milk. Of the 4 mothers who gave formula milk, they said their babies did not consume enough breast milk because the mother's breast milk production was not smooth. 2 mothers said that breast milk was not smooth because at birth breast milk did not come out, because of lack of rest breast milk decreased, while 2 other mothers said they gave formula milk because breast milk did not come out because the baby slept a lot so the frequency of breastfeeding was irregular.

2. THEORETICAL FRAMEWORK



3. METHODOLOGY

This type of research is quantitative research in the form of analytical survey with a cross-sectional approach. The sample is a portion taken from the entire population of the object being studied and is considered to represent the entire population being studied (Sugiyono, 2013). Sampling using the sampling method by systematic random sampling or simple random sampling. The sample is 30 postpartum mothers in the working area of the Sawah Lebar Health Center, Bengkulu City. Data collection uses primary data, processed univariately and bivariately.

4. RESULTS AND DISCUSSIONS

a. Frequency of Breastfeeding

Table 1. Distribution of Breastfeeding Frequency

Frequency of Breastfeeding	Amount (n)	Percentage (%)
Good	17	57
Not good	13	43
Amount	**30**	**100**

Source: Processed Secondary Data, 2023

Based on table 1, it is known that most (57%) postpartum mothers have good breastfeeding frequency and a small portion (43%) postpartum mothers have poor breastfeeding frequency. Poor breastfeeding frequency is because postpartum mothers' breast milk is only available in small amounts so they are limited to providing breast milk directly and must replace it with formula milk. Another influencing factor is that mothers return to work after maternity leave is over, therefore the time for mothers to optimize the frequency of direct breastfeeding cannot be met properly.

The efforts of postpartum mothers to provide optimal breastfeeding are supported by factors such as abundant breast milk supplies for mothers which allow them to provide breast milk every 2 hours a day. Moreover, mothers accompany their babies for 24 hours. From the results of the questionnaire, it can be seen that many mothers who breastfeed with a frequency of 11-12 times per day are mothers with the profession of housewives (IRT), where they have more time to be with or accompany their babies so that they can indirectly provide breast milk at any time when the baby is hungry or needs it.

Breastfeeding frequency is one effort to increase breast milk, ideally the frequency of breastfeeding is 8 times per day. Mothers who breastfeed with good frequency will have the possibility of producing breast milk smoothly. This frequency of breastfeeding is related to the ability of hormone stimulation in the mammary glands. The more often the baby suckles on the mother's breast, the more breast milk is produced and released (Pomarinda S, 2020).

In line with Utami R (2020), who stated that there are several inhibiting factors for mothers in providing breast milk, including the mother's education, the mother's inadequate knowledge about breast milk, the mother's socio-economic and work that takes up a lot of time compared to accompanying her child, and limited or not much breast milk production.

b. Smooth flow of breast milk

Table 2. Distribution of smooth breast milk production

Smooth Breast Milk Production	Amount (n)	Percentage (%)
Fluent	16	53
Not smooth	14	47
Amount	**30**	**100**

Source: Processed Secondary Data, 2024

Based on table 2, it is known that most (53%) postpartum mothers produce breast milk smoothly and a small portion (47%) postpartum mothers produce breast milk that is not smooth. Breast milk that is not smooth in postpartum mothers is caused by several factors, including the lack of awareness of mothers regarding the importance of providing breast milk as often as possible even though breast milk production is small, but basically it must still be done to stimulate increased breast milk production. The lack of awareness of mothers is certainly accompanied by the lack of knowledge they have about the benefits of providing breast milk for babies and breastfeeding mothers themselves, which is based on a background of middle to low education. Another factor that causes breast milk that is not smooth is the mother's job which requires them to work outside the home leaving their babies such as civil servants and private employees.

Another factor that makes the mother's breast milk not smooth is the condition of the nipples that do not come out, making it difficult for the baby to suckle. The findings based on the questionnaire that the supporting factors that make breast milk not smooth are the work activities and busyness of breastfeeding mothers, this condition makes the mother feel tired more easily and the bonding with the baby becomes less, thus affecting breast milk production.

Smooth breastfeeding is supported by the mother's previous breastfeeding experience. This experience is obtained by mothers from direct knowledge from health workers, their parents and also from friends in their environment who have gone through the process of breastfeeding their babies. Therefore, mothers in the Pajar Bulan Health Center Work Area are able to provide breast milk smoothly.

The Indonesian Ministry of Health (2020) states that the psychological factors of mothers in breastfeeding have a very large influence on the breastfeeding technique process, the production of breast milk produced and the success of running the breast milk program until the baby is 2 years old. Mothers who are stressed and worried can reduce breast milk production. This is because what actually plays a major role in producing breast milk is the brain, the brain that controls and regulates the release of breast milk.

c. Frequency of Breastfeeding with Smooth Breast Milk Production

Table 3. Relationship between Breastfeeding Frequency and Smoothness of Breast Milk Production

Frequency of Breastfeeding	Smooth Spending ASI				Amount		OR (95% CI)	P *Value*
	Not that smooth		Fluent					
	N	%	N	%	N	%		
Not Good	11	84,6	2	15,4	13	100		0,000
Good	3	17,8	14	82,4	17	100	25,667 (3,631-181,437) Lower - Upper	
Amount	14	46,7	16	53,3	30	100		

Based on Table 3, it is known that out of 13 postpartum mothers whose breastfeeding frequency was poor, 11 (84.6%) showed less than smooth breast milk production and 2 (6.9%) showed smooth breast milk production. The table above also shows 17 postpartum mothers with good breastfeeding frequency, 3 (17.6%) whose breast milk was less than smooth and 14 (82.4%) showed smooth breast milk production. Based on the Pearson chi-square value, the ρ value is 0.000 <0.05, which means that there is a relationship between rest patterns and smooth breast milk production in postpartum mothers at the Sawah Lebar Health Center, Bengkulu City.

In providing breast milk, there is no right time or no need to schedule how many times a day to give breast milk to the baby. On-demand breast milk is breastfeeding according to the baby's request. To fulfill the baby's nutritional needs, mothers are advised to breastfeed >8 times a day. On-demand breast milk can be adjusted to a schedule every 2-3 hours. In terms of breastfeeding, if the baby is sleeping, there is no need to wake him up because the time span is 2-3 hours, especially at night, and a baby who has only been breastfed ½ hour before can be given breast milk again if the baby wants it.Menyusui harus dilakukan di kedua payudara hal ini bertujuan untuk menjaga keseimbangan bentuk payudara dan bayi memperoleh zat gizi yang cukup dari ASI. Apabila payudara terasa kosong maka sebaiknya ibu mulai menyusui dikarenakan produksi ASI menjadi maksimal dan lemak ASI dapat dikonsumsi bayi. Foremilk keluar di awal menyusui dan kaya akan protein dan hindmilk di akhir menyusui yang kaya akan karbohidrat serta lemak.

This study is in line with research conducted on breastfeeding mothers at the 23 Ilir Palembang Health Center where there is a significant relationship between breastfeeding frequency and breast milk production where the more often breastfeeding is given to babies, the smoother the production of breast milk. The baby's sucking on the nipple will stimulate the hormones prolactin and oxytocin so that the production and release of breast milk increases (52). Another study conducted on postpartum mothers in Matang Janeng Village showed that mothers who breastfeed regularly will increase breast milk production with a p-value (0.003). The obstacles that cause breast milk production to be irregular are lack of knowledge due to the mother's low education and the mother's work that drains energy and time. The frequent

sucking of the mother's nipple will increase breast milk production, and vice versa, children who stop breastfeeding cause a decrease in breast milk which can cause the baby to be malnourished. Providing breast milk regularly must also be supported by a regular diet and consumption of nutritious foods.

The results of the study showed that most mothers did not know whether the breast milk they gave was sufficient to meet their baby's nutritional needs every day. This is indicated by the number of mothers who breastfeed for 6 months, the more often the baby is given food other than breast milk, the more the frequency of the mother in breastfeeding at night is very important in the success of breastfeeding where the prolactin hormone is more active at night so that there is an increase in breast milk production. Breastfeeding should be done according to the baby's wishes (on demand) at least eight times a day, especially at night.

5. CONCLUSION

The more often a mother breastfeeds her baby, the smoother the production of breast milk. The more often the baby is given food other than breast milk, the less frequent the mother is in breastfeeding at night, which is very important in the success of breastfeeding where the hormone prolactin is more active at night so that there is an increase in breast milk production.

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