

The Influence Of Demonstration Methods On Skills Care Breast On Mother Nifas In Pbm (Practice Independent Midwife)

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ABSTRACT

Correct breastfeeding technique is one influencing factor for successful breastfeeding, with a target for the province of South Kalimantan of 80% of babies exclusive breastfeeding, correct breastfeeding technique is one influencing factor for successful breastfeeding. Study this aim for knowing the influence of method demonstration on Skills cares mother's breast childbirth. Method: Research this is pre-experimental research with a one-group pretest approach posttest design, and retrieval sample with a purposive sampling technique amounted to 30 mothers postpartum customized with criteria inclusion and exclusion. The instrument in a study is a checklist. The data analysis used is Wilcoxon. Result: Average skill score of the respondent before being given the demonstration is 6.17 meanwhile score of Skills respondents after being given the average demonstration is 14.63. Statistical test results bivariate obtained p value = $0.000 < \alpha = 0.05$. There is an influence of Demonstration Care Breast to Skills Care Breasts on Postpartum Mothers in the PBM work area. Discussion: Yes influence demonstration care breast to Skills care mother's breast childbirth. Need developed use of media, tools, and methods in as an effort to strengthen education health mother childbirth specifically about care breasts that can support breastfeeding success both through institutions education and giving service health.

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1. INTRODUCTION

ASI Exclusive is giving breastfed babies only without giving food and other drinks to the baby from born until the baby is 6 months old, except for drug vitamins. Exclusive Breastfeeding is a gift ASI (Breast Milk) as early as possible after childbirth, given without a timetable and no given food other, although only plain water, and arrived baby age 6 months.

According to the data obtained from Profile Indonesia Health Year, 2018 coverage visit childbirth in Indonesia is 84.41%. So e cara national scope gift ASI exclusively for babies age not enough from six months as big 54.0% has reached the target. for covers gift ASI (Water Milk Mother) Exclusive in Indonesia as much 54.0%.

The wrong effort to reproduce ASI so permanently fluent is to give care special, that is with gift stimulation of the muscles of the breasts and to prevent problems that possibly arise mother breastfeeding, should care breast done by. Mothers can get information care boobs the moment following class mother is pregnant, in the health center, during house maternity, homesickness, or during a visit period childbirth. But not all mothers get information and treatment care boobs, so many problems with breastfeeding occur as breasts are swollen, so the need for education on health.

Method Demonstration is something effort learning or process study with method practice use demonstration aimed at the respondent with destination order respondents easier in understand and practice what which has he got and could resolve something problem which occurs in connection with which already demonstrated.

Method demonstration is very good used for getting description clear about things which relate to the process arrange something, the process of making something, the process it works something, the

The Influence Of Demonstration Methods On Skills Care Breast On Mother Nifas In Pbm (Practice Independent Midwife). Siti Maria Ulfa, et.al

process work or using it, a hope which forms something, comparing something method other, as well as for knowledge and see truth something (Nursalam & Effendi, 2008).

Advantages method demonstration Among others could make process learning Becomes clear and more concrete, thereby could avoid too much use of verbal language, participants educate expected more easily understand what which learned, process teaching will be more interesting, participant education pushed for more active in observing, adapt Among theory with reality, and try to do it alone.

Studies Introduction made by a writer with Interview 10 mother breast in the work area Public health center coral pulley found results that is, 7 (70%) mother childbirth once hear about care boobs, but 3 (30%) mother childbirth never heard breast care, and 8 (80%) mothers childbirth no once taught about care breast as well as only 2 (20%) mother childbirth who can practice it. As well as Mother childbirth has problems breast-feed as much 7 (70%) people, and the problem is putting milk blisters as much 6 (60%) people.

2. METHODS

Study this use design study Pre-Experimental with approach Study this with the one group pretest post-test. The pre-test was done before the mother get demonstration care breast, and the post-test evaluated the Skills care breast after the mother get demonstration care boobs. Intervention demonstration care breast for 30 minutes as much as 1 time on the respondent. The post-test will be done on the day 2nd after the intervention.

The sample for the study is all mothers postpartum 0-42 days in the work area Karang Pule Health Center during research on the moon from March until month June 2018 with a total sample of 30 mothers puerperium 0-42 days. Retrieval technique sample in research by non-probability sampling with the purposive sampling method

Analysis Univariate used to describe the characteristics of each variable are described in table distribution frequency. The bivariant analysis also proves an incorrectly formulated hypothesis.

3. RESULTS AND DISCUSSION

From the amount of sample taken _ based on criteria inclusion and exclusion as many as 30 mothers puerperal, have normality test was carried out using Shapiro Wilk with results analysis univariate distributed abnormal, so a statistical test is used that is Wilcoxon.

a. Characteristics age

Table 1. Distribution Respondents Based on Group Age

Group age	n	%
< 26 years	11	36,7
≥ 26 Years	19	63,3
Total	30	100

Table 1 shows that the group aged ≥ 26 Years more many as big 19 respondents (63.3%) compared with the group aged < 26 years as big 11 respondents (36.7).

b. Characteristics Level Education

Table 2 Distribution Amount Respondents Based on Education Level.

Level Education	n	%
Primary School	4	13,3
Junior High School	14	46,7
Senior High School	12	40
Total	30	100

Table 2 shows that the respondents' education level the most is with education Junior High School namely 14 respondents (46.7%).

c. Characteristics Work

The distribution frequency of professional respondents could see in the table following :

Table 3 distribution Amount Respondents Based on Work

Work	n	%
Working	16	53,3
Not work	14	46,7
Total	30	100

Table 3 show that the group respondent which works more many as big 16 respondent (53.3%) than with group respondent which no The most as big 14 respondents (46.7%).

d. Skills Before and After Demonstration Care Breast

Skills Before and After Demonstration Care Breast could be seen as follows:

Table 4. skills Before and After Demonstration Care Breast

Skills	N	Min	Max	Means	SD	CI 95 %	
						Lower	Upper
Pretest	30	4	13	6,17	2,534	5,22	7,11
Posttest	30	9	18	14.63	2,606	13.66	15,6n1

Based on Table 4 results analysis obtained average Skills before done demonstration care breast Score At a minimum of 4, a score of Maximum of 13, and an average value of 6.17 with a score standard deviation of 2.534, Whereas after demonstration care breast obtained after 2 days is Minimum Score 9, Maximum Score 18 and the average value with 14.63 scores standard deviation 2.606.

e. Influence demonstration care breast to Skills mother childbirth could see in the table following :

Table 5. Analysis Influence demonstration care breast to Skills care breast on mother puerperium (Test Wilcoxon)

Pretest-Posttest	n	Mean Ranking	P value
	30	15.50	0.000

Table 5 Results calculation with *Wilcoxon* test on *system* computerized SPSS 24.0. From the results study results obtained a statistical test obtained p value = 0.000 < α = 0.05, then H₀ is rejected and H_a is accepted, you can conclude that influences Demonstration Care Breast To Skills Care Mother's Breasts Postpartum.

DISCUSSION

a. Education Respondents

The education level of the respondent in the study varies start from elementary to high school. In the study, this level of education respondents is categorized into 3 groups. Research results show part big respondents have a level of junior high school education (46.7%). The level of education somebody so will the more good pattern think that is formed, so respondents with a level of education good will the more open to things new including gift demonstration care boobs. The following statement by soekidjo (2003) education is an effort for giving knowledge so that occur behavior change increased positively, and education will give knowledge so that occur change in behavior and level of knowledge increase. Proportion Skills care breasts on the level elementary, junior high, and high school education

respectively 13.3%, 46.7%, and 40%. If seen from the proportion of mothers who carry out care of breast more many of the mothers are educated medium. Compared to with educated mother high.

this is supported by research conducted by Thaib et al (2006) about implementation care showing breasts that the more tall Elementary school education is 95.7%, junior high school education is 76.1% and those with high school education 64.2%. However, in the study this no could difference proportion of implementation of care breast Among mothers with elementary, middle, and high school education. Research results from this in line with research conducted by hidayatun (2011) where no there is connection meaning Among education and skills care boobs.

b. Work Respondents

Research this show that part big respondent work as many as 16 (53.3) compared to respondents who did not work as many as 14 (46.7%). So 16 respondents are working and have any time at home compared to their mother who doesn't work.

this following statement, work is activity or activities carried out by somebody for net income, results, or livelihood. Busy people with activities and or professions daily will have more time to obtain information because people who work will more many interact more with other people than with people who don't work and activities (Ministry of Health RI, 2006).

c. Skills before and after demonstration care breast in Region Work PBM

Skills care mother's breast before getting demonstration care boobs. Show that Skills respondent before being given demonstration is not skilled that is as many as 27 respondents (90%) and Skilled as many as 3 Respondents (10%). Skills care mother's breast after get demonstration care breast show that the Skills respondent after being given demonstration is Skilled that is as many as 26 respondents (87%) and those who do not Skilled as many as 4 respondents (13%).

Evaluation Practice Evaluation practice is demanding appraisal response from Skills To do something activity following demands competency. With Thus, the aspect assessed in evaluation practice is the quality of the process of doing/doing something task. Evaluation practice aims to evaluate the ability respondent in demonstrating his skills for To do something activity. Evaluation practice is more authentic than paper and pencil assessment because forms his job reflects the required abilities in practice life every day.

Method demonstration is a show about the process of something incident or thing coming to appear Act exemplary behavior to be able to know and understood by the participants educate in a manner real or the imitation. The advantage of method demonstration is child stimulated to actively observe and get try To do themselves (Sagala, 2010). Health Education can Upgrade the knowledge Public for Upgrade level health community (Chrismilasari, 2022)

Destination use method demonstration in activity learning to show the process of something incident following teaching materials, methods achievement, and convenience for understanding by students (Darmadi, 2017). Method very good demonstration used to get a clear picture of related matters with the set process of something, the process of making something, the process of working something, the process of doing or using it, the hope that forms something, compare something another way, as well for know and see truth something (Nursalam & Efendi, 2008).

Analysis results using the Wilcoxon sign rank test were obtained Skills average value Care Breast before demonstration (Pre-test) of 1.90 with a standard deviation of 0.305 and average Skill Care Breast after demonstration (Post-test) of 1.13 with a standard deviation of 0.346. The p-value (Asymp . Sig 2 tailed) is 0.000 where not enough of (< 0.05). Intervention demonstration care breast done for 30 minutes on the respondent then held Post test on the day 2nd after _ intervention. So that could pull the conclusion H_0 rejected and H_a accepted that there is an influence Demonstration Care Breast To Skills Care Breasts in Postpartum Mothers.

Some results study about method supporting demonstration results study this is among them research by Lisa (2019) which mentions that demonstration care breast for Upgrade Skills care breast give influence Upgrade exclusive breastfeeding to mothers pregnant in the third trimester in the PBM

work area. Research by Dina Wulandari (2020) states that there is an influence gift method demonstration to Skills care mother's breast third trimester of pregnancy at BPM.

4. CONCLUSION

There is an influence of Demonstration Care Breast To Skills Care Breasts in postpartum mothers at PBM with a p-value (Asymp . Sig 2 tailed) of 0.000 were not enough of (< 0.05).

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