

FACTOR THAT INFLUENCE LACTATION ON POSTPARTUM

Lilis Mamuroh, Sukmawati, Yanti Hermayanti, Furkon Nurhakim
Faculty of Nursing, PSDKU Universitas Padjadjaran, Garut, Indonesia
Correspondence: lilis.mamuroh65@gmail.com

Abstract

Breastfeeding is a natural process as a mother's responsibility to take care of her baby. The natural process of lactation started during pregnancy. During pregnancy, breast is prepared therefore when the baby is born, the mother can breastfeed her newborn soon. The purpose of this research is to discover the relationship between breast care, lactation, breastfeeding techniques that related to lactation, and calories and protein consumption that related to lactation. Research method used in this study is description. Population for this research is hospitalized postpartum mothers in Kalimaya Room dr Slamet Regional Public Hospital Garut which amounts to 96 people and the sample mehod used is total sampling. Based on the research's result from 96 people showed that did poor breast care treatment was 27.08%, good treatment was 50.00% and did a very good breast care treatment was 22.9%. Of the 96 people that performed improper breastfeeding techniques was 32.29%, performed proper breastfeeding technique was 54.17%, performed a very appropriate breastfeeding technique was 13.54%. Based on the results of the study, out of 96 people, who got less calorie intake from the needs was 8.33% and who got calorie intake from the needs was 91.67%. Of 96 people showed that who got protein intake from the needs was 100% which means they got the necessary nutritional intake. There are still plenty of postpartum mother in Kalimaya Room dr Slamet Garut Regional Public Hospital that has problem with lactation.

Keywords: Breastfeeding, Lactation, Postpartum Period

INTRODUCTION

Breast milk is a fluid produced by a mother's mammary gland during pregnancy and immediately excreted when giving birth (Nurintami, 2008: 12). Compared to formula milk or cow's milk, breast milk is easier to be accepted by the baby, as it is known, colostrum contains higher protein content than the next milk, this colostrum is considered essential for body growth at the infant stage. Breast milk is easy to digest because the fat and carbohydrate levels are low, these fats are easily broken down and most of it can be used for energy that is easily accepted by infants. The protein contained in breast milk is really beneficial for baby's brain growth. The immune factors present in breast milk protects the baby from infection and diarrhea. In one study showed that infants who received breast milk from the own mother will grow perfectly healthy (Soeciningsih, 2007: 58).

Breast milk should be given to infants shortly after birth, but not all mothers can breastfeed the baby immediately after birth. The results of Indonesia's health demographic survey in 2002 showed that breastfeeding to infants an hour after birth decreased from 8% to 3,7%. Exclusive breastfeeding for 6 months decreased from 42,2% to 29,5%. UNICEF stated 30000 infant mortality in Indonesia and 10 million deaths of toddlers in the world each year can be prevented through exclusive breastfeeding for six months from the date of birth without having to provide any additional food and drinks to the baby (Bared 18: 16 April 2008).

Exclusive breastfeeding in Garut District based on data from the Health Department in 2016 from 69,662 infants aged 0-6 months as many as 46,480 (66,7%) infants received exclusive breastfeeding and the rest 23,182 (33,3%) infants were not given exclusive breastfeeding (profile of Garut Health Department District 2016). Exclusive breastfeeding is not easy. During breast feeding, there are often some problems that led to the mother cannot breastfed her infant, these problems are nipple pain/blistered, swollen breasts, clogged milk ducts, breast abscess due to smoking mothers, mothers who does not drink much and mothers with bad diet. There is no guarantee that large breasts will produce more breast milk or smaller breasts will produce less breast milk. There are some factors that influence lactation such as proper breastfeeding preparation, breastfeeding techniques, breast care, nutrient intake, and breast anatomy. The purpose of this study is to identify the factors that influence lactation on postpartum mothers.

METHODS

The method used in this research was descriptive with the aimed to discover the factors that influence lactation on postpartum mothers. Population of this research were patient

who gave birth at dr Slamet Regional Public Hospital Garut on January 2018. The sample used is 96 people with sample criteria hospitalized postpartum mother at Dr Slamet Regional Public Hospital Garut, not on a diet and willing to participate in this research.

RESULTS

According to the collected data, of 96 people who were the research's subject showed that the lactation on postpartum mothers in Kalimaya room were 28.13% said the breast milk secretes with ease and 71.88% the breast milk secretes with agitation.

1. Breast care

Table 1 Cross-Table Result of Breast Care with Lactation

Breast Care Category	Lactation		Total
	Good	Poor	
Poor	5	21	26
Well	17	31	48
Very Well	5	17	22
Total	27	69	96

The data showed that breast care on post-partum mother in Kalimaya room were 27.08% did breast care poorly, 50.00% did breast care well and 22.9% did breast care very well. Of the post-partum mother that did breast care poorly, 5 people experienced a smooth lactation and 21 people experienced agitated lactation. Of the post-partum mother that did breast care well, 17 people experienced a smooth lactation and 31 people experienced agitated lactation. Of the post-partum mother that di breast care very well, 5 people experienced a smooth lactation and 17 people experienced agitated lactation.

2. Breastfeeding technique

Table 2 Cross-Table Result of Breastfeeding Technique with Lactation

Breastfeeding Technique Category	Lactation		Total
	Good	Poor	
Less accurate	5	26	31
Accurate	20	32	52
Very accurate	2	11	13
Total	27	69	96

Based on the data, of 96 people who were the research’s subject showed that breastfeeding technique on post-partum mother were 32.29% did breastfeeding technique less accurately, 54.17% did breastfeeding technique accurately and 13.54% did breastfeeding technique very accurately. Of the post-partum mother that did breastfeeding technique less accurately, 5 people experienced a smooth lactation and 26 people experienced agitated lactation. Of the post-partum mother that did breastfeeding technique accurately, 20 people experienced a smooth lactation and 32 people experienced agitated lactation. Of the post-partum mother that did breastfeeding technique very accurately, 2 people experienced a smooth lactation and 11 people experienced agitated lactation.

3. Nutrition intake

Calories intake

Table 3 Cross-Table Result of Calories Intake with Lactation

Calories Intake Category	Lactation		Total
	Good	Poor	
Less than the requirement	3	5	8
Fulfill the requirement	24	64	88
Total	27	69	96

According to the collected data, of 96 people who were the research’s subject showed that calories intake on post-partum mother were 8.33% received less calories

from the requirement and 91.67% fulfill the requirement of calories intake. Of the post-partum mother that received less calories from the requirement, 3 people experienced a smooth lactation and 5 people experienced agitated lactation. Of the post-partum mother that fulfill the requirement of calories intake, 24 people experienced a smooth lactation and 64 people experienced agitated lactation.

Protein intake

Table 4 Cross-Table Result of Protein Intake with Lactation

Protein Intake Category	Lactation		Total
	Good	Poor	
Less than the requirement	0	0	0
Fulfill the requirement	27	69	96
Total	27	69	96

Based on the collected data, of 96 people who were the research's subject showed that protein intake on post-partum mother were 100% fulfill the requirement of protein intake. Of the post-partum mother that fulfill the requirement of protein intake, 27 people experienced a smooth lactation and 69 people experienced agitated lactation.

DISCUSSION

From the research identification result of post-partum mother in Kalimaya room dr Slamet Regional Public Hospital Garut showed that 27 people people experienced a smooth lactation and 69 people experienced agitated lactation although they fulfilled the requirement of protein and calories intake. If during breastfeeding, the technique is wrong and the breast is not taken care of, breast milk won't secrete maximally or due to other influencing factor such as smoking mother, swelled breast, blistered breast and other factors.

1. Breast care

From the research identification result of post-partum mother in Kalimaya room dr Slamet Regional Public Hospital Garut showed that 26 people did breast care poorly, 48 people did breast care well and 22 people did breast care very well. Of the 96 respondents, only 22 people did breast care very well, this means they did all the components on breast care stages but the breast milk secreted were not as much. So, although 48 post-partum mothers did breast care well but it is not supported by other factors that influence the ease of lactation, the secretion of breast milk won't be maximal. Breast care seems insignificant to be carried out but it has huge impact on lactation. It is important to maintain breast cleanliness especially nipple cleanliness to avoid infection, soften and repair nipple's shape therefore the baby can breastfeed well, stimulating milk glands so breast milk production is easily done. Stimulate breast to affect hypophysis to excrete prolactin or oxytocin hormone (Andrew: 8 November 2008).

2. Breastfeeding technique

A pediatrician stated, of 100 unable to breastfeed mothers, only 2 mothers have hormonal or physical disorders, while the others are due to lactation management disorders. It is important to remember that if a baby is lacking breastmilk, generally it is not because the mother cannot produce enough milk for the baby, but it is because the baby did not have enough time to take breastmilk as much as they need it. This is generally due to less accurate breastfeeding position. The correct breastfeeding position is when the baby's mouth and the mother's nipple should be right at mother's areola area. This should enter to the baby's mouth entirely so the baby will get the maximum amount of breastmilk. In the mother's areola there are lobes that secrete and store

breastmilk (Gunawan, Oswari). From identification result of post-partum mothers in Kalimaya room dr Slamet Regional Public Hospital Garut showed that 31 people did breastfeeding technique less accurately, 52 did breastfeeding accurately and 13 did breastfeeding very accurately. Not all factor that influence the smoothness of breastmilk secretion already done well will effect the secretion of breastmilk to be less good.

3. Nutrition intake

Breastfeeding mother's diet is very important. A varied and balanced diet will have a positive impact on the breastmilk composition and for baby growth. Calories: The first 6 months approximately 700 calories, the second 6 months approximately 500 calories. Protein: The first 6 months approximately 16gr/day and the second 6 months approximately 12gr/day (Soetjningsih 2007:137).

Calories

Calories needed by postpartum mother according to the literature used should reach >700 kcal/day. From the research's identification result showed 8 people calories intake is insufficient from the needs, but on the identification of breastmilk secretion, there are more people cannot secrete breastmilk even though their calories intake fulfils the need. This could happen because the factors that support the optimal breastmilk secretion is not only calories intake but there are also other factors that must be done well and precisely.

Protein

Protein needed by postpartum mother is >16gr/day and result of research identification showed 96 people or 100% consume protein intake as required. The factor that influence maximal breastmilk secretion is not only protein intake that fulfils the requirement, but it must be supported by other factors, this is why there are still some

people having problem with breastmilk secretion. This may be due to improper breastmilk technique, did not perform breast care accurately, scuffed nipples, etc.

CONCLUSION

The conclusion of research results is postpartum mother in Kalimaya room dr Slamet Regional Public Hospital Garut 71,88% experience agitated lactation because not all factors that support breastmilk secretion was done well and precisely. Post-partum mothers in Kalimaya room that did breast care well was 50% and did breastfeeding technique properly was 54,17%, the average of calories intake was 1050 kcal/day, the average protein intake was 40 gr/day. Researchers suggested to people involved that in order to get a smooth breastmilk secretion, breast care and performing a good lactation management are needed.

REFERENCES

- Abdul , Bari Saifudin. 2006. *Buku panduan praktis pelayanan kesehatan maternal dan neonatal*. Yayasan Bina Pustaka Sarwono Prawirohardjo. Jakarta.
- Masoara, S Chatidjah, Alhasby, A. 2007 *Manajemen Laktasi*.EGC. Jakarta.
- NurApipah, Diana. 2007. *Faktor-faktor yang berperan dalam kegagalan praktik pemberian ASI eksklusif*. FIK, Undip. Semarang.
- Notoatmodjo, Sukidjo. 2005 *Metodologi Penelitian Kesehatan*, PT Rineka Putra, Jakarta.
- Soetjiningsih, 2007, *ASI*. EGC. Jakarta.
- Sri Purwanti, Hubertin. 2004 *Konsep Penerapan ASI Eksklusif*. EGC. Jakarta.
- Suparna , I Dewa Nyoman, 2002 *Penilaian Satus Gizi*. EGC. Jakarta.
- Varney , Halen M, Kreib. J Gegol, C. 2002, *Asuhan Kebidanan*, Edisi 4, Volume 2, EGC, Jakarta.

Waspadji, Sarwono, 2004, *Daftar Bahan Makanan Penukar*. Balai Penertbit FKUI. Jakarta.

Wijaksono, Hanifa. 2005. *Ilmu Kebidanan*, yayasan Bina Pustaka Sarwono Prawirohardjo. Jakarta.