

## Original Article

# The experience of primiparous mothers in the breastfeeding process

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Received : 25/07/2021  
Revised : 14/07/2021  
Accepted : 16/07/2021  
Online : 23/07/2021  
Published : 31/08/2021

### ABSTRACT

**Aim;** to explore how the experience of primiparous mothers in the process of breastfeeding their babies.

**Design:** This study used a literature review research design.

**Methods:** Through the steps in PRISMA, search media using google scholar, pubmed, science direct and a collection of online journals, the keywords used are primiparous mothers, breastfeeding, primiparas, primipareos. The four journals produced were then analyzed and looked for their relationship.

**Results:** From four studies conducted by Karen P. Jagiello, Ilana R & Azulay Chertok (2015); Yan Zhang, Yi Jind, Carel Vereijken, Bernd Stahl & Hong Jiang (2018); Dwi Margareta Andini, Andari Wuri Astuti & Fitria Siswi Utami (2019) and Juan Wen, Guiling Yu, Yan Kong, Furong Liu, Holly Wei (2020) all stated that the mother's knowledge and support as well as the motivation of the family and medical personnel were also due to the mother's commitment. The key to a mother's success is breastfeeding her baby.

**Keywords:** Experience. primiparous mother, breastfeeding

## INTRODUCTION

The adaptation process of participants in becoming a mother is in the form of taking care of children, not knowing how to care for babies, never breastfeeding a baby, many changes in themselves (1). Breastfeeding for breastfeeding mothers can be confusing, especially because there is little milk coming out and sore nipples, which prefer to give formula milk, even though they know the risks. This condition makes many breastfeeding dropouts or non-exclusive breastfeeding, so there is a decrease in the achievement of exclusive breastfeeding, according to the results of the Indonesian Demographic and Health Survey (IDHS) that breastfeeding coverage in 2014 was only 32% of infants aged 6 months who were exclusively breastfed. decreased coverage from 2013 where the coverage was 49.55%, while in 2013 there was an increase in coverage from 2012 coverage which was 38.89% (2). Where the Government targets the coverage of exclusive breastfeeding to reach 80%, but this target has not been achieved. The research that will be carried out is different from previous research, which is to find out the experience of primiparous mothers in the breastfeeding process in general, where in previous studies it was more aimed at a more specific group of mothers, namely mothers with diabetes mellitus, post caesarean section, in certain areas.



## METHODS

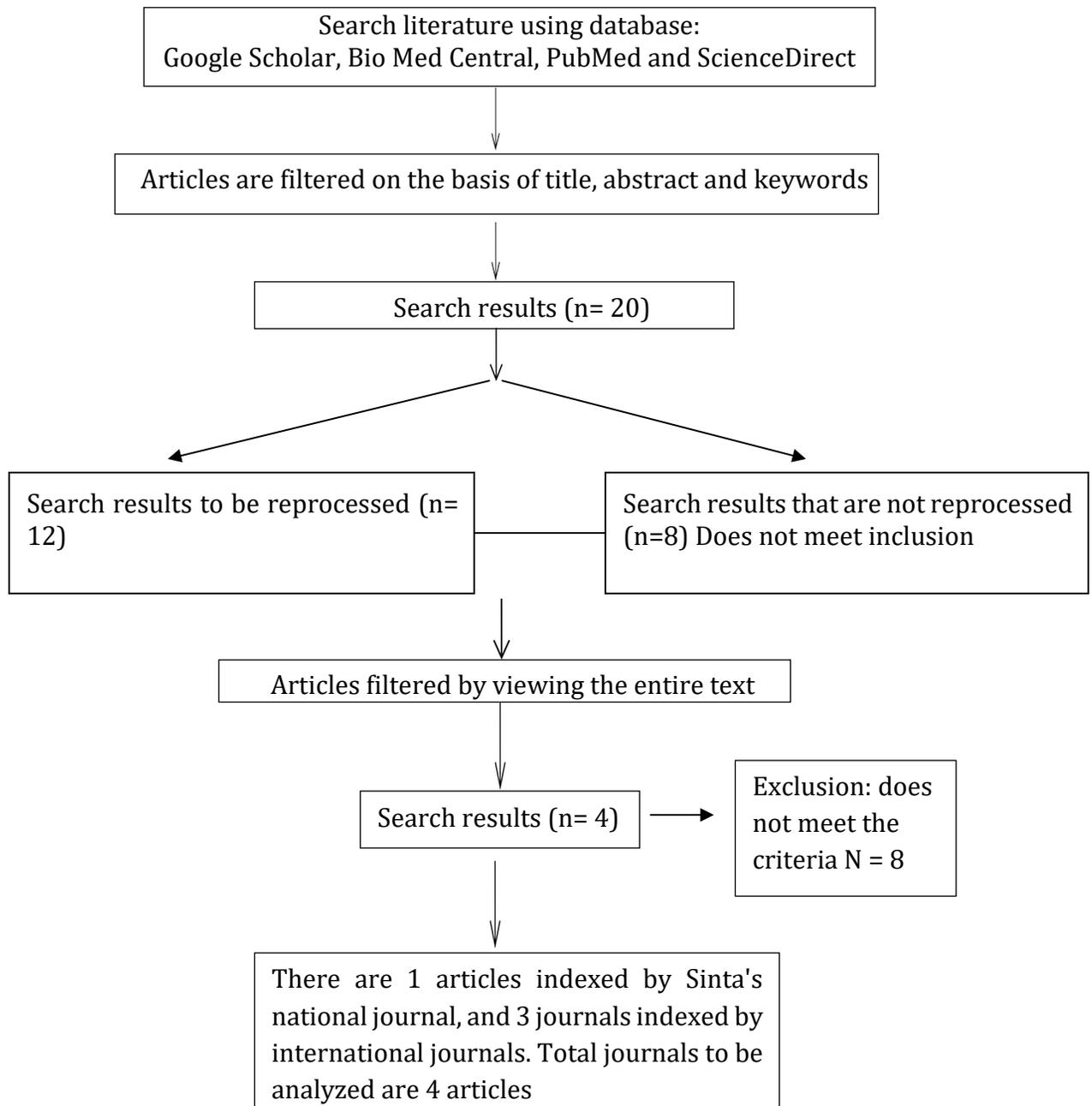
The research design used is qualitative, with a literature review approach. The steps of the activity are determining basic data, namely Google Scholar, BioMed Central, PubMed, and Science Direct, determining keywords, namely: mother's experience, primipara, primipareos, breastfeeding, determining criteria, namely: Inclusion criteria: Indonesian and English, qualitative research journals, the year the article was published 2015-2020 (last 5 years), in Full text, Sinta indexed National journals and International Journals found in Scimago.Jr, the theme of the journal content is related to Primiparous mothers in the breastfeeding process. Exclusion criteria: Quantitative research journals or mix-methods, looking for journals with PRISMA graphs, then analyzing using the JBI Critical Appraisal Checklist For Qualitative instrument by looking for similarities (compare), looking for differences (contrast), combining several sources (synthesize) and providing their own opinion based on reading sources (Summary).

## RESULTS

Identify all search databases obtained combined from Google Scholar, Bio Med Central, PubMed, and Science Direct. Then duplicates identified from the same research will be removed (total research results = 20 journals with 12 duplicate articles). Then the research that met the criteria was 4 articles. The results can be seen in the Picture 1 Prisma chart.

The identification results from all search databases obtained were combined from Google Scholar, Bio Med Central, PubMed, and Science Direct. Then identified duplicates of the same study will be deleted (total research results = 20 journals with 12 duplicate articles). Then the research that met the criteria was 4 articles. then the author conducted a feasibility test with critical appraisal using the JBI Critical Appraisal Checklist For Qualitative instrument in accordance with predetermined inclusion criteria.

The results of the 4 articles are all qualitative research, research by (3) with 27 women who have been diagnosed with GDM and who started breastfeeding after giving birth. Research (4) with in-depth interviews. The results of the 4 articles are all qualitative research, research (3) was conducted with FGDs on 27 women who had been diagnosed with GDM and who started breastfeeding after giving birth, the study of (4) was conducted in China with in-depth interviews of mothers and people who play a role in breastfeeding such as service providers, 32 researchers and policy makers, and research by (5) with a scoping review of 6 research journals, as well as research (6) was conducted in China on 19 breastfeeding women who had undergone a Caesarean section. From the 4 articles, the similarities are qualitative research that examines the experience of breastfeeding mothers, and the difference is the number of participants, data analysis and research location. Synthesized data can be seen in the table 1



Picture 1 Prisma Chart

Table 1

NO	Title	Author	Aim	Participant	Method	Results	Conclusion
1	Women's Experiences With Early Breastfeeding After Gestational Diabetes	Karen P. Jagiello and Ilana R. Azulay Chertok (2015)	To explore the life experience of early breastfeeding in postpartum mothers who experience gestational diabetes mellitus (GDM) in pregnancy.	Participants were selected using a purposive method amount 27 women who had been diagnosed with GDM and who started breastfeeding after delivery	Method qualitative with a phenomenological approach	Three themes emerged (1) Breastfeeding Challenges and Breastfeeding Support, (2) Challenges Milk Supply (3) Concern for Infant Health.	Participants identify breastfeeding facilitators and barriers, many of which could be modified. Those women expresses the need for consistent lactation advice, education, assistance, and strategies to address breastfeeding challenges and supply problems breast milk.
2	Breastfeeding experience, challenges and service demands among Chinese mothers: A qualitative study in two cities	Yan Zhang, Yi Jind, Carel Vereijk en, Bernd Stahl & Hong Jiang (2018)	to explore the experiences of breastfeeding mothers during the breastfeeding period and to understand their challenges and service needs support at every stage.	Individual in-depth interviews and focus group discussions were conducted with mothers and people who play a role related to breastfeeding such as service providers, researchers and policy makers as many as 32 people.	Method qualitative	Emerging themes: (1) preparatory stage during pregnancy (2) early stage during delivery in hospital (3) independent exploration stage from hospital discharge to four months postpartum, (4) transitional stage from four to six months postpartum (5) complementary feeding stage from six to twelve months postpartum.	During hospitalization, professional and individual support Counseling is very important to increase the mother's confidence and avoid the early introduction of other foods.
3	Experience of primiparous	Dwi Margareta Andini,	To see a description of the mother's	6 journal articles about the experiences	The method used is scoping review	Two themes emerged as a result of the	Factors that influence the success of breastfeeding,

	mothers with a history of sectio caesarea in breastfeeding: scoping review	Andari Wuri Astuti & Fitria Siswi Utami (2019)	experience in carrying out breastfeeding practices for mothers with cesarean section deliveries	of primiparous mothers with		scoping review, namely (1) factors that influence breastfeeding (2) the impact of not doing IMD for the continuity of breastfeeding	namely; type of delivery, early initiation of breastfeeding, previous breastfeeding experience, hospital policy, parity, health workers, mother's knowledge, support from close people, complications during childbirth, self-efficacy, culture and community perceptions. Cesarean section delivery has an impact on the process of delayed lactogenesis II.
4	An exploration of the breastfeeding behaviors of women after cesarean section: A qualitative study	Juan Wen, Guiling Yu, Yan Kong, Furong Liu, Holly Wei (2020)	To find out the factors that influence breastfeeding patterns in post-cesarean women part.	19 breastfeeding women who had a caesarean section in Women's and Children's Hospital in China, Data analyzed using thematic content analysis method.	Qq	Three main themes emerged: (1) ambivalent attitudes about breastfeeding, motivation to adhere to traditional cultural norms, barriers and challenges. (2) Motivational factors for breastfeeding after caesarean section included perceived benefits of breastfeeding, and responsibilities to breastfeed. (3) Challenges of breastfeeding after caesarean section	These findings could offer valuable information for health care professionals to help women breastfeed after cesarean section. To promote women's breastfeeding behavior after caesarean section, it is necessary to change women's attitudes, belief systems, and external environment and help them become more confident.

## DISCUSSION

### 1. An overview of the experience of primiparous mothers in breastfeeding their babies

The results of the literature review analysis concluded that the experience of primiparous mothers in breastfeeding their babies had some similarities in each individual. Experience is an event that is captured by the five senses and stored in memory. Experience can be obtained or felt when the event has just happened or has been going on for a long time. The experience that occurs can be given to anyone to use and become a guide and human learning (Notoatmojo in Saparwati, 2012).

Breastfeeding is very important for the first 24 hours after the baby is born. This will determine the success of subsequent breastfeeding. If the mother does not start breastfeeding more than two days postpartum, the prolactin secretion response will be greatly decreased. This condition usually occurs in women who give birth by caesarean section.

Breastfeeding in mothers with sectio caesarea can actually be done directly because the operation is carried out with spinal or epidural anesthesia so that the mother remains conscious. The breastfeeding position can also be adjusted to the mother's condition. So that the sectio caesarea process cannot be used as a barrier not to breastfeed the baby. (IDAI, 2010).

In a study conducted (5) by exploring the experiences of post sectio caesarea mothers in breastfeeding, it was stated that mothers with post sectio caesarea experienced lactogenesis II delays reported 30% of women and 44% considered their milk supply to be reduced. . ; The results of the literature show that in the study it was explained that IMD was more difficult to do in post-sectio caesarea patients because of the workload and limited number of workers, mothers felt very sleepy, nauseated and helpless after giving birth by sectio caesarea, mothers experienced mobility problems and had difficulty accessing and caring for baby. they. Therefore, the baby should remain with the baby after the cesarean section. The results showed that mothers prefer to use the bed next to their babies because it allows mothers who have undergone caesarean section to easily reach their babies;

The study found that women who had previous breastfeeding experience were more successful at exclusively breastfeeding their babies than those with no prior experience. Education can also encourage a person to know experiences that were not previously owned by mothers which can then increase their knowledge. The husband's practical and emotional support, especially during breastfeeding, greatly influences the continuity of the breastfeeding process. Mothers will feel more capable and confident about breastfeeding when they feel that their partner has good support and is actively involved in breastfeeding.

### 2. The similarity of some research results with the experience of primiparous mothers in breastfeeding

In the process, this research uses qualitative methods and this research conducts in-depth interviews using interview guidelines, with the same theme, namely the challenges of



breastfeeding. In a study conducted by (3) with the title "The Experience of Early Breastfeeding Women After Gestational Diabetes".

Lactation challenges include difficulty latching and positioning and nipple pain while breastfeeding. Difficulty with positioning was common among obese mothers and the majority of mothers in this study were overweight or obese. Obese women were also found to be more likely to have difficulty latching on to their babies and stop breastfeeding earlier than normal-weight women. Poor positioning can cause pain while breastfeeding and hinder a woman's desire or ability to continue breastfeeding.

Women with diabetes have an increased risk of obstructed milk supply and decreased rates of breastfeeding related to factors such as obesity, vaginal delivery, caesarean section, and separation from the baby after birth. This delay can affect the mother's perception of the milk supply and can increase feelings of frustration and failure in breastfeeding efforts. Delay in starting breastfeeding affects milk supply by reducing the stimulation needed for milk production. The findings suggest that early initiation of breastfeeding within the first hour after delivery and monitoring, Four studies conducted by (3), (4), (5); (6) all stated that the mother's knowledge and support as well as the motivation of the family and medical personnel are also the mother's commitment The key to a mother's success is breastfeeding her baby.

## CONCLUSION

The experience of primiparous mothers in breastfeeding their babies has some similarities in each individual. Experience is an event that is captured by the five senses and stored in memory. Experience can be obtained or felt when the event has just happened or has been going on for a long time. The experience that occurs can be given to anyone to use and become a guide and human learning (7). Breastfeeding is very important for the first 24 hours after the baby is born. This will determine the success of breastfeeding in the future.

Four studies conducted by (3), (4), (5); (6) all stated that the mother's knowledge and support as well as the motivation of the family and medical personnel are also the mother's commitment The key to a mother's success is breastfeeding her baby.

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