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## Research Article

# The Effect of Breastfeeding Technique Education on the Breastfeeding Efficacy of Public Mothers at the GSIA Nabire Clinic, Papua

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### Abstract

**Aims:** To assess the effect of breastfeeding technique education on the effectiveness of postpartum mothers in breastfeeding

**Methods:** Quasi-experimental with one group pre-test-post-test design. The sample in this study were all primiparous postpartum mothers at the GSIA Clinic from January - to March 2022, as many as 30 people (purposive sampling).

**Results:** The effectiveness of postpartum mothers in breastfeeding before being given breastfeeding technique education was primarily a sufficient level of 76.7%, and after breastfeeding was mostly a good level of 53.3%. There is an effect of education on breastfeeding techniques on the effectiveness of postpartum mothers in breastfeeding (p.value 0.000).

**Conclusion:** There is an effect of education on breastfeeding techniques on the effectiveness of postpartum mothers in breastfeeding.

### Keywords :

**Education, Breastfeeding techniques**

## INTRODUCTION

The UNICEF report shows that around 2.6 million babies die in their first month across the country every year. However, there are some countries where the infant mortality rate is higher than other countries. The UNICEF report published research findings that found countries with the highest newborn mortality rates. The United Nations agency found the country with the most increased mortality in the world was Pakistan. In that country, one in 22 babies dies before one month. The Central African Republic and Afghanistan occupy the second and third positions. Meanwhile, Japan has the lowest newborn mortality rate, with only one death out of every 1,111 baby births (1).

UNICEF and the World Health Organization (WHO) call on governments and all stakeholders to maintain and promote access to services that enable mothers to continue breastfeeding during the COVID-19 pandemic. Children have a better chance of surviving and developing the immunity they need to stave off common childhood illnesses like diarrhea and pneumonia if they begin nursing as soon as possible and continue it for an extended period of time. Children who are breastfed have a lower risk of becoming obese or overweight as adults and have a higher IQ than those who are not. More than 820,000 lives of children under the age of five could be saved annually and an additional 20,000 occurrences of breast cancer in women could be avoided if the

number of breastfeeding mothers increased worldwide (2-4)

However, Only around half of Indonesia's newborns less than six months are nursed exclusively; only about 5 percent of youngsters are still breastfed at 23 months. In other words, nearly half of Indonesian children in their first two years of life are malnourished. More than 40% of infants are given supplemental foods too soon, i.e. before the age of 6 months, and the food offered does not always match the nutritional needs of infants. (WHO, 2020).

In 2020, 66.06 % of newborns nationally will have been exclusively breastfed. This percentage is higher than the 40 % goal set for 2020. West Nusa Tenggara Province has the highest rate of exclusive breastfeeding at 87.33 %, while West Papua Province has the lowest rate at 33.96 percent. Maluku and West Papua are the only provinces that have not met their 2020 Strategic Plan goals so far. However, in Papua, 67.5% of newborns are fed exclusively breast milk (Kemenkes RI, 2021).

In 2020, nationally, the percentage of newborns who received IMD was 77.6%. The province with the highest rate of newborns receiving IMD was DKI Jakarta (96.1%), while the region with the lowest percentage was Maluku (52.1%). Therefore, IMD's national target for 2020 is 54%. Only 2 provinces have not reached the target, namely Bali (53.8% and Maluku (52.1%), while newborns who receive IMD in Papua (66.9%) (Ministry of Health of the Republic of Indonesia, 2021).

Failure in the breastfeeding process is often caused by several problems in the mother and baby. For some mothers who do not understand how to breastfeed correctly, it can become a problem in breastfeeding. The issues in breastfeeding are sore nipples, swollen breasts, and breast abscesses (mastitis). Other failures in breastfeeding are often considered a problem for their children only. As a result, the baby usually cries and refuses to breastfeed (5).

Breastfeeding for postpartum mothers has not been maximized, and one of the contributing factors is the lack of knowledge and behavior of postpartum mothers about breastfeeding. Another reason is that the role of health workers directly related to health education and childbirth has not fully assisted in the implementation of early initiation of breastfeeding (IMD) and breastfeeding (6).

Breastfeeding is a natural action taken by mothers. Premature infants may suffer if their mothers aren't properly educated about the benefits of nursing after giving birth. Namely, the baby does not want to breastfeed his mother, who can interfere with the baby's growth. Not all postpartum mothers know how to manage lactation because the mother's knowledge and behavior influence it. On the first day, some postpartum mothers choose to give formula milk to their babies. This is due to a lack of education about correct breastfeeding techniques (7).

The factor that causes postpartum mothers not to give breast milk to newborns is the lack of mothers' knowledge about breastfeeding due to the large circulation of formula milk which is considered practical as a substitute for breast milk. In addition, two factors hinder the mother in breastfeeding, namely the first internal factor in the form of lack of education and behavior regarding lactation management, and the second external factor in the form of lack of breast milk has not come out in the first days, so the mother thinks it is necessary to add formula milk. As well as the lack of understanding of mothers about colostrum and many postpartum mothers who believe that maternal breast milk is malnourished and of poor quality (8)

Educational knowledge obtained by postpartum mothers can influence behavior in breastfeeding so that it will affect mothers in breastfeeding, namely in the form of experience in breastfeeding. The term "behavior" encompasses not just an

individual's reaction to an external or internal stimuli, but also the knowledge, attitudes, and behaviors that derive from their experiences and interactions with others in their environment (9).

The problem faced in breastfeeding is that they often fail to breastfeed. This is because there are still many mistakes in incorrect breastfeeding techniques, positioning, and attaching the baby. Therefore, efforts can be made to direct breastfeeding behavior to postpartum mothers so that they can overcome problems by providing health education (Maulida, 2018).

Since health education is defined as "the process of providing information that aims to change the behavior of individuals, groups, or communities in maintaining healthy behavior and playing an active role in realizing optimal health degrees," it is clear that health education or education is the best course of action for postpartum mothers (10).

When it comes to lactation management, the midwifery profession may serve as a powerful example for the rest of the community. Nursing, breastfeeding practices, expressing breast milk, storing expressed breast milk, and meeting nutritional needs while breastfeeding are all part of lactation management, which is an effort to help mothers continue to breastfeed their kids after birth. (11)

A preliminary study researchers in December 2021 at the GSIA Nabire Clinic in Papua on 10 postpartum mothers through interviews found that only 4 postpartum

mothers breastfed their babies on the first day and 6 other postpartum mothers were given formula milk, arguing that breast milk had not come out. In addition, not all postpartum mothers have received education about the correct breastfeeding technique. Looking at the data above, it can be said that information about the proper way or method for breastfeeding postpartum mothers is still lacking. So postpartum mothers need to be educated on how or how to breastfeed newborns. So that postpartum mothers can receive information correctly to achieve success in breastfeeding their babies and mothers can know about the correct way of breastfeeding. On the basis of the foregoing, the researchers hope to undertake a study in 2022 titled "The Effect of Breastfeeding Technique Education on the Effectiveness of Postpartum Mothers in Breastfeeding at the GSIA Nabire Clinic, Papua."

## METHODS

The research method uses quasi-experimental research with one group pre-test-post-test design. Data collection was carried out using primary data obtained from observations. The data collection instrument used was an observation sheet for postpartum mothers. Participants ranged in age from 20 to 30 and all were first-time mothers who had recently given birth between January and March of 2022. (purposive sampling). Univariate and bivariate analysis using a paired t-test is used for the analysis.

## RESULTS

**Table 1.**  
**Frequency Distribution of the Effectiveness of Postpartum Mothers in Breastfeeding After being Provided with Education Breastfeeding Techniques at GSIA Nabire Clinic Papua in 2022**

No	The Effectiveness of Postpartum Mothers in Breastfeeding	Frequency	%
1.	Bad	0	0,0
2.	Enough	14	46,7
3.	Well	16	53,3
<b>Total</b>		<b>30</b>	<b>100.0</b>

Based on the table, it can be seen that of the 30 respondents, most of the effectiveness of postpartum mothers in breastfeeding is good for as many as 16 people (53.3%). The effectiveness of postpartum mothers in breastfeeding is sufficient for many as 14 people (46.7%), and the effectiveness of postpartum mothers in breastfeeding is not bad. found (0%).

**Table 2.**  
**Average Effectiveness of Postpartum Mothers in Breastfeeding Before and After Giving Breastfeeding Techniques Education at GSIA Nabire Clinic Papua in 2022**

The Effectiveness of Postpartum Mothers in Breastfeeding					
The Effectiveness of Postpartum Mothers in Breastfeeding	N	Mean	Mean Difference	Min	Max
<i>Pretest</i>	30	4,47	3,2	2	7
<i>Posttest</i>	30	7,67		5	10

Based on the table above, it can be seen that the average effectiveness of postpartum mothers in breastfeeding before being given breastfeeding technique education is 4.47, and the moderate efficacy of postpartum mothers in breastfeeding after being given breastfeeding technique education is 7.67, so the difference is obtained. The average value of the effectiveness of postpartum mothers in breastfeeding before and after being given breastfeeding technique education is 3.2.

**Table 3.**  
**The Effect of Breastfeeding Techniques on the Effectiveness of Postpartum Mothers in Breastfeeding at GSIA Nabire Papua Clinic in 2022**

Group	Breastfeeding Effectiveness	Frequency		Mean		Mean Difference	Differen SD	P-value
		<i>Pre-test</i>	<i>Post test</i>	<i>Pre test</i>	<i>Post test</i>			
Education on breastfeeding techniques	Bad	7	0	4,47	7,67	3,2	0,114	0,000
	quite Good	23	14					
	ng	0	16					
	techniques							

The table above shows the difference in the average effectiveness of postpartum mothers in breastfeeding before and after being given breastfeeding technique education is 3.2, with a standard deviation of 0.114. The results of the analysis of the effectiveness of postpartum mothers in breastfeeding before and after being given breastfeeding technique education obtained a p-value ( $0.000 < (0.05)$ ), which means there is a significant difference in the effectiveness of breastfeeding before and after breastfeeding technique education is given. From the results above, it can be concluded that instruction on breastfeeding techniques affects the efficacy of postpartum mothers in breastfeeding.

## DISCUSSION

### The Effectiveness of Postpartum Mothers in Breastfeeding Before Breastfeeding Techniques Education

The results showed that out of a total of 30 respondents, 23 (76.7%) felt that their postpartum mother was effective in breastfeeding, 7 (23.3%) felt that their postpartum mother was ineffective in breastfeeding, and 9 (36.6%) felt that their postpartum mother was effective in breastfeeding. Not Found (0 percent).

Menstruation, fertilization, pregnancy, delivery, breastfeeding, and weaning are all parts of the reproductive process (12). Lactation is an art that must be learned again without the need for special tools and expensive costs. What is needed is patience, time, knowledge about breastfeeding, and support from various parties, especially husbands (13).

This study's results align with the results of (Astuti & Anggarawati, 2021), which said that before breastfeeding technique education was carried out, most of the postpartum mothers were primiparous with a sufficient ability level (56.7%).

Researchers inferred that the majority of postpartum primiparous

women had a higher risk of depression than mothers with more children, before being given education on breastfeeding techniques, the effectiveness of breastfeeding is quite 76.7%. Know and understand how to breastfeed appropriately and correctly. They only know the theory, but for primipara and postpartum mothers breastfeeding is a new experience in their lives.

### The Effectiveness of Postpartum Mothers in Breastfeeding After being given Breastfeeding Techniques Education

The results show that among the 30 respondents, 16 (or 53.3% of the total) found their breastfeeding to be effective after giving birth, and another 14 found it to be effective enough (46.7 percent). On the other hand, the effectiveness of postpartum mothers in breastfeeding is inadequate. not found (0%).

The provision of health education can increase the duration of breastfeeding so that this can be done by promoting, namely through counseling or health education regarding the information on breastfeeding, the benefits of breastfeeding, overcoming obstacles in breastfeeding, the correct position, and method of breastfeeding, expressing breast milk and storing breast milk. This is significant for mothers to know. In addition, providing health education on breastfeeding techniques is very important to reduce the failure of exclusive breastfeeding. The implementation of this health education is given individually and with lecture and demonstration methods. Individual delivery of health education makes respondents more focused on paying attention to the information submitted so that respondent acceptance will be better (14).

This study's results align with the results of (Astuti & Anggarawati, 2021), which said that after breastfeeding technique education was carried out, most of the postpartum mothers were primiparous with a good level of ability (70.0%).

According to the researcher's assumptions from the results of this study, it was found that most of the respondents, after being given education on breastfeeding techniques, were influential in breastfeeding at a reasonable level. This proves that health education, especially in breastfeeding techniques, is essential where correct breastfeeding techniques greatly support the success of exclusive breastfeeding. Furthermore, health education that is appropriate is more easily absorbed so that postpartum mothers' knowledge of breastfeeding techniques can increase.

### **The Effect of Education on Breastfeeding Techniques on the Effectiveness of Postpartum Mothers in Breastfeeding**

The results showed that the difference in the average effectiveness of postpartum mothers in breastfeeding before and after breastfeeding technique education was 3.2, with a standard deviation of 0.114. The results of the analysis of the efficacy of postpartum mothers in breastfeeding before and after being given breastfeeding technique education obtained a p-value (0.000) < (0.05), which means there is a significant difference in the effectiveness of breastfeeding before and after breastfeeding technique education is given. From the results above, it can be concluded that instruction on breastfeeding techniques affects the efficacy of postpartum mothers in breastfeeding.

The educational method with pedulis can increase knowledge after the posttest is compared to the understanding of the pretest. Providing information about the correct way of breastfeeding will increase the knowledge of breastfeeding mothers about it (Sari, 2018). Health education is a process that intentionally uses teaching and learning to bring about good change in the lives of people, communities, and even entire populations. Health education is one means through which improvements in knowledge, attitude, and competence can be

attained. One strategy to improve society's perception of breastfeeding women is to educate the public. This provision is more accurate if it is followed up with counseling after counseling. Breastfeeding education is very important to get a positive breastfeeding experience to increase knowledge about breastfeeding. This education leads to the achievement of the goal of successful breastfeeding through aspects such as providing information about breastfeeding positions and teaching correct breastfeeding techniques (5)

The results of this study are in line with the results of (15), with the results showing the effect of effectiveness before being given education and after being given education with statistical test results obtained a p-value of 0.000, it can be concluded that there is an effect of education on breastfeeding techniques on the effectiveness of postpartum mothers. in breastfeeding at PKU Muhammadiyah Hospital Yogyakarta.

According to the researcher's assumption, it is essential to educate primiparous postpartum mothers on breastfeeding techniques so that they can breastfeed their babies properly and correctly, so there is no reason not to give exclusive breastfeeding. In addition, providing education on breastfeeding techniques to primiparous postpartum mothers to increase knowledge of which primiparous postpartum mothers have no experience in breastfeeding. The statistical test results obtained a p-value of 0.000, which means that education on breastfeeding techniques affects the effectiveness of postpartum mothers in breastfeeding.

## **CONCLUSION**

The effectiveness of postpartum mothers in breastfeeding before being given breastfeeding technique education was primarily a sufficient level of 76.7%, and after breastfeeding was mostly a good level of 53.3%. Women's breastfeeding success

rates increase after receiving instruction in proper nursing practices (p.value 0.000).

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