CORRELATION OF BREASTFEEDING TECHNIQUES WITH THE INCIDENCE OF DAMS ON BREAST MILK IN THE MOTHER OF POSTPARTUM IN BPM EUIS SUSILAWATI BOGOR DISTRICT

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ABSTRACT

According to the latest WHO data in 2013 breastfeeding affected by dams breastfeeding as many as 8242 post-partum mothers from 12,765 people. In 2014, there were 7198 mothers of ASI dams from 10764 people and in 2015 there were 6543 people from 9862 post-partum mothers (WHO, 2015).

This study aims to determine the relationship between breastfeeding techniques and the incidence of breast milk dams in post-partum mothers at BPM Euis Susilawati Bogor Regency in 2019. The

design of this study used descriptive analytic using aapproach *cross sectional*. The study population was 32 respondents, the instruments used were questionnaires and data analysis techniques used univariate and bivariate analysis (*Chi square*). Univariate analysis consisting of univariate analysis tests will also be presented with the normality test of research data. Furthermore, bivariate analysis will be analyzed to determine the relationship between breastfeeding technique and the incidence of breast milk dams in postpartum mothers at BPM Euis Susilawati, Bogor Regency.

Based on research on the relationship between breastfeeding techniques and the incidence of breast milk damages in post-partum mothers, it is known that there are 22 respondents (84.6%) of the breastfeeding technique respondents who do not have swelling and pain (no damaging milk). The results of statistical tests using *Chi Square* obtained *p value* = 0.023, which means that *p value* <0.05, it can be concluded that the decision taken is that Ha accepted Ho is rejected. From the statistical results, the OR (*Odds Ratio*) value is 11,000, which means that the wrong breastfeeding technique has a 11,000 chance risk of the incidence of breast milk damages.

There is a relationship between breastfeeding technique and the incidence of breast milk dam in postpartum mothers at BPM Euis Susilawati in 2019.

Keywords : breastfeeding technique, incidence of breast milk dams

INTRODUCTION

According to the 2012 WHO states that the biggest cause of infant and under-five mortality is malnutrition (58%), malnutrition is often associated with non-exclusive breastfeeding, in addition to infants who get formula milk can experience diarrhea, Acute respiratory infections and obesity can actually be prevented by exclusive breastfeeding (Ministry of Health, 2010).

At the age of more than 25 years, a third of women in the world (38%) are found not to breastfeed their babies because of breast engorgement (WHO, 2014). Swollen breasts can occur due to the constriction of the lactiferous ducts in the mother's breast and it can also occur that mothers have nipple disorders such as flat, deep and long nipples (Manuaba, 2010).

Postpartum maternal health has an impact that can spread to various aspects of life and is one of the parameters of the nation's progress in providing health services to the community, which is related to the maternal mortality rate (MMR) and infant mortality rate (IMR). According to WHO 81% AKI due to complications during pregnancy and childbirth, and 25% during the postpartum period.

According to the Basic Health Research (RisKesDas) in 2010, breastfeeding in Indonesia is currently concerning, the percentage of babies who are exclusively breastfed for up to 6 months is only 15.3%. This is because public awareness in encouraging increased breastfeeding is still relatively low (Ministry of Health, 2011).

Maternal Mortality Rate (MMR) in Indonesia is still high compared to countries in Asia, for example Thailand with MMR 130 / 100,000 KH. The 2012 IDHS data recorded that MMR in Indonesia reached 359 per 100,000 live births (KH). Although this figure is considered to have improved compared to the previous year, the Millennium Development Goals (MDGs) target of

reducing MMR to 102 / 100,000 (KH) in 2015 still requires special efforts and hard work from all parties, including the Government, the private sector and the community. A high MMR indicates that the degree of maternal health is vulnerable (Ministry of Health of the Republic of Indonesia, 2013).

In Indonesia, knowledge, awareness, the ability of mothers to provide basic rights for mothers and the rights of babies to enjoy breast milk are of great concern. Even though a mother is destined to be able to give her breast milk to the baby she has been born with. By nature, it is a natural process and also a noble duty for the mother herself for the safety of the baby's self in the future (Manuaba, 2010).

Nationally, the coverage of exclusive breastfeeding according to Basic Health Research (Riskesdas 2010) shows that the presentation of breastfeeding at 0 months is 39.8%, 32.5% at 1 month, 30.7% at 2 months, and 3 months. months as much as 25.2%, 4 months old as much as 26.3%, and 5 months old as much as 15.3%. Meanwhile, the coverage of exclusive breastfeeding according to Riskesdas 2013, aged 0-6 months was 38.0%. From these data it can be seen that based on the increasing age of infants, exclusive breastfeeding is decreasing (Riskesdas, 2013).

The 2012 Indonesian Demographic and Health Survey (IDHS), there are several things that hinder exclusive breastfeeding, including low knowledge of mothers about the benefits of breastfeeding and the correct way of breastfeeding, namely 19.07%, lack of lactation counseling services and support from health workers. 15.23%, the public's misconception about breastfeeding is 20.40%, the behavior for working mothers who do not provide exclusive breastfeeding is 21.12%, and aggressive marketing by baby milk manufacturers which not only affects mothers, but also health workers by 24.18% (Hipgrave et al, 2013).

According to the Indonesian health research and development agency in 2014, the incidence of breast milk dams in Indonesia occurred mostly in working mothers as much as 16% of breastfeeding mothers (Ministry of Health, 2014). Meanwhile, the results of a regional socio-economic survey (Suseda), West Java province in 2014, the incidence of breast milk dams in breastfeeding mothers in West Java was 13% (1-3 incidents of 100 breastfeeding mothers) occurred in cities and 2- 13% (2-13 incidents of 100 breastfeeding mothers) occurred in rural areas (Central Statistics Agency of West Java Province, 2014) (Depkes RI, 2009).

Maternal mortality in West Java in 2017 which was reported in the 2017 health profile table was 76.03 per 100,000 KH, when compared with the proportion of MMR in 2017 that was targeted, MMR in West Java Province was already below the 2015 national target (MDG).

Problems during the puerperium still occur in post partum mothers, one of the problems that often occurs is the dam of ASI, the dam will interfere with the process of breastfeeding the baby. During the puerperium and lactation These problems can affect the success of exclusive breastfeeding (Manuaba, 2010).

Dams of breast milk are the occurrence of swelling of the breasts due to increased venous and lymph flow, causing milk retention and pain accompanied by an increase in body temperature. Dams of breast milk can occur due to the narrowing of the lactiferous ducts in the mother's breast and can occur if the mother has nipple disorders such as flat, immersed, and sunken nipples. This incident is usually caused because the collected milk is not immediately excreted, so it becomes a blockage. Symptoms that often appear when breast milk is infested include swollen breasts, the breast feels hot and hard, the breast feels painful when pressed, the breast is reddish, the mother's body temperature is up to 38 ° C. If this incident continues, it can lead to mastitis and breast abscess (Rukiyah and Yulianti, 2010).

One of the causes of breast milk infestation is the wrong technique in the breastfeeding position, which can cause the nipple to become blistered and cause pain when the baby is breastfed. As a result, the mother did not want to breastfeed her baby and there was a milk breakdown. The lack of knowledge of postpartum mothers on breast care during pregnancy and the lack of knowledge on how to correct breastfeeding techniques and positions can hinder the baby in the suction process, so that the baby is not optimally emptied of the mother's milk, while excessive milk production can lead to problems with breastfeeding dams (Sarwono, 2008).

A very important role for midwives is to tell mothers to give breast milk to their babies because breast milk can provide immunity, and is very good for the growth and development of babies because in the research it was found that there were many difficulties in babies who from the beginning used formula milk, namely the occurrence of disease. diarrhea and unsatisfactory growth and development. And the role of mothers and the community can prevent breast infections, because what has happened so far people still consider breastfeeding techniques less important. The community considers that this ASI dam needs to be scrutinized because so far the community considers that ASI dam is just a common problem for mothers who are breastfeeding (Manuaba, 2009).

RESEARCH METHOD

The type of research used is descriptive analytic research with aresearch design, *cross-*

sectional namely a method of data collection that is carried out at the same time. This method aims to obtain complete data in a relatively short time (Chandra B, 2010).

This research was conducted at BPM Euis Susilawati in 2019. The population in this study were 32 postpartum mothers. By taking *total sampling* technique to determine the sample by taking all members of the population as a sample so that the sample in this study amounted to 32 people.

The variables of this study consisted of breastfeeding technique and the incidence of damaging breast milk in postpartum mothers. Data processing and data analysis from data analysis using a computer program *SPSS for windows* series 17. The analysis consists of univariate and bivariate analysis, where bivariate analysis analyzes the relationship between breastfeeding technique and the incidence of breast milk dams in postpartum mothers at BPM Euis Susilawati Bogor Regency in 2019.

Research hypothesis is a temporary answer to the formulation of a research problem. The truth of the hypothesis must be proven through the collected data (Sugiyono, 2014).

Ha: There is a relationship about breastfeeding technique with the incidence of dam breast milk in postpartum mothers at BPM Euis Susilawati in 2019. With a *p value of* 0.023 < 0.05.

Population is a generalization area consisting of objects or subjects that have a certain quantity of characteristics that are determined by researchers to be studied and then draw conclusions (Sugiyono, 2012). The population that will be used in this research is postpartum mothers who are in BPM Euis Susilawati Bogor Regency. The total population of postpartum mothers in 2019 is 32 postpartum mothers

The sample consists of an affordable part of the population that can be used as research subjects through sampling. While sampling is the process of selecting the portion of the population that can represent the existing population (Nursalam, 2013). The sampling technique or sampling method used in this study is *total sampling.*

Total sampling sampling technique where the number of samples is the same as the population (Sugiyono, 2011). The reason for taking the *total sampling is* because the total population is less than 100, the entire population is used as the research sample (Sugiyono, 2011). In this study, the samples were 32 postpartum mothers.

This research was conducted at BPM Euis Susilawati Bogor Regency in 2019.

Research Ethics, explains the research risks that may arise to respondents and researchers during the research and how to deal with risks. In addition, it is necessary to describe how the researcher obtained approval from potential respondents and approval from the ethical committee or local government if the research was conducted in the community.

Right to self determination

Willing or not being a respondent to participate in research activities. By using *Informed Consent* or the respondent's consent sheet in implementing

Right to privacy and dignity.

In this research ethics, the researcher assures the respondent that what the respondent says will not be shared with various parties, only between the respondent and the researcher. For example, in writing the name of the respondent only initials are used. So that respondents are more open in answering any questions that are given. So that what is needed in this research is complete

Right to anonymity and confidentially

For confidentiality is ethics in this research. The confidentiality of the information that has been collected will be guaranteed by the researcher and only certain data groups will be reported in the results of the research

Right to fair treatment

Discusses how all samples are treated the same in the study while respecting the agreement that has been agreed Primary data is the data obtained based on direct surveys to the research location. Primary data in this study are the results of a questionnaire about breastfeeding techniques and incidence of breast milk damages.

Secondary data is data that has been collected for purposes other than solving the problem at hand, this data is also easy to find. Secondary data in this study is in the form of data on the number of postpartum mothers in BPM Midwife Euis Susilawati. The

method of data collection is through questionnaires, in this case the respondent is asked to provide answers that have been provided in the format of questions about matters related to service quality and interest in returning to visit. . (Sugiyono, 2013)

This study uses a questionnaire that is distributed to patients, which contains several closed statements. These statements are prepared based on the operational definitions of each variable.

The questionnaire consists of 2, namely the first questionnaire about breastfeeding technique with the number of statements 7 with the Guttman scale, the measurement results are 1 = true, if ≥ median and 0 = false, if <median The second questionnaire about the incidence of breastfeeding damages, the measurement result is 1 = Yes, if there is swelling and pain in the breast ≥

median and 0 = No, if there is no swelling accompanied by pain in the breast ≤ median.

Validity shows the extent to which the question is relevant to what is being asked or what is measured in the study. To find out the validity of an instrument (in this case a questionnaire), namely by comparing the r_{count} with the $r_{table,}$ namely: (Sugiyono, 2013)

In this study, the validity test for the variable breastfeeding technique and the incidence of breast milk dam was carried out at BPM Rina Miranti with a total of 30 respondents. From the results of the validity test for the incidence of breastfeeding dam from 8 questions with 30 respondents getting a value of r_{count} more than 0.361 and the results of the validity test of the breastfeeding technique of 7 questions with 30 respondents getting a value of r_{count} more than 0.361, it can be concluded from all questionnaires stated valid.

Reliability is an index that shows the extent to which a measurement tool can be trusted and relied on. And to test the reliability using themethod *Alpha-Cronbach.* The standard used in determining *reliable* whether a research instrument isor not with questions is said to be *reliable* if someone's answer to the r table is at the 95% confidence level or the 1`significant 5% level. Thereliability level is *Cronbach Alpha* measured based on an alpha scale of 0 to 1. If the alpha scale is grouped into 5 classes with the same range.

From the results of the reliability test of the breastfeeding technique questionnaire and the incidence of breastfeeding dam, it was found that reliability if thevalue was *Cronbach alpha* ≥ 0.70, which was 0.711 for the variable of ASI dam, and 0.708 for the variable of breastfeeding technique, then 7 and 8 questions were reliable.

Data processing

After the data is collected, the next step is processing the data. According Notoatmodjo (2012), the data processing is:

Editing (Checking data)

Results of interviews, questionnaires, or observation from the field to do the editing*(editing)*in advance. In general, *editing* is an activity for checking and correcting the filling of a form or questionnaire.

Coding

After all questionnaires are edited or edited, then "coding" or "coding" is carried out, namely converting data in the form of sentences or letters into numeric or numeric

data Entering data (Data *entry*) or *Processing,* Datanamely the answers from each respondent in the form of "code" (numbers or letters) entered into the computer program or "*software*"

Data(*cleaningcleaning*)

When all data from each data source or respondent is complete entered, need to be checked again to see the possibility of code errors, incompleteness, and so on, then corrections or corrections are made.

The normality test is used to find out whether the data obtained from the research results are normally distributed or not. This test uses an analytical method with the *Shapiro-Wilk test* because there are many sample <50. A data is said to be normally distributed (symmetrical) if the significance level is> 0.05, whereas if the significance level is <0.05, the data is said to be not normally distributed. If the data is normally distributed, the data will be analyzed using a parametric statistical test (*Pearson product moment correlation*). Meanwhile, if the data is not normally distributed, according to the discussion in the previous chapter, it will be analyzed using a non-parametric statistical test (*Chi Square correlation test*).

Data analysis is to facilitate interpretation and test the research hypothesis. The analysis in this research includes Univariate and Bivariate analysis (Sugiyono, 2013).

Univariate Analysis Univariate

analysis is the analysis of each variable expressed by describing and summarizing data in a scientific way in the form of tables or graphs. This univariate analysis is used to clarify how the distribution and percentage and to determine the proportion of each independent and dependent variable.

The interpretation of the test results is said to be meaningful if it meets the criteria:

If X^2 counts> X^2 table then H is accepted, which means there is a relationship between the independent variable and the dependent variable with a confidence level of 95%

If X^2 counts <X^2 table then H is rejected which means there is no relationship between independent variables and the dependent variable with

RESEARCH RESULTS

This research was conducted in 2019. And the respondent's data was collected. In the implementation of data collection, the researcher was assisted by a land supervisor who was given an explanation beforehand, gave an explanation of the informed consent to be signed by the respondent in data collection, the respondent accepted or refused to be a respondent without any sanctions, the number of respondents was 32 respondents. The results of this study were analyzed by univariate and bivariate analysis. Univariate analysis is presented in the form of a frequency distribution which includes the incidence of breast milk dams in postpartum mothers at BPM Euis Susilawati in 2019. Then the bivariate analysis is to determine the relationship between breastfeeding technique and the incidence of breastfeeding dams in

postpartum mothers at BPM Euis Susilawati Bogor Regency in 2019.

A. Characteristics Respondents

1. Age of the postpartum mother

Table 1
Characteristics of Respondents by Age

No.	Age	Frequency	Percentage%
1.	25-30	25	78.1%
2	31-35	7	21.9%
	Total	32	100%

Source processed SPSS 23

Based on table 1 life characteristics postpartum mothers who do breast-feeding technique at BPM Euis Susilawati in 2019, most of the 32 respondents aged 25-30 years were 25 (78.1%) respondents.

2. Postpartum

Table 2
Educationcharacteristics of respondents based on Education

No	Education	Frequency	Percentage %
1.	Elementary	12	37.5%
2.	Junior	7	21.9%
3.	High School	13	40.6%
	Total	32	100%

Processed SPSS 23

Based on the table 2 characteristics of the education of postpartum mothers who carry out breastfeeding techniques at BPM Euis Susilawati in 2019 out of 32 respondents, most of the respondents whose primary education is 13 (40.6%) respondents.

3. Occupation

Table 3
characteristics of respondents based on occupation

No	Occupation	Frequency	Percentage %
1.	Yes	4	12.5%
2.	No	28	87.5%
	Total	32	100%

SPSS processed sources 23

Based on table 3 job characteristics of postpartum mothers who perform breastfeeding techniques in BPM Euis Susilawati in 2019 from 32 respondents, most of the respondents who did not work were 28 (87.5%) respondents.

4. The results of univariate analysis of the incidence of ASI dam.

Table 4
Distribution of Frequency of occurrence of ASI dams Respondents at BPM Euis Susilawati Bogor Regency

Breastfeeding Dam Incidence	Frequency	Percentage of
Swelling and Pain.	8	25%
No Swelling and Pain.	24	75%
Total	32	100%

Processed SPSS 23

Based on table 4 of the frequency distribution of the incidence of breast milk dams of respondents at BPM Euis Susilawati Bogor Regency, it can be seen that 24 respondents (75%) stated that there was no swelling and pain in the breasts.

5. Results of univariate analysis of breastfeeding techniques

Table 5
Frequency distribution of breastfeeding techniques at BPM Euis Susilawati Bogor Regency

Breastfeeding Technique	Frequency	Percentage%
Wrong	6	18.08%
True	26	81.03%
Total	32	100%

SPSS Processed Results 23

Based on table 5 the frequency distribution of breastfeeding techniques at BPM Euis Susilawati Bogor Regency, from 32 respondents, it can be seen that as many as 26 respondents (56.25%) were declared correct in doing breastfeeding techniques.

6. Results of bivariate analysis

Table 6 The
relationship between breastfeeding technique and the incidence of breast milk dams in postpartum mothers at BPM Euis Susilawati in 2019

Breastfeeding Technique Breastfeeding	Dam Incidence				Total		*P value*	OR
	Yes		None					
	F	%	F	%	F	%		
Wrong	4	66.7%	2	33.3%	14	43.75%	**0.023**	11,000
True	4	15.4%	22	84.6%	18	56.25%		1,483
Total	8	25.00%	24	75.00%	32	100.00 %		81.606

Based on table 6, the relationship between breastfeeding techniques and the incidence of breastfeeding dams from 32 respondents, there are 22 (84.6%) respondents. there is swelling and pain.

Based on the results of data analysis using thetest *Chi square* above, it was found that the significance value between breastfeeding technique and the incidence of breast milk dam was 0.023. This shows that the significance value is <0.05 so that it means that the hypothesis (H_0) is rejected, which means that there is a relationship between breastfeeding techniques and the incidence of breastfeeding dams in postpartum mothers at BPM Euis Susilawati, Bogor Regency.

From the statistical results also obtained the OR (Odds Ratio) 11,000, which means that the wrong breastfeeding technique has a 11,000 chance risk of the incidence of breast milk damages.

DISCUSSION

a. Breastfeeding Dam Incidence

Based on the results of research on the incidence of breast milk dams of respondents in BPM Euis Susilawati Bogor Regency, it can be seen that 24 respondents (75%) stated that there was no swelling and pain in the breasts (did not experience an incidence of breast milk dams).

Dams of breast milk are ducts due to narrowing of the lacteri ducts or by the glands not being emptied completely or due to abnormalities in the nipples. Dams of breast milk are the occurrence of swelling in the breasts due to increased venous and lymph flow, causing milk damages and pain accompanied by an increase in body temperature (Winkjosastro, 2010).

Breast milk dam occurs because of a blockage in the milk duct, not completely emptied. The complaints that arise are that the mother is swollen, hard, and feels hot until her body temperature rises. Handling it by emptying the milk with a massage or pump, giving *estradiol* while stopping breastfeeding, and symptomatic treatment so that complaints are reduced (Manuaba, 2010).
Dams are breast milk ducts due to narrowing of the lactiferous ducts or by glands that are not completely emptied or due to abnormalities in the nipples, these swollen breasts that often occur usually occur after delivery on the third or fourth day (Bahiyatun, 2009). The results of the study are in line with Khaira ammalia (2009) with the title of the incidence of breast milk dam in post-partum mothers based on work status in the village of Krajankulon, Kaliwungu, Kendal. There is a relationship between the work status of breastfeeding mothers and the incidence of breast milk dams. Breastfeeding mothers who experienced an incidence of ASI dam were as many as 25 people (48.1%) and 27 people who did not experience a damaging breast milk (51.9%).

So it can be concluded from the above statement the researchers found similarities between the theory and the results of the study, where postpartum mothers can experience breastfeeding dam incidents.

b. Breastfeeding Techniques

Based on the results of research on breastfeeding techniques at BPM Euis Susilawati Bogor Regency, from 32 respondents, it can be seen that as many as 26 respondents (56.25%) were declared correct in doing the breastfeeding technique.

Breastfeeding technique is one of the factors that affect milk production where if the breastfeeding technique is not correct, it can cause sore nipples and make the mother reluctant to breastfeed and the baby rarely breastfeeds. If the baby rarely breastfeeds because the baby is reluctant to breastfeed, it will be unfavorable, because the baby's sucking is very influential in stimulating further milk production. But often, mothers do not get information about the benefits of breastfeeding and about the correct breastfeeding technique (Mochtar, 2011).

Breastfeeding technique is a method of breastfeeding by a mother to her baby, in order to meet the nutritional needs of her baby (Safitri Hanum Dwi, 2010).

Breastfeeding technique is one of the factors that affect milk production where if the breastfeeding technique is not correct, it can cause the nipple to become chafed so that the mother is reluctant to breastfeed and the baby rarely breastfeeds. Often times, mothers do not get information about the benefits of breastfeeding and the correct breastfeeding technique (Angsuko, 2009).

The results of other studies are in line with research conducted by Fitri Nurhayati (2016) which shows that almost allmothers, *postpartum* namely 17 mothers (94.4%) have good knowledge about

breastfeeding techniques and most postpartum mothers do not experience ASI dam, namely 7 mothers (58, 3%). There is a significant relationship between the knowledge of post partum mothers about breastfeeding techniques and the occurrence of breast milk damages.

So it can be concluded from the above statement the researcher found similarities between the theory and the results of the study, where good knowledge of breastfeeding techniques has an effect on the incidence of breast milk damages inmothers *postpartum*. Because the factors that influence the incidence of breastfeeding dam, one of them is the lack of knowledge about breastfeeding techniques.

c. The relationship between breastfeeding technique and the incidence of breastfeeding dams.

Based on the data above, the researchers analyzed the relationship between breastfeeding techniques and the incidence of breastfeeding dams in post-partum mothers. there is ASI dam)

From the results of the data analysis using thetest *Chi square* above, the significance value between breastfeeding technique and the incidence of ASI dam is 0.023. This shows that the significance value is <0.05 so that it means that the hypothesis (H_0) is rejected, which means that there is a relationship between breastfeeding techniques and the incidence of breastfeeding dams in postpartum mothers at BPM Euis Susilawati, Bogor Regency.

One of the causes of breast milk infestation is the wrong technique in the breastfeeding position, which can cause the nipple to become blistered and cause pain when the baby is breastfed. As a result, the mother did not want to breastfeed her baby and there was a milk breakdown. Lack of knowledge of postpartum mothers on breast care during pregnancy and lack of knowledge on how to correct breastfeeding techniques and positions can hinder the baby in the suction process, so that the baby is not optimally emptied of the mother's milk, while excessive milk production can cause problems with milk dam.

Factors in the incorrect position of the baby's breastfeeding (incorrect techniques in breastfeeding can cause the nipple to become chafed and cause pain when the baby is breastfed. As a result the mother does not want to breastfeed her baby and an ASI dam occurs).

SIMPULAN

There is a relationship between breastfeeding technique and the incidence of breast milk dam in postpartum mothers at BPM Euis Susilawati in 2019

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