THE CORRELATION BETWEEN BREAST CARE WITH THE INCIDANCE OF BREASTMILK DAMS AT NS BABY SPA AND MOM CARE CLINIC MEDAN JOHOR DISTRICT MEDAN CITY IN 2019

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ABSTRACT

Breast milk dams are of milk due narrowing of the lactic ducts or by the glands not being enptied completely or due to abnormalities in the nipples. Breast milk dam is the occurrence of swelling in the breast due to increased venous and lymph flow which causes milk dams and pain accompanied by an increase in body temperature (Winkjosastro, 2016). The purpose of this study was to determine in the relationship between breast care and the incidence of ASI dams in the Ns Baby Spa And Mom Care Clinic Medan Johor District Medan City in 2019. This type of research is an observational analytic case control study approach. The population was all breastfeeding mothers who experienced breastfeeding dam events in the 2019 Ns Baby Spa And Mom Care Clinic , totaling 80 people. The number of samples used was 31 people obtained using simple random sampling technique. Data collection using questionnaires and checklist sheets to monitor the management of breast care. Data analysis techniques and checklist sheets to monitor the management of breast care. Data analysis techniques using the chi square test.
The results obtained are p value (0,000) which means there is a relationship between breast care and the incidence of breast milk dams at the Ns Baby Spa And Mom Care Clinic in Medan Johor District Medan City in 2019.

Keywords: Breast Care, Breast Milk Dam

Introduction

According From data WHO (World Health Organization) in 2013 the United States, percentage of breastfeeding women who experienced breast milk dams reached an average of 87.05% or as many as 8242 post-partum mothers out of 12,765 people, in 2014 mothers who experienced dams As many as 7198 people were breastfed out of 10,764 people and in 2015 there were 6543 mothers out of 9,862 people who experienced ASI dams (WHO, 2015).

According data from the ASEAN (Association of Southeast Asian Nations) in 2013, it is known that the percentage coverage of cases of breast milk dams in postpartum mothers was recorded as 107,654 post-partum mothers, in 2014 there were 95,698 postpartum mothers who experienced ASI dams, and in 2015 mothers who experienced breastfeeding dams as many as 76,543 people from this. This is because public awareness in encouraging increased breastfeeding is still relatively low (Depkes RI, 2014).

According the 2015 Indonesian Demographic and Health Survey Data, there are as many as 35,985 postpartum mothers or (15.60%) postpartum mothers, and in 2015 postpartum mothers who experienced ASI dam were 77,231 or (37, 12%) mothers. nifas (IDHS, 2015).

Based on the health profile of North Sumatra in 2014, the average postpartum care in the province of North Sumatra reached 84.62%, number 3 has decreased compared to the achievement in 2013, namely 86.7%, so that the coverage of post-partum mothers who experience ASI dam tends to decrease . The coverage achievement per regency / city varied greatly, where the highest coverage was Medan city (98.0%). (North Sumatra Provincial Health Office, 2014).

Based on the Preliminary Study data that I did at the NS Babyspa And Mom Care

Clinic, Medan Johor City, Medan District, data from September to December 2018 were obtained that there were 20 postpartum mothers who experienced ASI dams and for the January - April 2019 period, postpartum mothers as many as 63 people and 30 people who experienced ASI Dam (BPM Ns Babyspa And Mom Care).

Postpartum breast care is breast care performed on postpartum mothers to improve blood circulation and prevent blockage of the milk ducts so as to facilitate breastfeeding. Implementation of breast care starts as early as possible, namely 1-2 days after the baby is born and is carried out 2 times a day. Breast care for postpartum mothers who are breastfeeding is an effort to support breastfeeding for babies.

Breast milk retention is caused by narrowing of the lactiferous ducts, glands that are not emptied completely or abnormalities in the nipples. Several factors can cause breast milk damages, namely incomplete emptying of the mother. During lactation, there is an increase in milk production in mothers whose milk production is excessive. Inactive baby suction factors During lactation, if the mother does not breastfeed her baby as often as possible or if the baby is not actively sucking, it will cause milk dams, the baby's improper breastfeeding position factor, immersed nipples, immersed nipples will make it difficult for the baby to suckle . Because the baby cannot suckle the nipple and areola, the baby does not want to suckle and the result is milk infestation and the nipple is too long. Long nipples make it difficult when the baby feeds because the baby cannot suck the areola and stimulates the lactiferous sinuses to release milk. As a result, breast milk is retained and causes breast milk dams (Winkjosastro, 2016)

Postpartum breast care is breast care performed on postpartum mothers to improve blood circulation and prevent blockage of the milk ducts so as to facilitate breastfeeding. Implementation of breast care starts as early as possible, namely 1-2 days after the baby is born and is carried out 2 times a day. Breast care for postpartum mothers who are breastfeeding is one of the efforts to support breastfeeding for babies (Pilleteri A, 2016).

Breast care during the puerperium is very important for mothers to increase breast production to stimulate the milk glands. Breast care performed during the puerperium is very useful for mothers in addition to increasing breast production as well as preventing breast sagging during breastfeeding. Breasts are a mother's valuable "asset" for her baby, with which she can provide the best and quality food called ASI. As another valuable asset that requires the best care, breasts are the same. For the sake of the continuity of the breastfeeding process, the breasts must be cared for properly and appropriately in order to avoid the disorders and diseases that may occur during the lactation process (Riskani, 2014).

The hypothesis in this study is that there is a relationship between breast care and breast milk dam incidence of ASI dams in the Ns Baby Spa And Mom Care Clinic Medan Johor District Medan City in 2019.

Method

This type of research is an observational analytic study with a case control study design that used a prospective approach, which aims to identify risk factors at this time, then compare the risk factors that have been identified or have occurred in the past.

The population in this study were all breastfeeding mothers from January to June 2019 totaling 80 mothers. The determination of the sample size is based on the unpaired categorical comparative analytic formula according to Dahlan (2010) of 31 respondents. Sampling in this study used purposive sampling, namely a sampling technique that was formed or determined by the researcher with inclusion criteria, namely breastfeeding mothers who experienced breast milk damages, breastfeeding mothers who were not exclusively breastfed, breastfeeding mothers

who had problems with flat nipples. and breastfeeding mothers who come to the NS baby spa clinic and mom care and live around the clinic. For the control group, namely breastfeeding mothers who did not experience breast milk damages, breastfeeding mothers who were exclusively breastfed, all postpartum mothers who did not breastfeed, breastfeeding mothers who came to the NS baby spa clinic and mom care. The exclusion criteria for the case and control groups were mothers who were not willing to be observed and mothers who had had breast care.

This research was conducted at the NS Baby And Mom Care Clinic, Medan Johor district. In this study, the data collection method used to collect breast care and the incidence of breastfeeding was a closed questionnaire, meaning that all answers were provided and the respondents simply chose the available answers. (Arikunto, 2010). Data collection was carried out by secondary retrieval through data from the NS Baby Spa And Mom Care clinic in 2019, by giving a questionnaire in the form of questions presented in the form of questions that were presented in the form of questions that would be given a check list (√) in the column or place appropriate and primary data obtained directly from respondents by means of physical examination (Notoadmojo, 2014).

The statistical test used was univariate analysis to describe the frequency distribution of each variable, both independent variables (age, parity, joband education). The dependent variable (ASI dam).

Hastono (2007). Bivariate analysis was conducted on 2 (two) variables to determine 2 (two) variables. The analysis technique used is the chi square test. The first stage is knowing the relationship between the independent variable and the dependent variable. The second stage is knowing the risk of the independent variable on the dependent variable. Measurement of the amount of risk in this study was carried out by calculating the OODS ratio, because the type of research was case control. The ODs ratio (OR) is a measure of the association of exposure (risk factor) to disease incidence.

Results And Discussion Univariate Analysis

Based on the results of the study, the distribution of breast care at the Ns Baby Spa And Mom Care Clinic, Medan Johor City Medan District is as follows:

Tabel 4.1
Frequency Distribution of Breast Care for Mothers at NS Baby Spa And Mom Care Clinic, Medan Johor District, Medan City in 2019

No	Category	Frequency	Percent (%)
1.	Not given	16	51.6
2.	Given	15	48.4
	Total	31	100.0

Based on table 4.1 above, from a total of 31 respondents, 16 respondents (51.6%) were not given breast care and 15 respondents (48.4%) were given breast care.

Table 4.2
Frequency Distribution of ASI Dams in Nursing Mothers at NS Baby Spa And Mom Care Clinic, Medan Johor District, Medan City in 2019

No	Category	Frequency	Percent (%)
1.	No dams	13	41.9
2.	Any dams	18	58.1
	Total	31	100.0

Based on table 4.2 above from total 31 respondent consisting 13 respondent (41.9%) no ASI damsand 18 respondent (58.1%) any ASI dams.

Tabel 4.3
Frequency Distribution Characteristic of Ages in Breastfeeding Mother at NS Baby Spa And Mom Care Clinic Medan Johor District Medan City in 2019

No	Category	Frequency	Percent (%)
1.	risk (<20 and >35 years old)	12	38.7
2.	No risk (25-35 Years old)	19	61.3
	Total	31	100.0

Based on table 4.3 above from total 31 respondentconsist 12 respondent (38.7%) with risk ages (less than 25 years oldand more than 35 years old) andconsist 19 respondent (61.3%) withno risk ages (ages between 25- 35 years old).

Tabel 4.4
Frequency
DistributionCharacteristicParity in breastfeeding Mother at NS Baby Spa And Mom Care Clinic Medan Johor District Medan City in 2019

No	Category	Frequency	Percent (%)
1.	≥2 kids	10	32.3
2.	≤2 kids	21	67.7
	Total	31	100.0

Based on table 4.4 above from total 31 respondentconsist 10 respondent (32.2%) withmore than 2 akids and 21 respondent (67.7%) withlessatauor same 2 kids

Tabel 4.5
Frequency Distribution Characteristic Education in Breastfeeding Mother at NS Baby Spa And Mom Care Clinic Medan Johor District Medan City in 2019

No	Category	Frequency	Percent (%)
1.	Low	7	22.6
2.	High	24	77.4
	Total	31	100.0

Based on table 4.5 abovefrom total 31 respondentconsist 7 respondent (22.6%) withlow education and 24 respondent(77.4%) with high education.

Tabel 4.6 Frequency Distribution Characteristic Job in Breastfeeding Mother at NS Baby Spa And Mom Care Clinic Medan Johor District Medan City in 2019

No	Category	Frequency	Percent (%)
1.	No job	16	51.6
2.	Have job	15	48.4
	Total	31	100.0

Based on table 4.6 above from total 31 respondentconsist 16 respondent (51.6%) no joband 15 respondent (48.4%) have job.

Bivariat Analysis

Tabel 4.7 Result of *Chi Square Test* about The Correlation Breast Care with ASI Dams incident at NS Baby Spa And Mom Care Clinic Medan Johor District Medan City in 2019.

Category		Asi Dams		Total	P *Value*	RR
		Not have	Have			
Breast Care	t given (N %)	0	16 (100%)	16 (100%)	0,000	0,000
	Given (N%)	13 (86,67%))	2 (13,33%)	15 (100%)		
Total	n%	13 (41,93%)	18(58,06%)	31(100%)		

Based on table 4.7 above, there are 16 respondents who were not given breast care and all of them experienced breast milk dams, while there were 15 respondents who were given breast care, where 13 of them had no ASI dams and 2 others had ASI dams. The significance value is p value (0.000) <(0.05). then Ha is accepted and H0 is rejected. Thus it can be concluded that "There is a relationship between breast care and the incidence of breast milk dam at the NS Baby Spa and Mom Care Clinic, Medan Johor District, Medan in 2019". This means that the more frequent breastfeeding, the less likely it is to have a dam of breast milk, and conversely, the more you never do breast care, the more likely it is to have a dam. This study is an observational analytic study with a case-control design that used a prospective approach, namely a study that looks at and compares the risk factors that occur at this time and those that occurred in the past, where when the mother is breastfeeding, the researcher monitors the observations of the management of breast care. conducted by midwives using a checklist sheet, and a checklist sheet for ASI dam, and after that the researcher distributed a questionnaire about parity, age, education and work on the subject under study, if the checklist and questionnaire sheets were collected then the data was processed into a computer using the SPSS version of the application. 22.0

The results showed that from a total of 31 respondents, 16 respondents (51.6%) were not given breast care and 15 respondents (48.4%) were given breast care. According to Rustam (2009), breast care is a way of caring for breasts that is carried out during pregnancy or the puerperium for breast milk production, in addition to breast hygiene and the shape of the inverted or flat nipple. Such nipples are actually not an obstacle for the mother to breastfeed properly, knowing from the start, the mother has time to make the nipples easier when breastfeeding. Besides that, it is also very important to pay attention to personal hygiene. Postpartum breast care is a continuation of breast care during pregnancy, according to Notoadmojo (2012), breast care aims to maintain breast hygiene so as to prevent blockage and avoid infection.

The results showed that most of the respondents, there were 13 respondents (41.9%) who did not experience ASI dams and 18 respondents (58.1%) experienced ASI dams. Dams of ASI 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 (Sarwono, 2010). According to Prawirohardjo (2010), the mother's complaints are breast swelling, hardness, heat and pain. Treatment should be started during pregnancy with breast care to prevent abnormalities. If this also happens, then give symptomatic therapy for the pain (analgesics), empty the breast, before breastfeeding first massage or pump it, so that the blockage is gone. If necessary, give stilbestrol or lynoral tablets 3 times a day for 2- 3 days to temporarily stem milk production.

Based on table 4.7 above, there are 16 respondents who were not given breast care and all of them experienced ASI dams, while there were 15 respondents who were given breast care, where 13 of them had no ASI dams and 2 others had ASI dams. Based on the p value obtained through the Chi square table

4.8 test above, a significance value of p value (0.000) <(0.05) is obtained, which means that Ha is accepted, so it can be concluded that there is a significant relationship between breast care and breast milk dams. This means that the more frequent breast care, the less likely it is to have an ASI dam.

In relevant studies with research conducted by (Tuti, 2015), said that breasts with an incidence of ASI dam were obtained that data from respondents who did not perform breast care were almost Overall (75.6%) of respondents experienced ASI Dam (15.9%) did not experience ASI Dam then Respondents who performed breast

care (31.8%) of respondents experienced ASI Dam and partially.

Conclusion

Based on the results of research on the relationship between breast care and the incidence of breast milk dam at the Ns Baby Spa and Mom Care Clinic, Medan Johor City, Medan District in 2019, the following conclusions can be drawn:

Most of the respondents (51.6%) were breastfeeding mothers who did not perform breast care, while almost half of the respondents (48.4%) were breastfeeding mothers who did breast care at the Ns Baby Spa And Mom Care Clinic, Medan Johor Kota Medan District in 2019.

Most of the respondents (58.1%) were breastfeeding mothers who experienced breast milk dams, while nearly half of the respondents (41.9%) were breastfeeding mothers who did not experience breastfeeding at the Ns Baby Spa And Mom Care Clinic, Medan Johor Kota Medan District. 2019 year.

There is a significant relationship between breast care and the incidence of breast milk dams at the Ns Baby Spa And Mom Care Clinic, Medan Johor City Medan District in 2019 with a p value of 0,000, it can be concluded that $p < \alpha$ (0,000<0.05).

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