

THE INFLUENCE OF POSTPARTUM MOTHERS' UNDERSTANDING OF BREAST CARE ON THE SUCCESS OF BREASTFEEDING AT FAHRINI AMIN CLINIC, BLANGPIDIE SUBDISTRICT, SOUTHWEST ACEH REGENCY, ACEH PROVINCE IN 2025

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ABSTRACT

Breast care during breastfeeding aims to keep the breasts clean and easy for the baby to suckle. Therefore, breast care prevents breast infections such as mastitis (mammary infection). The most common infectious disease in the breast is puerperal mastitis (Yupita, 2023). Based on WHO (World Health Organization) data, 17,230,142 mothers in the world experience breast problems while breastfeeding. There are around (22.5%) mothers who experience nipple problems, (18%) experience breast milk that does not come out normally or is not smooth, and around (38%) mothers experience swelling and pain in the breasts. As a result of these problems, babies who should get exclusive breast milk are not obtained, and are only given formula milk (Rizal, 2022). This study aimed to examine the influence of postpartum mothers' knowledge regarding breast care on the success of breastfeeding at the Fahrini Amin Clinic, Blangpidie District, Southwest Aceh Regency, Aceh Province in 2025. This research employs an observational analytical approach using a single-group design with measurements taken before and after the intervention. The population in this study was all mothers who underwent postpartum after giving birth at the Fahrini Amin Clinic in 2025, totaling 30 people. Sampling was conducted using a total sampling technique. Data analysis was conducted using a paired T-test, to see if there was a comparison of data before and after being given parental attention and the mean difference between the pre-test and post-test was obtained. The study's findings indicated that postpartum mothers' knowledge regarding breast care had an impact on the success of breastfeeding at the Fahrini Amin Clinic, Blangpidie District, Southwest Aceh Regency, Aceh Province in 2025. It is hoped that the Fahrini Amin Clinic will maximize the knowledge of postpartum mothers through health promotion about the importance care of the breasts to support smooth breast milk production..

Keywords: KnowledgeMother during postpartum period, Care, Breasts, Success

Introduction

Breast care is a necessary self-care requirement for improving health.

Postpartum breast care aims to keep breasts clean and easy for the baby to suckle. Many mothers complain that their babies won't latch on, which can be caused by technical

factors such as an inverted nipple or incorrect positioning (Ginting, 2022).

According to WHO (World Health Organization) data, 17,230,142 mothers worldwide experience breast problems while breastfeeding. Approximately 22.5% of mothers experience nipple problems, 18% experience irregular or irregular milk flow, and approximately 38% experience breast swelling and pain. As a result, babies who should be exclusively breastfed are often denied access to breast milk and are instead given formula (Rizal, 2022).

According to UNICEF (United Nations Children's Fund) data, approximately 18,320 breastfeeding mothers experience breast problems during breastfeeding, including 56.4% experienced sore nipples, 36.12% experienced breast swelling, and 7.5% experienced mastitis. Difficulties that can arise during lactation include sore nipples, inverted nipples, infective mastitis, and inadequate lactation. Because of the numerous problems that can arise during breastfeeding, proper breast care is essential, as breast milk plays a vital role in maintaining a healthy and strong baby. (Oktaviana, 2022)

Based on data from ASEAN (Association of Southeast Asian Nations), the percentage of cases of breast engorgement disorders in breastfeeding mothers is around 107,654 cases, in 2022 the number of breastfeeding mothers suffering from breast engorgement disorders is 95,698 cases, and in 2023 cases of breast engorgement in breastfeeding mothers are 76,543 cases. Berdasarkan informasi dari Kementerian Kesehatan

Republik Indonesia (Ministry of Health), it is revealed that one of the problems that commonly arise during the breastfeeding process is engorgement or swollen breasts. So that breast engorgement in breastfeeding mothers is 37.12% (77,231) cases (Dey, 2023)

Data from the Fahrini Amin Clinic shows that only about 65% of postpartum mothers receive breast care. This is due to a lack of information about breast care, which affects breast milk production. A study by Masnila, titled "The Relationship Between Breast Care and Breast Milk Production in Postpartum Mothers," investigated the correlation between breast care practices and the amount of breast milk produced in mothers after childbirth. at the Tutun Sehati Tanjung Morawa Maternity Home in 2022," The p-value of 0.001 suggests a significant association between breast care and breast milk production. (Ilmiah, 2022).

According to the preliminary survey carried out by the research team at the Fahrini Amin Clinic, they interviewed 10 postpartum mothers and obtained data that 7 postpartum mothers did not know how to care for their breasts and experienced breast engorgement. 3 postpartum mothers acknowledged the importance of new mothers learning how to care for their breasts, especially when experiencing problems or discomfort such as engorgement. They revealed that they didn't breastfeed their babies from the first day after giving birth because their milk wasn't yet available.

Research Method

Activities will be carried out in May - June 2025 at the Fahrini Amin Clinic. The

initial survey was carried out by analyzing monthly report data from Clinic data. It was then found that there were 30 postpartum mothers who gave birth at the Fahrini Amin Clinic. The targets for this activity are postpartum mothers and those who gave birth at the Fahrini Amin Clinic. The activity was carried out at the Fahrini Amin Clinic.

The research was conducted in three stages: the initial phase of the activity. The

initial phase involved providing counseling to postpartum mothers. The activity began with an introduction between the research team and the target group. Then, information was provided to postpartum mothers to increase their awareness of breast care and ensure successful breastfeeding.

Result

Table 1

No	Category	Amount	Percentage (%)
1	Good	3	10
2	Enough	10	33.3
3	Poor	17	56.7
	Amount	30	100

Variabel	Mean	N	Std. Deviation	St. Error	Min	Max
Pree	1.47	30	0.681	0.124	0	2

The table illustrates the distribution of knowledge among postpartum mothers regarding breast care at the Fahrini Amin Clinic in 2025 from 30 respondents (100%) is that the majority of respondents have poor knowledge of 17 (56.7%)

respondents, while the minority have good knowledge of 3 (10%) respondents with a the average is 1.47, with a standard deviation of 0.681, a standard error of 0.124, and a range of minimum to maximum values of 0–2.

Table 2

No	Category	Amount	Percentage (%)
1	Good	18	60
2	Enough	10	33.3
3	Poor	2	6.7
	Amount	30	100

Variabel	Mean	N	Std. Deviation	St. Error	Min	Max
Post	0.47	30	0.629	0.115	0	2

Based on the table, the distribution of post-test frequency for the level of knowledge of postpartum mothers about breast care at Fahrini Amin Clinic in 2025 shows that, out of 30 respondents (100%), the majority had good knowledge, totaling 18 respondents (60%), while the fewest had poor knowledge, totaling 2 respondents (6.7%). The data also indicate a mean score

of 0.47, a standard deviation of 0.629, a standard error of 0.115, and a minimum–maximum range of 0–2.

Tabel 3

Variabel	Mean	Std. Error	Std. Deviation	p-value	CI-95%
Pre-Post Pengetahuan	1.000	0.947	0.173	0.000	0.646-1.354

Based on the data presented in the table, it was found that the average score of the 30 respondents had a mean of 1.000, with a standard error of 0.947 and a standard deviation of 0.173. The statistical test results indicated a significance value of $\rho = 0.000$, which indicates a significant relationship between postpartum mothers' knowledge about breast care and breastfeeding success.

Successful breast care is greatly influenced by a mother's understanding of its benefits in increasing breast milk production. A mother's success in exclusively breastfeeding is closely related to various factors that influence the quality and quantity of breast milk. With adequate knowledge, a person's behavior can be directed in a more positive direction.

Postpartum mothers who regularly receive health education during the postpartum period and breastfeeding tend to have better knowledge and are more likely to experience smooth breast milk production. Information regarding factors affecting breast milk quality and quantity can be obtained from local midwives, family support, and the surrounding environment, such as neighbors (Ameliani, 2018).

One factor influencing breast care is the mother's knowledge of breast care. Knowledge itself is the initial stage of behavioral change. A mother's good knowledge of breast care will have a positive impact, enabling her to practice breast care. This knowledge can be obtained from various sources, such as counseling, print media, and online media. One method to enhance breast milk

production in postpartum mothers is through proper breast care. Breast care is not only performed before but also after delivery (Yulita, 2023).

Breastfeeding mothers who have a good knowledge of breast health and regularly perform breast care are more likely to produce sufficient breast milk. Furthermore, breastfeeding mothers are advised to consume nutritious foods to ensure adequate nutritional needs are met, maintain adequate fluid intake for smooth milk production, and maintain psychological well-being and adequate rest to maintain optimal health (Lela, 2022). The researcher's assumption, where respondents who have good knowledge not all smooth milk production, this is because the respondents were first time giving birth and felt inexperienced in giving birth and breastfeeding a baby. This condition caused anxiety in respondents, which ultimately affected the smooth production of breast milk.

Conclusion and Suggestion

It is expected that health workers at the Fahrini Amin Clinic will optimize postpartum mothers' knowledge through health promotion on the importance of breast care in supporting smooth breast milk production, so that it can serve as a reference for enhancing the quality of health services and overall care at the research location.

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