DESCRIPTION OF POST-MOTHER KNOWLEDGE OF BREAST CARE IN KB VILLAGE PADANG BULAN KECAMATAN MEDAN BARU IN 2020

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ABSTRACT

The puerperium is a period starting a few hours after the birth of the placenta until 6 weeks after delivery. Breast care is maintenance that is carried out routinely to avoid swelling due to milk dams. According to WHO, the maternal mortality rate (AKI) is 81% due to complications during pregnancy and childbirth, and during the puerperium. This study aims to determine the knowledge of postpartum mothers about breast care in postpartum mothers. This research is descriptive in which the sample taken is 30 respondents which is the number of pollulations using total sampling, that is the entire population is the research sample. From the research it can be seen that the knowledge of postpartum mothers about breast care based on the age of the majority is less knowledgeable at age <25 years which is 12 people (40%), based on education lacking knowledge in elementary school which is 9 people (30%), based on work knowledge less on IRT namely 13 people (43.3%), based on lack of knowledge parity in primipara namely 12 people (40%). It can be concluded that the knowledge of postpartum mothers about breast care is categorized as less, therefore it is expected for postpartum mothers to pay more attention and increase knowledge about breast care so that earlier they can overcome breast problems.

Keywords: Knowledge, Postpartum Mother, Breast Care

INTRODUCTION

WHO, as many as 99% of maternal deaths due to childbirth or birth problems occur in developing countries is the highest with 450 maternal deaths per 100,000 live births when compared to the ratio of maternal deaths in nine developed countries and 51 commonwealth countries. According to WHO, the maternal mortality rate (AKI) is 81% due to complications during pregnancy and childbirth, and during the puerperium (Riskesdas, 2017).

Maternal Mortality Rate (MMR) in Indonesia is still high compared to countries in Asia such as Thailand with MMR 130 / 100,000 live births (KH). Based on a report from the 2017 Indonesian Demographic and Health Survey (IDHS), more than 25 years a third of women in the world (38%) can not breastfeed their babies due to breast swelling. Whereas the 2011-2015 IDHS shows that 55% of breastfeeding mothers experience mastitis and nipple blisters, possibly because of the lack of breast care although this figure is seen to be improved compared to previous years (MOH, 2016).

The puerperium is a period during labor and immediately after birth which includes the following weeks when the reproductive tract returns to a normal non-pregnant state (Marmi, 2012).

According to the results of a study,> 80% more failure of breastfeeding mothers in providing exclusive breastfeeding is a psychological factor for nursing mothers themselves. Family support, especially the husband or father in the success of breastfeeding is urgently needed (Sari, 2014).

Many postpartum mothers neglect breast care. It might be because you are lazy or actually don't know the benefits. Some problems that occur if not doing breast care for postpartum mothers include nipple blisters, sore nipples, nipples pulled in, infections in the breast, swollen breasts and this is usually caused by lack of knowledge of the puerperal mother about breast care (Sari, 2014) .

From the results of a previous survey conducted in 2014 Juhar Village of 10 postpartum mothers found by researchers

before there were 2 mothers who experienced mastitis and breast milk damaging problems.

Therefore, based on the above background, the researcher is interested in exploring the Postpartum Mother's Knowledge of Breast Care in Juhar Village, Juhar District, Karo Regency.

THE METHOD OF THIS RESEARCH

The research conceptual framework is a description and visualization of the relationship or relationship between one concept to another concept, or between one variable with another variable of the problem that wants to be researched, while the framework of concepts in this research is knowledge, age, education, work and parity as an independent variable and breast care as a variable dependent.

The type and design of this research uses descriptive research method that is to describe or describe a phenomenon that occurs in society without looking for relationships between variables.

The population in this study were all postpartum mothers who were in Juhar Village, Juhar District, Karo District, as many as 30 people. The type of sampling in this study is total sampling or using a non-random sample design which means that all members of the population are used as samples.

In this study data analysis is presented using Univariate analysis which is used to describe the research variables in order to obtain a picture or characteristics before Bivariate analysis (Ayu, 2014). Data analysis is then continued by discussing the results of theoretical research and existing literature. Based on the value obtained by the respondent, the writer can determine the answer category of the respondent.

1. Good: if the respondent is able to answer correctly 70-100% of all questions, with the number of correct answers 14-20 questions.
2. Enough: if the respondent answered correctly 35-65% of all questions, with

the number of correct answers 7-13 questions.
3. Less: if the respondent is able to answer correctly 5-30% of all questions, with the number of correct answers 1-6 questions.

In this study, researchers used a questionnaire. The form of questions is closed, the number of questions is 20 questions with 2 items of answer choices using the Guttman scale, if the answer is correct, the value is 1, if the answer is wrong, the value is 0 with the formula:

$$\text{Formula } P = \frac{F}{N} \times 100\%$$

THE RESULT AND THE DISCUSSION

This study entitled "The Description of Postpartum Mother Knowledge about Breast Care in Juhar Village" a sample of 30 people with the results obtained are as follows:

Table 4.1.1
Frequency Distribution of Respondents Knowledge About Breast Care in the Padang Bulan village in Medan Baru District in 2020

No	Knowledge	Ferquency (f)	Presentation (%)
1	Good	5	16,7
2	Enough	10	33.3
3	Less	15	50
	Total	30	100

From the above table it can be seen that the knowledge of post partum mothers about breast care obtained from 30 respondents is the majority of less knowledgeed as many as 15 people (50%), the minority of good knowledge as much as 5 people (16.7%), and as much as 10 people (33) , 3%).

Knowledge or cognitive is a very important domain for the formation of one's actions because experience and research turns out that behavior based on knowledge will be more lasting than behavior that is not based on knowledge.

Knowledge is one of the factors that determine someone can be younger to accept new things or information as technology advances. From the results of

the study there are still many postpartum mothers who have less knowledge, this is due to lack of knowledge, both from health workers and families and there is no counseling about breast care for postpartum mothers early.

Table 4.1.2
Frequency Distribution of Respondents' Knowledge Based on Age in KB Padang Bulan village in Medan Baru Medan in 2020

No	Age	Knowledge Category						Total	
		Good		Enough		Less			
		F	%	F	%	F	%	F	%
1	<25	-	-	4	13,3	12	40	16	53,3
2	25-30	1	3,4	3	10	2	6,6	6	20
3	>30	4	13,3	3	10	1	3,4	8	26,7
	Total	5	16,7	10	33,3	15	50	30	100

Based on the table above, it can be seen that the knowledge of postpartum mothers about breast care from 30 respondents obtained by age is the majority of lacking knowledge, namely at the age of <25 years as many as 12 people (40%), and quite more knowledge at the age of 25-30 years ie 3 people (10%) while a well-informed minority is> 30 years old, 4 people (13%).

Age is the time span of a person starting from birth to birthday. If someone has a mindset and mature experience as well. Age will greatly affect the power of comprehension so that the knowledge gained will be better.

Table 4.1.3
Distribution of Respondent Knowledge Frequency Based on Education in the Padang Bulan village in Medan Baru Medan in 2020

No	Education	Knowledge Category						Total	
		Good		Enough		Less			
		F	%	F	%	F	%	F	%
1	Primary School	-	-	1	3,4	9	30	10	33,3
2	Junior High School	-	-	1	3,4	3	10	4	13,3
3	Senior High School	1	3,4	6	20	3	10	11	36,7
4	College	4	13,3	2	6,6	-	-	5	16,7
	Total	5	16,7	7	33,4	15	50	30	100

Based on the table above, it can be seen that postpartum mothers' knowledge about breast care from 30 respondents obtained based on education is the majority who lack knowledge, namely 9 elementary school graduates (30%), and quite more knowledgeable high school education, 6 people (20%) while the minority is knowledgeable good, namely 4 people (13.3%).

Based on the theory, Education is the entire life process that is owned by each individual in the form of individual interaction with their environment. The higher a person's education, the easier he will find information. With high education, a person will tend to get information from both people and the mass media. Knowledge of its relationship with education, someone with higher education, the broader the knowledge possessed. The higher the level of postpartum education, the better understanding and knowledge about breast care.

Table 4.1.4
Frequency Distribution of Respondents' Knowledge Based on Work in KB Padang Padang Bulan Subdistrict Medan Baru Medan in 2020

No	Profession	Knowledge Category						Total	
		Good		Enough		Less			
		F	%	F	%	F	%	F	%
1	Housewife	-	-	5	16,7	13	43,3	18	60
2	Entrepreneur	2	6,7	3	10	2	6,7	7	23,3
3	Government Employees	3	10	2	6,7	-	-	5	16,7
	Total	5	16,7	10	33,4	15	50	30	100

Based on the table above, it can be seen that postpartum mothers' knowledge about breast care based on occupation is the majority who have less knowledge, namely in the work of IRT as many as 13 people (43.3%), while there is quite more knowledge in entrepreneurial work, namely 3 people (10%) and a minority knowledgeable in the work of civil servants, namely 3 people (10%).

The work environment can make a person gain experience and knowledge

both directly and indirectly. Someone who works has better knowledge than does not work. This is consistent with the theory that the work environment can make someone gain experience and knowledge both directly and indirectly.

Table 4.1.5
Frequency Distribution of Respondents Knowledge Based on Parity in Padang Bulan village in Medan Baru Medan in 2020

No	Parity	Knowledge Category						Total	
		Good		Enough		Less			
		F	%	F	%	F	%	F	%
1	Primipara	-	-	-	-	12	40	12	40
2	Multipara	2	6,6	8	26,7	3	10	13	43,3
3	Grandepara	3	10	2	6,6	-	-	5	16,7
	Total	**5**	**16,6**	**10**	**33,4**	**15**	**50**	**30**	**100**

Based on the table above, it can be seen that postpartum mother's knowledge about breast care based on parity is the majority of less knowledgeable, namely in primiparous parity as many as 12 people (40%), while quite more knowledgeable in multipara parity 8 people (26.7%) and a knowledgeable minority good at grandemultipara parity that is 3 people (10%).

Based on the theory, there is a tendency for maternal health with higher parity than those with low parity. There is an association between the level of parity with certain diseases. Postpartum mothers who have high parity will get better knowledge, this is because the high number of parities will be more experienced and make it diligent in finding information.

THE CONCLUSION AND THE SUGGESTION

After conducting research on "Knowledge of Postpartum Mothers About Breast Care in Juhar Village, Juhar Subdistrict, Karo District", it can be concluded that 15 people (50%) based on the age of postpartum mothers about breast

care taken from 30 respondents were the majority aged <25 years ie as many as 16 people (16 people (50%) 53.3%) and minority aged 25-30 years as many as 6 people (20%).

a. From the results of the study it can be seen that the frequency distribution of respondents based on postpartum maternal education about breast care taken from 30 respondents is the majority of high school educated as many as 11 people (36.7%) and minority high school educated as many as 4 people (13.3%).

b. From the results of the study it can be seen that the frequency distribution of respondents based on postpartum mothers' occupations about breast care taken from 30 respondents is the majority of IRT jobs, as many as 18 people (60%) and the minority of civil servant jobs, as many as 5 people (16.7%).

c. From the results of the study it can be seen that the frequency distribution of respondents based on postpartum maternal parity regarding breast care taken from 30 respondents is the majority of multipara parity as many as 13 people (43.3%) and grandemultipara parity minorities as many as 5 people (16.7%).

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