

THE RELATIONSHIP OF PUTTER MOTHER'S FATIGUE AND BREASTFEEDING MOTIVATION IN THE WORKING AREA OF THE SIGOMPUL HEALTH CENTER, HUMBANG HASUNDUTAN DISTRICT

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ABSTRACT

Background: Based on data from the 2019 Health Profile of 186,460 babies aged <6 months, it was reported that only 75,820 babies received exclusive breast milk (40.66%), this achievement is still far from the target determined in the 2019 North Sumatra Provincial Health Service Strategic Plan, namely 53 %. Referring to the Strategic Plan target of 53%, there are 10 regencies/cities that have achieved this target, namely North Nias, Sibolga, Samosir, North Tapanuli, South Tapanuli, Mandailing Natal, Tebing-Tinggi, North Labuhanbatu, Dairi and Humbang Hasundutan. The fatigue felt by the mother during breastfeeding reduces breast milk production during the first month. Disorders that occur in the hormone oxytocin result in a buildup of milk in the alveoli so that the breasts enlarge and pain occurs in the abscessed breast. Therefore, the motivation of some postpartum mothers decreases to provide exclusive breastfeeding on a regular basis. The type of research is Correlational Research with a quantitative approach. The research was conducted in the Sigompul Community Health Center Working Area, Humbang Hasundutan Regency, carried out from April - June 2022. Postpartum maternal fatigue is related to the motivation to provide exclusive breastfeeding in breastfeeding mothers aged 0-6 months in the Sigompul health center working area.

It is hoped that the results of this research can be used as a new and innovative method in midwifery, in providing knowledge about the importance of recognizing postpartum fatigue early so that it can increase mothers' motivation to breastfeed exclusively

Keywords: Fatigue, motivation, postpartum, breastfeeding

INTRODUCTION

Maternal Mortality Rate (MMR) is one indicator to see the success of maternal health efforts. Therefore, mothers and children are family members who need to receive priority in implementing health efforts, because mothers and children are a vulnerable group. This is related to the phases of pregnancy, childbirth and postpartum in the mother and the growth and development phase in the child (Kemenkes 2019).

The postpartum period is the recovery period after childbirth until all the woman's

reproductive organs recover before the next pregnancy which lasts around 6-8 weeks after delivery. During the postpartum period, mothers experience many important events, one of which is physiological and psychological adaptation or changes in facing a new family with the presence of a baby who really needs attention and affection (Rahayu, 2016).

Several adjustments are needed by the mother to fulfill her new responsibilities and role as a mother, causing hormonal changes in the mother (Kumala and Rini, 2016). Hormonal changes, especially



cortisol, cause postpartum mothers to experience fatigue and disturbed sleep quality (Hughes et al., 2017).

Based on data from the Central Statistics Agency (2021), the Ministry of Health (Kemenkes) noted that the percentage of exclusive breastfeeding for babies aged 0-5 months was 71.58% in 2021. This figure shows an improvement from the previous year which was 69.62%. However, most provinces still have a percentage of exclusive breastfeeding below the national average. Gorontalo is recorded as the province with the lowest percentage, namely only 52.75%. Followed by Central Kalimantan and North Sumatra at 55.98% and 57.83% (Badan Pusat Statistik, 2021). Based on data from the 2019 Health Profile of 186,460 babies aged <6 months, it was reported that only 75,820 babies received exclusive breast milk (40.66%), this achievement is still far from the target determined in the 2019 North Sumatra Provincial Health Service Strategic Plan, namely 53%. Referring to the Strategic Plan target of 53%, there are 10 regencies/cities that have achieved this target, namely North Nias, Sibolga, Samosir, North Tapanuli, South Tapanuli, Mandailing Natal, Tebing-Tinggi, North Labuhanbatu, Dairi and Humbang Hasundutan (Sumatera Utara, 2019).

Breast milk is a very important nutrient needed by babies. The presence of protective factors and appropriate nutrients in breast milk ensures that the baby's nutritional status is good and child morbidity and mortality decreases (Kemenkes RI, 2014). The impact of babies who are not exclusively breastfed can suffer from vomiting and diarrhea, so that deaths due to vomiting increase 23.5 times and diarrhea is 17 times higher in babies who are given formula milk, in fact one of the factors causing stunting is low nutritional intake in the first 1,000 days.

life, namely from the fetus to a two year old baby (P2PTM Kemenkes RI. 2018).

Breast milk coverage is not exclusive due to several factors, including predisposing factors, enabling factors and reinforcing/supporting factors (Kreuter, Green and W., 1992). Apart from these three factors, demographic factors or characteristics of the mother are thought to influence whether a mother will exclusively breastfeed her baby or not. One of the factors on the mother's side is the postpartum mother's fatigue which makes it difficult for the mother to breastfeed her baby (Ramadani and Hadi, 2010). Difficulties at the beginning of breastfeeding the first child influence the mother's decision to continue breastfeeding or continue breastfeeding the next child, therefore motivation is needed in breastfeeding (Andrew and Harvey, 2011).

When the mother has good motivation, it will increase the mother's role in providing breast milk for her baby so that the baby's nutritional needs can be optimal (Andrew and Harvey, 2011). In addition, concerns about baby care, breastfeeding, family relationships and the transition back to work are also very important to pay attention to (Yesilcinar et al., 2017). Hung (2011) developed a postpartum stress scale and showed that the main stressors were fatigue, lack of time and feeding the baby, lack of social support and changes in roles (Yesilcinar et al., 2017). A symptom often reported by postpartum mothers who are breastfeeding their babies for the first time is fatigue (Johanson et al., 2000). In Taylor and Johnson's (2010) study, postpartum mothers' levels of fatigue were at 6, 12 and 24 weeks and it was found that women's fatigue levels were found to be higher at 6 weeks because the mothers had started working again (Taylor and Johnson, 2010).

The fatigue felt by mothers during breastfeeding reduces breast milk production during the first month (Manurung et al., 2011). Fatigue that occurs in postpartum mothers is caused by increased levels of cortisol in the body. Excessive fatigue increases interference with the release of oxytocin from the neurohypophysis so that epinephrine decreases. This decreased epinephrine can cause vasoconstriction of the alveolar blood vessels so that the hormone oxytocin is unable to reach the myoepithelium. Disorders that occur in the hormone oxytocin result in a buildup of milk in the alveoli so that the breasts enlarge and pain occurs in the abscessed breast. Therefore, the motivation of some postpartum mothers decreases to provide exclusive breastfeeding on a regular basis.

The aim of this research is to analyze the relationship between postpartum mothers' fatigue and breastfeeding motivation in the Sigompul Community Health Center Working Area in 2022

RESULT AND DISCUSSION

Result

Table 1 Distribution of Variables measured from Fatigue and motivation to provide exclusive breastfeeding for Postpartum Mothers in the Sigompul Community Health Center working area in 2022

Variable	Category					
	Light		Currently		Heavy	
	Σ	%	Σ	%	Σ	%
Postpartum Maternal Fatigue	0	0	72	72	28	28
	TOTAL					100
Motivation for Exclusive Breastfeeding	31	31	45	45	24	24
	TOTAL					100

The table above shows the distribution of variables measured based on postpartum maternal fatigue and motivation for exclusive breastfeeding. Most respondents had moderate fatigue with a total of 72

METHOD

The type of research is Correlational Research with a quantitative approach. The research was conducted in the Sigompul Community Health Center Working Area, Humbang Hasundutan Regency, carried out from April - June 2022

The population in this study was all primigravida postpartum mothers in the Sigompul Health Center Working Area in 2022, totaling 32 people. Teknik sampling dalam penelitian ini adalah *Consecutive sampling*. Sampel merupakan bagian dari populasi yang digunakan sebagai subjek penelitian melalui *sampling* (Nursalam, 2013).

The data analysis technique used is Spearman's Rho Correlation with a significance level of 5% (95% confidence level). The purpose of the test analysis above is to find the relationship between two variables with categorical data.

people (72.0%) and the majority had moderate motivation to provide exclusive breastfeeding with a total of 45 people (45.0%).

Table 1. Distribution of Postpartum Fatigue and Motivation for Exclusive Breastfeeding among Respondents in the Sigompul Community Health Center Working Area

Postpartum maternal fatigue	Motivation for Exclusive Breastfeeding						Total
	Light		Currently		Heavy		
	Σ	%	Σ	%	Σ	%	
Light	0	0,0%	0	0	0	0	0
Currently	13	18,1%	35	48,6%	24	33,3%	72
Heavy	18	64,3%	11	35,7%	0	0,0%	28

Spearman Rho Rank p = 0,000

The table above shows that there is a relationship between postpartum maternal fatigue and motivation for exclusive breastfeeding in breastfeeding mothers 0-6 months. Respondents with moderate postpartum fatigue tended to have moderate motivation for giving exclusive breastfeeding, with 35 people (48.6%)

Discussion

The results of statistical tests using the Spearman Rho Rank obtained a significance level of 0.000, which is smaller than the value of $\alpha \leq 0.05$, so that H1 is accepted, which means there is a significant relationship between postpartum maternal fatigue and motivation for exclusive breastfeeding in breastfeeding mothers 0-6 months. The Contingency Coefficient value obtained is - 0.486, which shows that the variables of postpartum maternal fatigue and motivation for giving exclusive breastfeeding have a strong enough relationship with the closeness of the relationship being inversely proportional, where the higher the fatigue experienced by the mother, the lower the motivation she has for giving exclusive breastfeeding. Fatigue is a condition where individuals experience feelings of exhaustion and reduced physical and mental abilities and will not disappear with rest. Postpartum fatigue is defined by Milligan (1997) as a

while those with high motivation for giving exclusive breastfeeding were 24 people (33.3%). Respondents who experienced severe postpartum fatigue tended to have low motivation in providing exclusive breastfeeding with 18 people (64.3%), while 11 people (35.7%) had moderate motivation.

multi-dimensional phenomenon that causes a mother to have negative feelings, discomfort and a decrease in physical capacity and mental function compared to before pregnancy (Varcho, Hill and Anderson, 2012). Postpartum fatigue also delays the mother's return to her status and function as a housewife, employee, social activity and self-care response and increases the risk of postpartum depression (Corwin et al., 2005). The few days after the baby is born will feel very heavy and tiring. Feelings of joy and happiness can be mixed with feelings of sadness and frustration as the body returns to its pre-pregnancy state. Apart from that, the mother's mind will be filled with everything related to the baby's needs. Most women will probably feel fine, but being physically and emotionally drained can cause extreme fatigue (Insana and Montgomery-Downs, 2010).

Fatigue can persist for several weeks after delivery. Things that are often associated with fatigue are a lack of need for sleep, needs for baby care and changes in new roles and responsibilities as a parent. Postpartum fatigue, especially if it persists for several weeks after giving birth, will have a negative impact on the mother's ability to maintain and improve her health status as well as to care for, play with and monitor her baby's development.

Motivation is a person's actions, either directly or indirectly, carried out to achieve certain expected goals (Dorman, Gaudiano and Gaudiano, no date). According to Mar'at and Lieke (2006) motivation is a driver so that a person can take action to achieve certain goals (Dorman, Gaudiano and Gaudiano).

Encouragement from within or outside the mother to give breast milk to her baby is the mother's motivation for breastfeeding. Mothers providing breast milk to their babies are influenced by motivational factors (BKKBN, 2009). Motivation can be intrinsic motivation (from within oneself) and extrinsic motivation (from outside oneself). Based on research by Racine, et al., (2011), breastfeeding experience can influence a mother's motivation to breastfeed. Intrinsic factors that can influence motivation are providing information and knowledge about breastfeeding, while extrinsic factors are support from family and health workers (Pillai Riddell et al., 2015).

CONCLUSIONS AND RECOMMENDATIONS

Postpartum maternal fatigue is related to the motivation to provide exclusive breastfeeding in breastfeeding mothers aged 0-6 months in the Sigompul health center working area.

It is hoped that the results of this research can be used as a new and innovative method in midwifery, in providing knowledge about the importance of recognizing postpartum fatigue

early so that it can increase mothers' motivation to breastfeed exclusively.

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