

THE RELATIONSHIP BETWEEN KNOWLEDGE AND ATTITUDE OF POSTPARTUM MOTHER ABOUT PROPER BREASTFEEDING TECHNIQUES WITH BREAST MILK DAM PROBLEM IN THE PUBLIC HEALTH CENTER OF JUMPANDANG BARU MAKASSAR CITY

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ABSTRACT

Breast milk dam caused by spending on breast milk that does not smoothly because the baby suckle often isn't enough, the attitude of mothers in feeding time restrictions and improper breastfeeding techniques. The mother's knowledge about how breastfeeding right is indispensable to achieve the success of breastfeeding. Apart from knowledge, also required a positive attitude from the mother itself as well as the support of the family and close people. This research aims to know the relationship between knowledge and attitude of postpartum mother about proper breastfeeding techniques with breast milk dam problem in the public health center of Jumpandang Baru Makassar city. Research method with a cross-sectional approach through the division of the questioner. Design research techniques using simple random sampling. Statistical analysis used was chi-square statistic with a confidence level of $\alpha = 0.05$. The subject of research is postpartum mother in the public health center of Jumpandang Baru Makassar city as much as 86 respondents. The result of the research note that the significance of knowledge value $p = 0.000$ ($p < 0.05$) and attitude value $p = 0.000$ ($p < 0.05$). Thus it can be concluded that there is a relationship between knowledge and attitude of postpartum mother with breast milk dam problem in the public health center of Jumpandang Baru Makassar city. Therefore, it is expected to health workers to give more support to postpartum mother with giving information about breastfeeding techniques so that problems in breastfeeding can be prevented.

Keywords: Knowledge, Attitude, Breast Milk Dam.

INTRODUCTION

Breastfeeding is a critical and sensitive period for the mother and child as well as a very influential towards the transfer of moral character from the mother to her child. Research proves that breastfeeding is very urgent for the mother who wants the baby grow up healthy and strong. In the Bulletin of the WHO mentioned, that the mortality rate of children who breastfed by the mother six times less than the sucking child with artificial milk (Azzahida, 2015).

Breast milk dam is swelling of the breast because of the increased flow in venous and lymph. It can be happen on the 2nd or the 3rd days when the breast has been producing breast milk. Breast milk dam symptoms known from some signs, such as the breast is swollen, painful when it pressed, the color becomes reddish breast, and high body temperature until it reaches 38°C (Rasjidi, 2015).

According to the Demographic and Health Survey Data of Indonesia in 2014 mentions that there are as many as 35,985 (15.60%) the mothers who got breast milk dam, and in 2015 increase to 77.231 (37,12%)(SDKI, 2015). As for the initial data survey in December 2018 at the public health center of Jumpandang Baru

Makassar city, the author got the data by interview with the midwife as many as 10 postpartum mothers there are 3 mothers who got breast milk dam.

Some factors that can influence breast milk dam is incorrect breastfeeding technique, breastfeeding does not smoothly, breastfeeding from the mother is not often, the milk production is increase, too late to give the breast milk to baby, and it can also the attitude from the mother about limitation of breastfeeding time (Albantany, 2014).

Efforts to avoid the problem is the midwife can give a health care for the mother and the baby by provide information about breastfeeding techniques and the importance of breastfeeding in order to increase knowledge of postpartum mother and always give a support to mother, so the mother can breastfeed her baby without schedule and build a positive attitude.

The purpose of this research is to know about the relationship of knowledge and attitude of postpartum mother about proper breastfeeding techniques with breast milk dam problem in the public health center of Jumpandang Baru Makassar city.

MATERIAL AND METHOD

The design of this research use analytic methods (surveys) with cross-

sectional study approach is a type of research that measurement and observation of independent and dependent data are only once at a time (Notoatmodjo,2010). Research conducted in February to June 2019 in the public health center of Jumpandang Baru Makassar city with large samples in this research is calculated by the Lomesow's formula: of 86 respondents is a whole of postpartum mother in the public health center of Jumpandang Baru Makassar city. The sampling technique used was simple random sampling to providing equal opportunities for every member of the population to become a research sample. The variables used in this research are the knowledge and attitudes of postpartum mothers about proper breastfeeding technique as independent variables while the breast milk dam problem as a dependent variable. Primary data obtained from researchers through the questionnaire will be tested with the statistic Chi-Square test.

RESULT

Table 1.

Frequency Distribution about Knowledge of Postpartum Mother with Breast Milk Dam Problem in the Public Health Center of Jumpandang Baru Makassar City

No	Knowledge	frequency (f)	percentage (%)
1	Less	5	5.8
2	Good	81	94.2
Total		86	100.0

The table above shows that there are 81 (94.2%) of 86 respondents have good knowledge while the rest of respondents have less knowledge on the problem of breast milk dam.

Table 2.

Frequency Distribution about Attitude of Postpartum Mother in Breastfeeding Technique to Prevent Breast Milk Dam in the Public Health Center of Jumpandang

Baru Makassar City

No	Attitude	frequency (f)	percentage (%)
1	Negative	6	7.0
2	Positive	80	93.0
total		86	100.0

The table above shows that there are 80 (93%) of 86 respondents have positive attitude while the rest of respondents have negative attitude towards breastfeeding techniques to prevent breast milk dam.

Table 3.

Frequency Distribution about Breast Milk Dam Problem in the Public Health Center of Jumpandang Baru Makassar City

No	Breast milk dam	frequency (f)	percentage (%)
1	Yes	4	4.7
2	No	82	95.3
total		86	100.0

The table above shows that there are 82 (95.3%) of 86 respondents who did not get breast milk dam problems while the rest of respondents got breast milk dam problems.

Table 4
Analysis of the Relationship between Knowledge of Post Partum Mother with Breast Milk Dam Problem in the Public Health Center of Jumpandang Baru Makassar City

Knowledge	Breast milk dam				Total		p-value
	Yes		No		Σ	%	
	f	%	f	%			
Less	3	3.5	2	2.3	5	5.8	0.000
Good	1	1.2	80	93.0	81	94.2	
total	4	4.7	82	95.3	86	100	

The table 4 shows that there are 3 (3.5%) of 5 respondents who have less knowledge got breast milk dam problem while the rest of respondents did not get breast milk dam problem. Whereas from a total of 81 respondents that have a good knowledge, there are 80 (93%) respondents did not get breast milk dam problems and 1 (1.2%) respondents get breast milk dam problem.

From the results of the analysis using the Chi-Square test, the probability value is smaller than the value of α ($0,000 < 0,05$) it means that hypothesis 0 is rejected. Thus it can be concluded statistically there is a relationship between knowledge of postpartum mothers and the problem of breast milk dam.

Table 5.
Analysis of the Relationship between Attitudes of Post Partum Mother with Breast Milk Dam Problem in the Public Health Center of Jumpandang Baru Makassar City

Attitude	Breast milk dam				Total		p-value
	Yes		No		Σ	%	
	f	%	f	%			
Negative	4	4.7	2	2.3	6	7.0	0.000
Positive	0	0.0	80	93.0	80	93.0	
Total	4	4.7	82	95.3	86	100	

The table 5 shows that there are 4 (4.7%) of 6 respondents who have negative attitude got breast milk dam problems while the rest of respondents did not get breast milk dam problem. Whereas from a total of 80 respondents who have positive attitude, there are no respondents got breast milk dam problem.

From the results of the analysis using the Chi-Square test, the probability value is smaller than the value of α ($0,000 < 0,05$), it means that hypothesis 0 is rejected. Thus it can be concluded statistically, there is a relationship between the attitudes of postpartum mother and breast milk dam problem.

Table 6.
Analysis of the Relationship between Knowledge and Attitude of Post Partum Mother with Breast Milk Dam Problem in the Public Health Center of Jumpandang Baru Makassar city

Breast milk dam	Knowledge		Attitude		total	p-value
	Good	Less	positive	negative		
Yes	1	3	0	4	4	0.000
No	80	2	80	2	82	
total	81	5	80	6	86	

The table above shows that there are 3 of 4 respondents who got breast milk dam problem have less knowledge while the rest of respondent have good knowledge and all of them have negative attitude. Whereas from 82 respondents who did not get breast milk dam problem, there are 80 respondents that have a good knowledge and positive attitude while the rest of respondents have less knowledge and negative attitude.

From the results of the analysis using the Chi-Square test, the probability value is smaller than the value of α ($0,000 < 0,05$) it means that H_0 is rejected. Thus it can be concluded statistically, there is a relationship between knowledge and attitude of postpartum mothers with the breast milk dam problem.

DISCUSSION

1. The relationship between knowledge of postpartum mother with breast milk dam problem in the public health center of Jumpandang Baru Makassar city

The results of the research that has been done, it is known that that there are 3 (3.5%) of 5 respondents who have less knowledge got breast milk dam problem while the rest of respondents are primi's mother who did not get breast milk dam problem. Whereas from a total of 81 respondents that have good knowledge, there are 80 (93%) respondents did not get breast milk dam problems and 1 (1.2%) respondents get breast milk dam problem.

From the analysis results by using the Chi-Square test the probability value is smaller than the value of α ($0,000 < 0,05$) it means that H_0 is rejected. Thus it can be concluded statistically, there is a relationship between knowledge of postpartum mothers with the breast milk dam problem. It is because the better knowledge about breast milk dam problem can help the postpartum mother to avoid the factors of breast milk dam problem, so the better knowledge of postpartum mother the smaller problem of breast milk dam happen.

On the research obtained there is still a good knowledge that got breast milk dam. After interviewed with respondent who had a good knowledge, it turns out the dam happened because

the mother always breastfeed her baby too late and sometimes it was just a moment. The mother fall asleep often and difficult to woke her up, that was the cause why the mother breastfeed her baby's late often.

According to Albantany (2014), the breast milk dam caused by incorrect breastfeeding technique, breastfeeding does not smoothly, breastfeeding from the mother is not often, the milk production is increase, too late to give the breast milk to baby and it can also the attitude from the mother about limitation of breastfeeding time. While the mother who had a less knowledge is primi's mother and did not get breast milk dam problem it caused by environmental factors, where the support of families who have the better knowledge and experience about breastfeeding Technique always beside the primi's mother so that the respondent who had less knowledge can be monitored anytime by her family.

Aside from the mother's knowledge needs to be improved, also required the support of the family and the closest people. As for the problems in this research, there is still a good knowledge that have negative attitudes got breast milk dam because of factors from the mother itself that is the lack of motivation and awareness of the importance of breast feeding. In this case the role of the family is very important by giving a support to the mother and remind her that is an obligation to breastfeed the baby, so the problems that can arise during breastfeed can be prevented.

2. The relationship between attitude of postpartum mother with breast milk dam problem in the public health center of Jumpandang Baru Makassar city

The results of the research that has been done, it is known that there are 4 (4.7%) of 6 respondents who have negative attitude got breast milk dam problems while the rest of respondents did not get breast milk dam problem. Whereas from a total of 80 respondents who have positive attitude, there are no respondents got breast milk dam problem.

From the analysis results by using the Chi-Square test the probability value is smaller than the value of α ($0,000 < 0,05$) it means that H_0 is rejected. Thus it can be concluded statistically, there is a relationship between the attitudes of postpartum mothers with the breast milk dam problem. It is because the mother needs information about the correct breastfeeding technique. In accepting the information, the positive attitude from the mother is absolutely necessary to support the breastfeeding behavior changes with the right techniques so that the mother is able to apply the correct breastfeeding technique. By applying the correct breastfeeding technique it is expected that the process of breastfeeding can go well and the problem of breast milk dam does not occur.

Based on the results of the research that has been done, there was no postpartum mother with a positive attitude who got breast milk dam problem. Meanwhile, the postpartum mother with negative attitude that did not get breast milk dam it is because during the process of breastfeeding, the mother had the support from her husband and families who have the better knowledge and experience about breastfeeding Technique that always beside her so the mother can be monitored anytime by her family.

CONCLUSION

1. Most respondents have good knowledge about breast milk dam problem and only 5.8% respondents have less knowledge.
2. Most respondents have positive attitude about breastfeeding techniques to prevent breast milk dams and only 7% respondents have negative attitude.
3. In this research there were 4.7% of respondents got breast milk dam problems and as many as 95.3% respondents did not get breast milk dam problems.
4. There is a relationship between knowledge of postpartum mother with breast milk dam problems, a probability value smaller than the value of α ($0,000 < 0,05$) means that H_0 is rejected.
5. There is a relationship between attitude of postpartum mother with breast milk dam problems, a probability value

smaller than the value of α ($0,000 < 0,05$) means that H_0 is rejected.

6. There is a relationship between knowledge and attitude of postpartum mothers with the problem of breast milk dam.

In this research there are 3 of 4 respondents who got breast milk dam problem have less knowledge while the rest of respondent have good knowledge and all of them have negative attitude.

SUGGESTION

1. For the health workers should give more support to postpartum mother by giving information about the correct breastfeeding technique. So the problems like breast milk dam can be prevented.
2. The postpartum mother should increase her knowledge by trying to get the information that is obtained either through electronic media or print media.
3. To the next researcher besides using a questionnaire, it can also use observation sheet to assess maternal breast-feeding technique. And then in addition to use variable like knowledge and attitude it can also add the other variable that may relate to the problem of breast milk dam

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