



Breastfeeding Techniques in Breast Milk Dams of Primipara Mothers at Gynecology Room

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Abstract

At the time of post-partum often stopped breastfeeding because her breasts hurt improperly i.e. the sitting position is not upright, the baby's head and body are not in a straight line and the baby's chin does not touch the mother's breast. The purpose of the study to find out the relationship about breastfeeding techniques with the occurrence of breast milk dams in first gravid mothers (Primipara) in the Hospital. This research is Descriptive Analytic with *cross sectional* design that is to know the relationship about breastfeeding techniques with the occurrence of breast milk dams in primipara mothers. A total of 38 people were taken using accidental *sampling* techniques. The research data was tested using chi square test. Respondents who experienced breast milk dams did not apply the majority of breastfeeding techniques that were lacking, namely as many as 26 respondents (69%), and respondents who did not experience breast milk dams mostly applied good breastfeeding techniques, namely 12 respondents (31%). After the statistic test with *chi square* obtained p value = 0.002 ($p < 0.05$). The conclusion of this study is that there is a relationship of the level of knowledge about breastfeeding techniques with the occurrence of breast milk dams in primipara mothers with a value of $p = 0.002 < \alpha = 0.05$. The suggestion of this research is that the results of this study can be used as input material to nurses, especially about maternity nursing about the relationship of knowledge level about breastfeeding techniques with the occurrence of breast milk dams in primipara mothers..

Background

Health problems in nursing mothers is the occurrence of breast milk dams, In Indonesia breast milk dams occur a lot in working mothers, as many as 16% of nursing mothers [1]. The busyness of the family and work decreases the level of care and attention of mothers in performing breast care so that it will tend to result in an increase in the incidence of breast milk dams.

Breastfeeding is the process of feeding the baby using breast milk directly from the mother's breast. Breast milk (breast milk) has all the nutrients that the baby needs. Breast milk also provides advantages in protecting babies against diseases such as diarrhea, pneumonia, diabetes and cancer. By sucking breast milk, the baby becomes closer to the mother, helping her feel safe and protected [2].

Breastfeeding technique is one of the factors that affect the production of breast milk where if the technique of breastfeeding

is not correct, it can cause nipple blisters and make the mother does not want to breastfeed so that the baby rarely suckles. The unwillingness to breastfeed will result in less good, because the suction of the baby is very influential on the next stimulation of breast milk production. But often mothers are less informed about the benefits of breast milk and about proper breastfeeding [3].

Breast milk dams are a common problem during the nifas period. The incidence of breast milk dams can be reduced by half when breastfed indefinitely. In the following years a number of other researchers also observed that when the time for breastfeeding was scheduled, more frequent dams were followed by mastitis and lactation failure [4]. The World Health organization says that the number of cases of breast infections that occur in women such as cancer, tumors, and mastitis continues to increase where breast cancer patients reach up to 1.2 million people diagnosed and 12% of them are breast infections in the form of mastitis in postpartum women.

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From Basic Health Research know 2010 shows breastfeeding in Indonesia is currently alarming, the percentage of babies who breastfeed exclusively up to 6 months only 15.3%. This is due to public awareness in encouraging breast milk is still relatively low [1].

Some factors that inhibit exclusive breastfeeding include low maternal knowledge about the benefits of breast milk and the correct way of breastfeeding, lack of counseling about lactation and how to breastfeed, the mother stops breastfeeding and gives formula milk. Milk dam is the occurrence of swelling in the breast due to increased flow of veins and lymph causing dams of breast milk and pain accompanied by an increase in body temperature [5].

Data from the health profile of South Sulawesi in 2010 coverage of infant visits 78.58% and exclusive breast milk coverage 67.58%, while in 2011 the coverage of infant visits increased to 88.57%, exclusive breast milk coverage decreased to 41.32% [1].

According to research on the occurrence of breast milk dams in Indonesia the most is in working mothers, as much as 16% of nursing mothers [1]. Flat breast milk dam occurs on the 2nd to 3rd day of post-partum, most of the patient's complaints are swollen, hard, and hot breasts [6]. The impact of the wrong breastfeeding technique on the mother is that the mother will experience physiological process disorders after childbirth, such as nipple blisters and pain, swollen breasts can even occur mastitis and so on.

Based on previous research conducted by Khaerunnisa [7] with the title of the study "Relationship of Breastfeeding Techniques With the Incidence of Breast Milk Dam in post-partum Mother" from the results of the study obtained the results of the mother who prefers to give formula milk to her baby for fear of breast changes, breast milk that comes out a little and various other reasons, so there is a possibility of the occurrence of breast milk dams.

Breastfeeding technique, the baby sucks instinctively but at first he may have difficulty finding his mother's nipples. The easiest way to help is to attach her cheeks to the breasts. Then, insert the nipple into the baby's mouth. Make sure the baby sucks the whole dark area of the breast (areola) and not just the nipples. Mother can smooth the flow of milk by pressing areola of mamma. To stop the suction, insert a finger in the corner of his mouth or push his chin down slowly – slowly with his thumb and index finger. Usually the baby stops sucking and then releases the nipple. After feeling full, the milk comes out with a lot during the first few minutes of breastfeeding but the baby will continue to suck for a while longer. After sucking the breast, transfer her to the other breast until she finishes breastfeeding. In the next breastfeeding session, start with the last breast where the previous breastfeeding is, and end up in the other breast. Thus, the baby receives milk in the same volume of each breast every day; the mother is spared from breast swelling due to too full of milk [8].

Statement of the Problem

Breastfeeding is an unbeatable way of providing ideal food for the growth and development of the baby. Some factors that inhibit exclusive breastfeeding are the lack of knowledge of the mother about the benefits of breast milk and the correct way

of breastfeeding, so that obstacles arise in breastfeeding. The impact of the wrong breastfeeding technique on the mother will experience physiological disorders after childbirth such as swollen breasts can even occur mastitis. Based on the background above, the problem formulation in this study is "How does the level of knowledge about breastfeeding techniques relate to the occurrence of breast milk dams in primipara mothers?"

Method of Research

This research is descriptive analytic that examines things that already exist without deliberate treatment to arouse or cause a symptom or state of design, cross sectional data collection that is done at the same time that aims to obtain complete data in a relatively short time to know the relationship of the level of knowledge about breastfeeding techniques with the occurrence of breast milk dams in primipara mothers. Population is the whole of variables related to the problem studied [9]. The population in this study is all primipara mothers who gave birth at RSKD Ibu Dan Anak Siti Fatimah Makassar within the last 1 month of October 2016 as many as 42 nursing mothers.

Sampling technique is a sample selection process used in research from existing populations, so that the number of samples will represent the entire existing population [10]. The technique of sampling is used namely determining samples with accidental sampling, namely anyone who happens to meet with researchers can be used as a sample, if in view of people who happen to be encountered it is suitable as data [9]. The study used instruments in the form of questionnaires covered with 20 multiple choice questions each. Meanwhile, the occurrence of mother's breast milk dam is done by using (direct observation).

Validity test is the degree of accuracy between the data that occurs in the research object and the power that can be reported by researchers who aim to test the validity of the data [11]. reliability test is a test used to see if the instrument that has been prepared reliable when used. The purpose of reliability test is to check the reliability of the instrument [9].

The data the researchers collected in this study is primary data. The way of collecting data in this study is to use the observation format for breast milk dams, researchers collect data from respondents to answer written questions, and respondents answer in accordance with the guidelines that have been set. For variable levels of knowledge about breastfeeding techniques, researchers used questionnaires.

Result

Based on the results of the study that has been conducted on December 29, 2018 until January 09, 2019 by sharing questionnaires with 38 respondents who are the target of research and at the same time conduct observations.

1. Characteristics of Respondents

The characteristics of respondents were made to look at the frequency of age, education, and employment of primipara mothers in further analysis. The results of frequency distribution are as follows:

a. Age

From the table 1 obtained the results of the number of respondents with the age of 14-20 years as many as 9 people (24%), While the number of respondents with the age of 21-25 years as many as 22 people (58%), and the number of respondents with the age of 26-30 years as many as 7 people (18%).

b. Education

From table 2, respondents obtained results in terms of education, namely senior school number of 18 people (48%), junior school number of 8 people (21%), and elementary school number 8 people (21%), while the least educated in Graduate school number of 4 people (10%).

c. Work

From table 3 obtained the results of respondents in terms of the most work house wife number of 35 people (92%), nurses a number of 2 people (5%), and the least is a tailor that is a number of 1 people (3%).

2. Univariate Analysis

Univariate analysis to look at the distribution of independent variables (free) and dependent variables (bound) which include: Knowledge of breastfeeding techniques and the occurrence of breast milk dams.

Age	Frequency	Percentage %
14-20	9	24
21-25	22	58
26-30	7	18
Total	38	100

Source : Primary Data, January 2019

Table 1. Characteristic description of respondents based on age

Education	Frequency	Percentage %
Elementary	8	21
Junior school	8	21
Senior School	18	48
Graduate	4	10
Total	38	100

Source : Primary Data, January 2019

Table 2. Characteristic description of respondents based on education background

Job	Frequency	Percentage %
House wife	35	92
Tailor	1	3
Nurse	2	5
Total	38	100

Source : Primary Data, January 2019

Table 3. Characteristic description of respondents based on work

a. Mother's knowledge

This study used 20 items of questions about the ways that respondents use in doing the correct breastfeeding techniques. The distribution of respondents based on breastfeeding techniques performed is as follows

Based on table 4, it can be known that mothers' knowledge of breastfeeding techniques is mostly in the category of less than 26 respondents (69%) and a small percentage are in the lesser category of 12 respondents (31%).

b. The Occurrence of Breast Milk Dam

Assessment of breast milk dam events in the results of questionnaire answers on 38 respondents during the study. The distribution of respondents based on the incidence of breast milk dams is as follows:

Based on table 5 it can be known that from the whole primipara mother who became a respondent found mothers with the incidence of breast milk dams are in the category of experiencing breast milk dams as many as 27 respondents (71%) and mothers with breast milk dam events are in the category of not experiencing breast milk dams as many as 11 respondents (29%).

3. Univariate Analysis

Bivariate analysis is used to determine the relationship of the level of knowledge about breastfeeding techniques with the occurrence of breast milk dams in primipara mothers in RSKD Mother and Child Siti Fatimah Makassar.

Based on the cross tabulation showed that of the respondents who performed good breastfeeding techniques 12 respondents (31%), 4 respondents had experienced breast milk dams and 8 respondents (21%) who do not experience breast milk dams. While from 26 respondents (69%) breastfeeding with less, 8 respondents (26%) who did not experience breast milk dams and 23 respondents (61%) breast milk dam.

The test results of the relationship between knowledge about breastfeeding techniques and the occurrence of breast milk dams obtained *p value* in *chi square* correction *fisher exact* test obtained a *p value* of 0.002. This indicates that the sig value is smaller than a ($p < 0.05$) so the hypothesis is accepted. This suggests there is a significant relationship between breastfeeding and the occurrence of breast milk dams.

Mother's Knowledge	Frequency	Percentage %
Good	12	31%
Less	26	69%
Total	38	100

Source : Primary Data, January 2019

Table 4. Distribution of Frequency of Respondents' Knowledge

Asi Dam Incident	Frequency	Percentage %
Yes	27	71
Not	11	29
Total	38	100

Source : Primary Data, January 2019

Table 5. The Incident of Breast Milk Dam

Braking	Dam Occurrence Breast milk				Total		Q
	Yes		No		N	%	
	N	%	N	%	N	%	0,002
Good	4	10	8	21	12	31	
Less Amount	23	61	3	8	26	69	
	27	71	11	29	38	100	

Source : Primary Data, January 2019

Table 6. Relationship level of knowledge about breastfeeding techniques with the occurrence of breast milk dams

Discussion

In this section the researchers will discuss about the results of the study, and will be compared with other theories and studies that examine the knowledge of breastfeeding techniques and breast milk dams. Analysis of each variable both univariate and bivariate are as follows:

1. Mother's Knowledge of Breastfeeding Techniques,

Based on theory, breastfeeding is one component of the reproductive process consisting of menstruation, conception, pregnancy, childbirth, breastfeeding, and weaning. If all components go well, the breastfeeding process will be successful [12].

The correct breastfeeding technique is how to give breast milk to the baby with the correct attachment and position of the mother and baby. It is very important to follow good and correct breastfeeding techniques in order to ensure that the baby and mother are comfortable, and the baby can benefit the most from breastfeeding.

Breastfeeding technique is one of the factors that affect the production of breast milk where if the technique of breastfeeding is not correct, it can cause nipple blisters and make mothers reluctant to breastfeed and babies rarely suckle [13].

Based on breastfeeding techniques, from the observations obtained that most respondents already have incorrect breastfeeding techniques in breastfeeding their babies, where obtained as many as 25 people (66%) respondents had performed breastfeeding techniques incorrectly, while 13 people (34%) other breastfeeding techniques. The steps taken by respondents who breastfeed with the wrong techniques include that most areolas do not enter the baby's mouth, so respondents only put the baby's mouth on the nipple only.

This is justified by Oktaviana [14] who says that the mother's lack of knowledge about how to breastfeed properly can lead to things like dam breast milk. Breast milk dam is the third or fourth day after the mother gives birth where the breast will feel full, tense and painful.

Assuming researchers, a mother needs someone who can guide her in caring for the baby including in breastfeeding. People who can help her are people who have a big influence in her life or who are respected, such as husbands, family / closest

relatives and need to be fostered breast milk support groups in the community that can be a means of supporting the mother in order to breastfeed her baby properly. It can also be assisted by health workers by providing health counseling about breastfeeding techniques and advising primipara mothers to seek information about breastfeeding techniques through social media such as on the internet about videos of good and correct breastfeeding techniques, in order to add insight for primipara mothers.

2. The Incidence of Breast Milk Dam.

According to Mardiah (2013) breastfeeding with improper techniques can cause blisters on the nipple. Breast milk does not come out optimally thus affecting the production of subsequent breast milk or the baby is reluctant to suckle, problems that often arise after childbirth are flat or submerged nipples, swollen breasts, clogged milk ducts, mastitis and abscesses.

This is in line with the theory which says that one of the non-achievements of exclusive breast milk is that babies do not get enough breast milk due to problems in breastfeeding due to breast milk dams. Dam breast milk is caused by the production of milk that is not smooth, late breastfeeding and can also be due to restrictions on breastfeeding time.

From the results of the study obtained as many as 24 people (63%) breast milk dam. Meanwhile, respondents who did not experience breast milk dams as many as 14 people (37%). According to the researchers, this condition is indicated that the dam of breast milk occurs due to the lack of appropriate breastfeeding techniques performed by the mother during breastfeeding, so that breastfeeding is not optimal.

3. Relationship level of knowledge about breastfeeding techniques with the occurrence of breast milk dams.

Test results with chi square with Fisher Exact correction test show that there is a significant relationship between breastfeeding and the incidence of breast milk dams. It is proven that the p value is 0.002 ($p < 0.05$). So this research hypothesis is acceptable. Based on the results of the study on 38 respondents, respondents who performed good breastfeeding techniques 12 respondents (31%), 4 respondents (10%) have experienced breast milk dams and 8 respondents (21%) who do not experience breast milk dams. Respondents who performed breastfeeding techniques well but experienced breast milk

dams were caused by other factors such as inactive baby suction and excessively strict use of bras. While respondents who did breastfeeding techniques were less than 26 respondents (69%), 8 respondents (26%) who did not experience breast milk dams and 23 respondents (61%) experienced breast milk dams, respondents who performed less breastfeeding techniques but did not experience breast milk dams were caused because the production of breast feeding was lacking.

Judging from the habits of respondents who breastfeed their baby by walking or standing also affects the position of the baby. Breastfeeding by standing or walking can change the position of the baby's head. Improper positioning can cause the wrong suction of the baby, this can result in the occurrence of nipple blisters. In addition, it can cause the baby to choke because the position of the head is not parallel to one straight line with the baby's arm.

This research shows that mothers who perform the wrong breastfeeding techniques are more who experience breast milk dams. This is in accordance with the theory which found that the impact of the wrong breastfeeding technique on the mother is that the mother will experience physiological process disorders after childbirth, such as nipple blisters and pain; swollen breasts can even occurs mastitis and so on.

The above circumstances indicate that the wrong implementation of breastfeeding techniques can result in the occurrence of breast milk dams, this is in accordance with the theory put forward by Neilson [15] that most areola mamma should be able to possibly enter the mouth of the baby, so that the nipple is under the ceiling and the baby's tongue will breast milk out of the breast milk shelter located under the areola. If the baby only sucks on the nipple then breast milk cannot come out properly and is at risk of the dam of breast milk.

From this study there are still many respondents who have not implemented the correct breastfeeding techniques, so most still experience the dam of breast milk, perhaps because previously respondents never got information about breastfeeding techniques, so respondents experienced the problem. While respondents who do not experience breast milk dams, this may be due to respondents have seen the experience of friends or relatives or even health workers who provide information in the form of counseling.

This is in line with research conducted by Iin dwi astutik on the relationship of breastfeeding with the incidence of swollen breasts in post-partum mothers with chi square test results with a significant level of 0.05 in the relationship of how to breastfeed properly with the incidence of swollen breasts obtained results ($p = 0,002$) means there is a relationship between the way of breastfeeding and the incidence of swollen breasts.

Efforts are made to improve the implementation of good breastfeeding techniques is by providing education or health counseling conducted by researchers and health officials, especially about the correct breastfeeding techniques. It is attempted that mothers also pay more attention to problems in breastfeeding and where they will eventually strive to be able to carry out breastfeeding techniques correctly. From the description above researchers assume that nursing mothers with the wrong techniques will experience the risk of breast milk dams.

Research Limitation

Each study is inseparable from limitations and disadvantages, as are researchers. This study found several things that become limitations, namely: this study was conducted with a limited time, so that the number of responses taken in this study is small and the limitations of research using questionnaire methods that are sometimes the answers given by respondents do not show the actual circumstances.

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