

PREGNANT WOMEN'S KNOWLEDGE ABOUT BREAST CARE TECHNIQUE

Lilis Mamuroh¹, Sukmawati¹, Furkon Nurhakim¹

¹Faculty of Nursing, Universitas Padjadjaran

Corresponding email: lilis.mamuroh65@gmail.com

Abstract

Pregnant women need to know how to do breast care techniques correctly when breastfeed their babies. The purpose of this study was to determine the description of pregnant women's knowledge about breast care techniques. The study design used quantitative descriptive, the sample in this study were 30 pregnant women selected by accidental sampling method. Data collection was carried out using a questionnaire about breast care knowledge. Location of the research was the Health Post Mekarluayu Sukawening District Garut Regency, the data were analyzed using univariate statistical tests. Research results found that most respondents have moderate knowledge about breast care and there were respondents who have low level of knowledge. The age of respondents was mostly 20-30 years, the majority of respondents attended elementary school, and they were prim-gravida. Conclusions some respondents have moderate knowledge, and there are still respondents with low levels of knowledge. Suggestions, it is expected that health workers improve services in the form of health education to pregnant women with less knowledge about breast care techniques.

Keywords: Breast care, knowledge, pregnant women.

INTRODUCTION

WHO data in 2016 showed that exclusive breastfeeding coverage for infants aged 0-6 months worldwide was 39%. So far, the condition of exclusive breastfeeding coverage in Indonesia is still low. Based on basic health research data (2018) the proportion of breastfeeding in 0-5 month infants in Indonesia was 37.3% and in West Java province the proportion of exclusive breastfeeding in infants aged 0-5 months was 35.5%. Data obtained from the Garut District Health office, the number of babies received exclusive breastfeeding in 2018 reached 68.3%, and 31.7% of infants did not receive exclusive breastfeeding. (Garut Regency Health Office, 2018)

Breast milk is the best food for babies, breast milk contains various substances that are important for the growth and development of babies according to their needs. Besides nutrients, breast milk is also sterile and safe from germ contamination. Its production is adjusted to the needs of the baby, and breast milk contains antibodies that inhibit the growth or kill germs and viruses, finally, breast milk is safe from the risk of allergies for babies (Utami, 2008).

One of mother's roles in pregnancy period is preparing the lactation process. The lactation preparation including breast care during pregnant and in post-partum period. It aims to prepare the mother's psychic to breastfeed her baby, facilitate the baby to suckle, and the baby's nutritional intake is sufficient. (Ambarwati, 2008). One of the goals of breast care is to facilitate the flow of breast milk and prevent problems that arise at the time of breastfeeding such as sore or blisters, swollen breasts

and blocked milk ducts. This problem arises because pregnant women still lack knowledge about breast care techniques (Soetiningsih, 2012).

According to Widiyati & Wahyu, (2009), influencing factor for providing exclusive breastfeeding for babies including knowledge and skills of mothers in terms of breastfeed, lack of milk production, working mothers, mothers who pregnant again while breastfeeding, and social cultural factors. Mothers' lack of knowledge about exclusive breastfeeding causes many mothers choose formula milk or other foods to their babies. These conditions pose a risk to the health of the baby. The purpose of this research was to find the level of knowledge among pregnant women about breast care techniques.

METHODS

The research design used descriptive quantitative approach. This research was conducted at the health post of Mekarluyu, Sukawening District, Garut Regency. The population in this study was pregnant women who visited the health post, a total sample was 30 pregnant women that chosen using accidental sampling techniques. The instrument in this study was a questionnaire that had tested the validity. The result of validity test was 0.648 and the reliability test was 0.632. The number of questions were 25 items about knowledge of breast care techniques. This study used univariate analysis which is done on variables from the results of the study, this analysis was also found the distribution and percentage of each variable. The results of the analysis divided into three criteria including a good level of knowledge with a total score of 76-100%, a moderate level of knowledge with a total score, 56-75%, low level of knowledge with a total score of > 55. The results of the analysis are presented in tabular form. This study was approved by the Research Ethics Committee of Padjadjaran University Number 1428 / UN6, Kep / EC / 2019.

RESULTS

This section present the results of research including characteristic of respondent and women's knowledge of breastfeed.

Table 1 Characteristics of Respondents and the Level of Knowledge about Breast Care Techniques (N = 30)

variable	f	%
Age		
20-30	18	60
31-45	60	40
Education		
Elementary	11	37
Junior	8	27
School	9	30
HighPeruruan	2	6
Parity		
Primi-gravid	17	57

Multi-gravid	13	43
Knowledge of Breast Care Techniques		
Low		
Moderate	7	23
Good	15	50
	8	27
Knowledge of Breast Care Concepts		
Low	11	37
Moderate	12	40
Good	7	23
Knowledge of the purpose		
Low	20	67
Moderate	10	33
Good	-	-
Knowledge of breast care techniques		
Low	11	37
Moderate	14	47
Good	5	17

The table above shows that 60% respondents aged between 20-30 years and 37% of respondent attended primary school education, 17 women (57%) were prim-gravida, respondents' knowledge about breast care techniques 15 Pregnant women (50%) were good.

DISCUSSION

The study shows that the majority of respondents have moderate knowledge of breast care technique: 15 respondents (50%), good knowledge: 8 respondents (27%), and lack of knowledge: 7 respondents (23%). Factors that influence knowledge according to Notoatmodjo (2012) are internal and external factors. Internal factors consist of education, age, and occupation and external factors which consist of the information, economy, and environment. The results showed that there were 7 respondents whose knowledge was lacking, lack of knowledge about breast care caused during breastfeeding breast milk may because of they did not know the techniques of breast care, to increase knowledge about breast care techniques, health professional should provide health education with a right method. According to Tindaon, (2017) Counseling using the video method is more effective, knowledge levels was higher in the video group than using the leaflet method.

Based on the education background, respondent who attended elementary school were 11 people (37%), education has a positive effect on health awareness and would directly impact a person's health behavior. The higher level of education of a person will affect the level of knowledge about health, and if the level of education is low it will affect the level of one's knowledge of health. Knowledge is very much related to education, which is expected if pregnant women have a high level of education,

they will have a lot of knowledge (Notoatmodjo, 2010). Health workers should improve the knowledge of pregnant women by providing regular counseling using appropriate methods.

Knowledge is also influenced by age according to (Sari & Ernawati, 2015) women's age affects how to capture information and one's mindset. The higher age would affect the experience, so that the knowledge obtained would be better. From the results of the study most respondents aged 20-30 years totaling 18 respondents (60%). Ages 20-30 make it easy to increase knowledge.

Frequency distribution of parity shows that prim-gravid 17 people (57%), it may differ from mothers who have breastfed before. According to (Sari & Ernawati, 2015) mothers who are pregnant for the first time and have children, would have breastfeeding problems. Parity is thought to be related to the direction of finding information about the mother's knowledge in caring for her breasts. This is related to the influence of one's own or other people's experiences on knowledge that can influence current or later behavior. The experience gained can expand one's knowledge in caring for breasts. The results of Irma Linda 2015 research increased knowledge in groups using video media compared to groups using leaflets.

The cause of the lack of knowledge was the lack of information obtained by respondents in this regard about breast care. According to (Notoatmodjo, 2005) knowledge is also influenced by information sources. Information can be from various sources namely the mass media of health workers as well as from friends and family. Therefore counseling about breast care during pregnancy is very important to increase mother's knowledge. The World Health Organization (WHO) recommends that newborns be breastfed until the age of 6 months without providing food or other fluids, except vitamins, minerals and drugs that have been permitted due to medical reasons (Aninymous, 2012).

CONCLUSIONS

Based on research results, it can be concluded that most respondents have moderate knowledge, and there are respondents who have less knowledge, one of the efforts to increase knowledge is by providing health education. It is expected that mothers who have given birth and then provide ASI. Health professionals are expected to provide health education about breast care routinely with the right media, finally, increasing the knowledge of pregnant women about breast care techniques.

REFERENCES

- Ambarwati. (2008). *Postpartum Midwifery Care*. Cendika Partners.
- Aninymous (2012). Republic of Indonesia Government Regulation Number 33 Year 2012 Concerning Giving Exclusive Breast Milk. *RI Ministry of Health*.
- Garut Regency Health Office. (2018). *Health Profile of Regency of Garut 2018*. Garut Regency Health Office.

- Notoatmodjo, S. (2005). *Health Research Methodology*. In *Jakarta: Rineka Cipta*.
- Notoatmodjo, S. (2010). *Health Education and Behavior*. In *Jakarta: Rineka Cipta*. Rineka Cipta.
- Sari, L., & Ernawati, S. (2015). Knowledge of Trimester III pregnant women about breast care at the Pratama Bina Sehat Clinic Kasihan, Bantul, Yogyakarta. *Indonesian Nurse and Midwifery Journal*, 3(1), 26–32.
- Soetiningsih. (2012). *ASI Guidelines For Health Workers*. EGC.
- Tindaon, RL (2017). The Influence of Communication, Information, and Education (Kie) Through Media Leaflets and Videos Against Youth Knowledge and Attitudes About Exposure to Pornography in Negeri 1 Sidamanik Junior High School Kec. Sidamanik Regency. Simalungun 2016. 2016. *JUMANTIK (Scientific Journal of Health Research)*, 3(1), 44–64.
- Utami, R. (2008). Get to know exclusive breastfeeding. In *Jakarta: Trubus Agriwidya*.
- Widiyati, & Wahyu. (2009). *Actors that Influence the Delivery of MPASI in Children Visiting the Immunization Poly*.