

The Relationship Between Knowledge And Attitude Of Postpartum Mothers About The Correct Way To Breastfeed Infants With The Incidence Of Breast Milk Gain In The Work Area Of Jeunieb Community Health Center, Jeunieb District, Bireuen Regency

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ABSTRACT

Breast engorgement is an inflammation of the breast that may or may not be accompanied by infection. Breast engorgement is a breast infection that occurs in 1-2% of breastfeeding women. Objective: This study aimed to analyze the relationship between postpartum mothers' knowledge and attitudes regarding proper breastfeeding techniques and the incidence of breast engorgement in the Jeunieb Health Center Work Area, Bireuen Regency. Methods: A cross-sectional analytical study was conducted involving 69 postpartum mothers selected through purposive sampling. Data were collected using questionnaires and analyzed using the Chi-square test. Results: Statistical analysis showed a significant relationship between maternal knowledge and breast engorgement ($p = 0.007$), as well as between maternal attitude and breast engorgement ($p = 0.000$). Conclusion: Proper breastfeeding education for postpartum mothers is crucial to reducing the incidence of breast engorgement. Health professionals should enhance breastfeeding counseling to prevent lactation-related complications.

Keywords: Knowledge, Attitude, Breastfeeding breast milk

INTRODUCTION

Exclusive breastfeeding is very important for babies because it contains the complete nutrition that babies need. Moreover, mothers who diligently breastfeed their babies can prevent breast milk stagnation in the mother's breasts. This is because the breasts continue to produce breast milk, if not removed for a long time, then breast milk stagnation will occur in the mother's breasts which causes pain and can have more serious consequences if the mother's breast milk is not removed immediately. So providing exclusive breastfeeding to the baby can prevent the mother from breast milk stagnation.

According to WHO, 81% of maternal mortality is due to complications during pregnancy and childbirth. And 25% during the postpartum period. Maternal deaths during the postpartum period are usually caused by postpartum infections (10%), which occur due to lack of wound care, and bleeding (42%) (due to lacerations of the birth canal, placental remains, and uterine atony). Eclampsia (13%), and postpartum complications (11%). Postpartum infections can also be caused by lactation problems. Lactation problems that can occur are breast milk engorgement. (WHO, 2022)

According to WHO data in 2021 in the United States, the percentage of breastfeeding women who experienced breast milk engorgement reached an average of 64.56% or 8242 postpartum mothers out of 12,765 people, in 2022 there were 7198 mothers experiencing breast milk engorgement out of 10,764 people (66.87%) and in 2023 there were 6543 mothers experiencing breast milk engorgement out of 9,862 people (66.34%). (WHO, 2023)

According to 2021 Indonesian Demographic and Health Survey Data, there were 35,985 postpartum mothers, or (15.60%) postpartum mothers who experienced breast milk engorgement, and in 2022 there were 77,231 postpartum mothers, or (37.12%), in 2023 it became 79,330 postpartum mothers. (Ministry of Health, 2023)

Breast engorgement is a condition in which there is increased intraductal pressure due to suboptimal venous and lymphatic flow, causing swelling and pain in the breast. (WHO, 2022). This problem often occurs due to improper breastfeeding techniques, especially in postpartum mothers with poor knowledge and attitudes toward breastfeeding.

Data from Jeunieb Health Center shows that in January-April 2024, as many as 74 out of 223 postpartum mothers (33.2%) experienced breast milk stagnation. This figure is higher than the district average (23.4%), indicating the need for intervention in this particular area. Therefore, this study aims to analyze the relationship between the knowledge and attitudes of postpartum mothers regarding correct breastfeeding techniques with the incidence of breast milk engorgement in the Jeunieb Health Center Work Area.

METHOD

This study used a cross-sectional design conducted at Jeunieb Health Center from July to August 2024. (Notoatmodjo, 2020). The research population was 223 postpartum mothers, with 69 respondents selected using purposive sampling. (Arikunto, 2020).

Inclusion criteria: Postpartum mothers within 7-40 days postpartum who are breastfeeding.

Exclusion criteria: Mothers with medical conditions that prevent breastfeeding (eg mastitis, postpartum hemorrhage).

Data collection was conducted using a structured questionnaire on knowledge and attitudes that had been tested for validity beforehand (Cronbach's alpha = 0.78). Statistical analysis was conducted using the Chi-square test with a significance level of 5% ($p \leq 0.05$) (Arikunto, 2020).

RESULTS AND DISCUSSION

Univariate Analysis

Table 1. Characteristics of Postpartum Mothers

| Characteristics | Respondents | |
|-------------------------------------|-------------|------------|
| | N | % |
| Knowledge | | |
| Good | 27 | 39.1 |
| Enough | 35 | 50.7 |
| Not enough | 7 | 10.1 |
| Attitude | | |
| Positive | 34 | 49.3 |
| Negative | 35 | 50.7 |
| The Breast Milk Dam Incident | | |
| No | 46 | 66.7 |
| Yes | 23 | 33.3 |
| Total | 69 | 100 |

Source: Primary Data, 2024

The results of the study showed that 50.7% of mothers had moderate knowledge about breastfeeding techniques, while 50.7% showed negative attitudes. This is following the findings(Purnamasari et al, 2023)who reported that lack of maternal education was a significant predictor of lactation complications.

Our study found that mothers with good knowledge had a lower incidence of breast engorgement (11.1%) compared to mothers with poor knowledge (42.9%). This is in line

with the theory that proper breastfeeding technique helps to empty the breast effectively, thereby reducing the risk of engorgement. (WHO, 2021).

Bivariate Analysis

Table 2. Relationship between knowledge of postpartum mothers and the occurrence of breast milk engorgement

| Knowledge | The Breast Milk Dam Incident | | | | Amount | | P-Value |
|------------|------------------------------|------|-----|------|--------|------|---------|
| | No | | Yes | | | | |
| | F | % | F | % | F | % | 0.007 |
| Good | 24 | 34.8 | 3 | 4.3 | 27 | 39.1 | |
| Enough | 18 | 26.1 | 17 | 24.6 | 35 | 50.7 | |
| Not enough | 4 | 5.8 | 3 | 4.3 | 7 | 10.1 | |
| Total | 46 | 66.7 | 23 | 33.3 | 69 | 100 | |

The Table above shows that of the 69 postpartum mothers, 35 postpartum mothers (50.7%) had sufficient knowledge, and 18 postpartum mothers (26.1%) did not experience breast milk stagnation.

From the results of statistical analysis using the chi-square test, the p-value was obtained = 0.007 < 0.05, this shows that there is a relationship between the knowledge of postpartum mothers and the occurrence of breast milk engorgement in the Jeunieb Health Center Working Area, Bireuen Regency.

Table 3. Relationship between Postpartum Mother's Attitude and the Incidence of Breast Milk Blockage.

| Attitude | The Breast Milk Dam Incident | | | | Amount | | P Value |
|----------|------------------------------|------|-----|-----|--------|------|---------|
| | No | | Yes | | | | |
| | F | % | F | % | F | % | 0,000 |
| Positive | 30 | 43.5 | 4 | 5.8 | 34 | 49.3 | |

| | | | | | | | |
|--------------|-----------|-------------|-----------|-------------|-----------|------------|--|
| Negative | 16 | 23.2 | 19 | 27.5 | 35 | 50.7 | |
| Total | 46 | 66.7 | 23 | 33.3 | 69 | 100 | |

Table 3 above shows that of the 69 postpartum mothers who had a negative attitude, 35 postpartum mothers (50.7%) experienced breast milk retention, and 19 postpartum mothers (27.5%) experienced breast milk retention.

From the results of statistical analysis using the chi-square test, the p-value was obtained = 0.000 < 0.05, this shows that there is a relationship between the attitude of postpartum mothers and the occurrence of breast milk engorgement in the Jeunieb Health Center Working Area, Bireuen Regency.

CONCLUSION AND SUGGESTIONS

Conclusion

This study confirms a significant relationship between maternal knowledge and attitude towards breastfeeding and the incidence of breast engorgement. Increasing education about breastfeeding can play an important role in reducing this complication.

Suggestion

- Health centers should conduct regular breastfeeding education sessions for postpartum mothers.
- Midwives and nurses should provide direct training on proper breastfeeding techniques during postpartum visits.
- Future research should examine other contributing factors, such as psychological stress and family support.

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