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RELATIONSHIP BETWEEN BREASTFEEDING FREQUENCY AND BREAST MILK PRODUCTION IN BREASTFEEDING MOTHERS IN THE WORKING AREA OF GAJAH MADA TEMBILAHAN HEALTH CENTER

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ABSTRACT

Breast Milk (ASI) is a emulsion fat in protein solution, lactose and organic salts that secreted by breast gland and the best for baby. In 2021 data on breastfeeding coverage in Riau Province will decrease by 39.5%. Based on the results of the preliminary survey conducted on December 2022 at the Gajah Mada Tembilihan Health Center 2018 there were 8 breastfeeding mothers 3 of them moms with breastfeeding frequency <8 times/days moms said breastmilk is less production maximum and give her baby formula milk. One of the factors that influence the formation and production of breast milk is the breastfeeding frequency. The purpose of this study to determine the relationship between the relationship breastfeeding frequency with production of breastmilk in breastfeeding mother at Gajah Mada Tembilihan. The study design Cross Sectional. The type of research used is Quantitative Analytic. and the research instrument used a questionnaire sheet. The sample in this study amounted to 32 people using the Total Sampling technique. The results of the research on the frequency of breastfeeding in the good category were 29 people (90.6%) and the production of breastfeeding smoothly was 29 people (90.6%). The results of the calculation of the Chi-Square test obtained Pvalue (0.000) < (0.05), which means there is a relationship between the frequency of breastfeeding and milk production in nursing mothers. It is hoped that breastfeeding mothers can increase the frequency of breastfeeding so that breast milk production runs smoothly, the same as the principle based on demand, namely the more often the baby breastfeeds, the more milk production will increase by breastfeeding the baby, pumping or expressing breast milk more often.

Keywords: Breastfeeding Frequency, Breastmilk Production

INTRODUCTION

Breast milk (ASI) is the best food for babies with the most suitable nutritional content for optimal growth, because breast milk contains all the nutrients needed in the first 6 months, including hormones, antibodies, immune factors and antioxidants [1]. Breast milk is produced by the alveoli, which are small sacs made of cells that extract water, lactose, amino acids, minerals, vitamins and other important ingredients from the blood and fat stores [2].

Breast milk production is the result of breast stimulation by the hormone prolactin produced by the anterior pituitary gland. If the baby sucks, breast milk will

be released from the lactiferous sinus. The sucking process will stimulate the nerve endings around the breasts to carry messages to the anterior pituitary gland to produce the hormone prolactin. Prolactin will then flow to the breast glands to stimulate the production of breast milk. This is called the breast milk formation reflex or prolactin reflex [2].

Factors that influence breast milk production include maternal diet, birth weight, gestational age at birth, stress and acute illness, cigarette consumption, contraceptive pills, and breast care. Using combined estrogen and progestin contraceptive pills, the frequency of

breastfeeding is related to the volume and duration of breastfeeding [3].

The World Health Organization (WHO), which has reviewed more than 3000 studies, shows that breastfeeding for six months is the optimal period for exclusive breastfeeding. This is based on scientific evidence that exclusive breastfeeding fulfills the baby's nutritional needs and improves the baby's growth. In Indonesia every year more than 25,000 babies and 1.3 million babies worldwide can be saved by exclusive breastfeeding. [2].

Nationally, the coverage of babies receiving exclusive breast milk in 2021 is 56.9%. This figure has exceeded the 2021 program target of 40%. Riau Province experienced a decrease compared to 2020, in 2021 it was 39.5% while in 2020 it was 79.6%. [4] The percentage of exclusive breastfeeding for babies 0-6 months is higher compared to 2019 at 37.21%, although this achievement continues to increase, the percentage of exclusive breastfeeding has not yet reached the target of 80%. This requires increasing public awareness of the importance of the benefits of breastfeeding for the growth and development of toddlers and maternal health [5].

One effort to increase breast milk production is to increase the frequency of breastfeeding or pumping or expressing breast milk. The principle of breast milk production is based on demand, the same as the factory principle, that is, the more often you breastfeed or express or pump, the more breast milk will be produced [6]. This frequency is related to the ability to stimulate hormones in the mother's breast glands. Based on several studies, it is recommended that the frequency of breastfeeding be 8-12 times per day in the early period after giving birth so that the breastfeeding process is scheduled [7]

Scheduled breastfeeding will have negative consequences, because the baby's sucking affects subsequent breast milk production. By breastfeeding without a

schedule according to the baby's needs, it will prevent breastfeeding problems. Working mothers are advised to breastfeed more often at night. If you breastfeed frequently at night, it will trigger breast milk production [5]. To maintain balance in the size of the two breasts, it is best to breastfeed with both breasts every time. Mothers try to breastfeed until the breasts feel empty so that milk production will be better. Each time you breastfeed, start with the last breast fed. During breastfeeding, mothers should wear a bra that can support the breasts, but is not too strong [6].

Based on government regulation Number 33 of 2012 concerning breastfeeding which is given to babies from birth for 6 months, without adding or replacing it with other foods and drinks except medicines, vitamins and minerals [4]

An initial survey conducted by interview at the Gajah Mada Tembilahan Community Health Center on December 28 2022, was conducted on 8 breastfeeding mothers and found 6 mothers with a frequency of breastfeeding < 8 times/day with the reason that 3 mothers had insufficient breast milk, so their children were lazy to breastfeed and 3 People still believe that giving breast milk and formula milk makes their children fuller.

RESEARCH METHODS

This research uses quantitative analytics with the Quantitative Analytical method with a Cross Sectional approach. This research was conducted in the Gajah Mada Community Health Center Working Area. The population in this study were all mothers who gave breast milk to babies aged 2-4 weeks in the Gajah Mada Tembilahan Health Center Working Area and the total sampling in this study was 32 breastfeeding mothers. This research instrument uses a questionnaire sheet. Data analysis is processed using a computerized system that uses univariate and bivariate analysis.

RESULTS AND DISCUSSIONS

Table 1. Distribution of breastfeeding frequency

No	Frequency of breastfeeding	F	%
1	Good	29	90,6
2	Not Enough	3	9,4
	Total	32	100

Table 1 can be seen that the majority of respondents who experienced good breastfeeding frequency were 90.6%.

Table 2

No	Breast milk production	F	%
1	fluent	29	90,6
2	not smooth	3	9,4
	Total	32	100

Based on table 2, it can be seen that after pumping breast milk, 90.6% experienced smooth breast milk production.

Bivariate analysis

Table 3 Relationship between breastfeeding frequency and breast milk production

		Breast milk production		P value
		Fluent	Not smooth	
Frequency of Breastfeeding	Good	29	0	0,000
	not enough	0	3	
Total		29	3	

Based on table 3, the study used the Chi-Square test with a good category of breastfeeding frequency and smooth breast milk production of 29 people. The results of statistical tests using the Chi-Square test with a P value of $0.000 < 0.05$ can be concluded that there is a relationship between breastfeeding frequency and breast milk production.

The results of the univariate analysis of the research showed that the majority of respondents experienced good breastfeeding frequency and smooth breast milk production of 90.6%. Meanwhile, the results of bivariate analysis using the Chi-Square test with a P value of $0.000 < 0.05$,

it can be concluded that there is a relationship between the frequency of breastfeeding and breast milk production in breastfeeding mothers.

One effort to increase breast milk production is to increase the frequency of breastfeeding or pumping or expressing breast milk. The principle of breast milk production is based on demand, the same as the factory principle, that is, the more frequently breastfed, expressed or pumped, the more breast milk will be produced.

Breastfeeding on demand means breastfeeding as often as possible according to the baby's wishes without being scheduled. Babies who are given the opportunity to fully control the frequency and duration of breastfeeding will learn to recognize their own feelings of hunger and fullness. The ability to control oneself is related to the success of reducing obesity rates in breastfed babies.

The frequency of breastfeeding is related to the ability to stimulate hormones in the breast glands. Based on several studies, a breastfeeding frequency of 8-12 times per day is recommended in the early period after giving birth [7].

The obstacles that are often the reason why mothers do not provide exclusive breastfeeding are insufficient breast milk production, the mother does not understand the correct management of lactation, the mother wants to breastfeed again after the baby is given formula, maternal abnormalities (scratched nipples, sore nipples, swollen breasts, engorgement, mastitis and abscesses, pregnant women again even though they are still breastfeeding, and working mothers). Efforts to increase breast milk production can be done by consuming foods that can affect breast milk production, improving breastfeeding techniques or by carrying out breast care early and regularly in breastfeeding [8].

CONCLUSION

The results of bivariate analysis using the Chi-Square test with a P value of

$0.000 < 0.05$, it can be concluded that there is a relationship between the frequency of breastfeeding and breast milk production in breastfeeding mothers.

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