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PROCEEDING BOOK

THE 4th INTERNATIONAL CONFERENCE ON HEALTH SCIENCE 2017

“The Optimalization of Adolescent Health in The Era of SDGs”

INNA GARUDA HOTEL YOGYAKARTA,
INDONESIA
November 5th, 2017



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THE INFLUENCE OF EARLY BREASTFEEDING INITIATION ON POSTPARTUM MOTHERS' BREAST MILK PRODUCTION IN LISMARINI INDEPENDENT MIDWIFERY PRACTICE PALEMBANG

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ABSTRACT

Early initiation or early breastfeeding is the process of allowing the infant with his own instinct to suckle immediately within the first hour after birth, along with the skin contact between the baby and the mother's skin. The baby is left for at least an hour in the mother's chest until he does breastfeeding alone. This study purposed to analyze the influence of early breastfeeding initiation on breast milk production in post partum mothers at Independent Midwifery Practice Lismarini Palembang. This study was a posttest only control group design. The sample withdrawal is conducted by using "purpose sampling" technique with 30 respondents. The measurement scale in this study used nominal scale, data in this study using chi square statistical test with 95% confidence level. The results of this study showed that the sufficient milk production on the first day was (16.7%), third day milk production was (46.7%), and the tenth day of sufficient milk day was (73.3%). Chi Square statistic showed that there was significant influence of early breastfeeding initiation on breast milk production in post partum mother between the group who initiated early breastfeeding and group who did not initiate early breastfeeding with (p value = 0,035 < α 0,05).

Keywords : *Early Breastfeeding Initiation, Breast Milk Production*

INTRODUCTION

UNICEF (United Nations Children's Emergency Fund) had estimated that breastfeeding had to be given exclusively until age below 5 years old. A study in Ghana published in the pediatrics journal showed that 16% of infant deaths could be prevented by breastfeeding starting within the first hour of birth. This rate was up 22% if breastfeeding began within the first hour after delivery¹.

World Health Organization (WHO) and UNICEF recommended to mothers, if possible, have exclusive breastfeeding for up to 6 months by applying early initiation of breastfeeding for approximately 1 hour immediately after childbirth. Exclusive breastfeeding provided for babies every day for 24 hours, breast milk should be given not using bottles, cups, or pacifier².

The Government of Indonesia itself supports the WHO and UNICEF policies which recommend that early breastfeeding initiation could save 22% of babies who died before a month, so it is expected that all health workers at all levels of health services can socialize the program³.

Based on the results of Basic Health Research (RISKESDAS) 2013, the percentage of exclusive breastfeeding in infants aged 0-6 months in Indonesia in 2012 was 63.2% and it decreased in 2013 to 54.34%. Meanwhile, the percentage of the process began to get the breast milk less than an hour of early breastfeeding initiation in children aged 0-23 months in Indonesia in 2013 was 34.5%, the percentage of the process began to get breast milk between 1-6 hours was 35.2%; the percentage of the process began to

get breast milk between 7-23 hr was 3.7%. While the process presetas began to get milk between 24-47 hours was 13.0%, and the percentage of the process began to get milk more than 47 hours was 13.7%⁴.

Data of South Sumatera Provincial Health Office in 2015 showed that the percentage of infants 0-6 months who get exclusive breastfeeding increased to 63.9%, while non-exclusive breastfed infants was 36.1%. It indicated that the implementation of exclusive breastfeeding in Sumatra South has not reached the target of exclusive breastfeeding in Indonesia that was equal to 80%⁶.

While data from the Health Office of Palembang showed the coverage of exclusive breastfeeding in 2015 was 72.91%. This coverage was still below the target achievement of exclusive breastfeeding in Indonesia which was 80%. This showed that the implementation of exclusive breastfeeding in infants aged 0-6 months in Palembang was still very low, so it needed a lot of efforts to improve the implementation of exclusive breastfeeding to babies⁷.

Early initiation of early breastfeeding at first hour will build a sucking reflex in infants that stimulate the nerve endings around the breast to the front pituitary gland located at the base of the brain to produce prolactin hormone. Prolactin will stimulate the breast to produce the breast milk⁸.

METHOD

The research uses the posttest only control group design. This research is the research draft by grouping/classifying the groups between the postpartum mothers with their early initiation of breastfeeding and the postpartum mothers without early initiation of breastfeeding with breast milk production. The Population in this research is all the postpartum mothers at the lismarini independent midwifery practice Palembang in 2017.

The Sample is part of the objects to be researched and considered representing the whole population. The Samples in the research are the postpartum mothers. The number of samples being taken is 30 respondents who are divided into 2 groups (treatment group and control group). The sample withdrawal is conducted by using "purpose sampling" technique. The Instrument in this research using observation sheet and check list with criteria of infant sleep duration assessment, infant's urination frequency, infant feeding frequency, observed on days 1, 3 and 10. The measurement scale in this study used nominal scale, data in this study using chi square statistical test with 95% confidence level.

RESULT

Table 1. Breast Milk Production Frequecy Distribution at Lismarini Independent Midwifery Practice Palembang in 2017

Breast Milk Production			Total
1 st day	Enough	5	30
	Not Enough	25	
3 rd day	Enough	14	30
	Not Enough	16	
10 th day	Enough	22	30
	Not enough	8	

Based on table 1 above, we could see that from 30 respondents who have been observed, there were 5 respondents (16.7%) had enough production of milk on the first while there were 25 respondents (83.3%) did not have enough production of it. There were 14 respondents (46.7%) had enough production of breast milk on the third day while

16 respondents (53.3%) did not. Then, there were 22 respondents (73.3%) had enough breast milk production on the tenth day while there were 8 respondents (26.7%) did not have.

Table 2. The Distribution on Early Breastfeeding Initiation Influence on the Breast Milk Production at Lismarini Independent Midwifery Practice Palembang in 2017

BM Prod.	EBI				Sum		P Va
	Yes		No		N	%	
	n	%	n	%			
Enough	14	46,7	8	26,7	22	73,3	0.035
Not Enough	1	3,3	7	23,3	8	26,7	
Total	15	50	15	50	30	100	

Based on table 2 above, we could see that from 22 respondents who had enough milk production, there were 14 respondents (46.7%) who did EBI and 8 respondents (26.7%) did not do EBI. While from 8 respondents whose milk production is not enough, there was 1 respondent (3.3%) who did EBI and 7 respondents (23.3%) who did not do EBI.

DISCUSSION

The results showed that from 15 respondents who initiated early breastfeeding with enough milk production, there were 14 respondents (46.7%) had enough breast milk production and only 1 respondent (3.3%) who did not have enough production. The presence of 1 respondent on the tenth day whose breastmilk production was not sufficient after initiation of early breastfeeding because the nipple was not prominent, so the baby was difficult to get the mother's nipple.

In addition, from the results of the study of 15 respondents who did not initiate early breastfeeding, there were 8 respondents (26.7%) had enough breast milk production and there were 7 respondents (23.3%) who did not have enough production. The presence of 8 respondents in the tenth day of breastfeeding had enough production, although did not do early initiation of breastfeeding, it was due to mother diligently feeding the baby as often as possible, good maternal nutrition, and mother got husband support so that breastfeeding could fulfil the needs of the babies. While there were 7 respondents whose milk production were not enough and not do early breastfeeding initiation since the mothers did not have prominent nipples. Therefore, the mothers were always worried about fulfilling the baby's need.

This was in accordance with the theory that stated that the concerns arising from the release of breast milk was causing a lack of confidence in the mother in breastfeeding her baby. Mother felt unable to meet her baby's needs later on⁹.

Respondents who did initiate early breastfeeding would get stimulation on the mother's nipple by the baby's sucking. The faster there was stimulation of suction from the mother's nipple, then the process of expelling milk would be faster, too. This was certainly in harmony with the EBI program that utilized the reflexes of newborns that were sucking reflexes and swallowing reflexes.

Early breastfeeding initiation is highly recommended, since early breastfeeding initiation has two benefits, namely the active suction aspect of the infant as a stimulus to the hormone oxytocin in the psychological sense of the bond between mother and infant (bonding attachment). Two things make early breastfeeding initiation is very influential on milk production and first breastmilk spending time. Mothers in groups who initiate early breastfeeding certainly got active and psychological suction stimulation more quickly to release lactation hormones (oxytocin and prolactin) than mothers who did not initiate breastfeeding early.

This was consistent with the theory that the factors that influence breastfeeding were stimulation of effective suction on the mother's nipple, in addition to the psychological condition of the mother also greatly affected the expenditure and production of breast milk. Husband and family support could create confidence so that mothers were able to breastfeed their babies. Psychic conditions could stimulate the anterior hypophysis to release the hormone prolactin as the hormone that produces of breast milk¹⁰.

Based on the results of research conducted at Lismarini Independent Midwifer Practice in TalangKelapa District on May to June 2017, this study resulted through Chi Square statistical analysis. It obtained p value = $0.035 < \alpha 0.05$. This suggested that there is a significant difference in the production of breast milk in postpartum mothers between mothers who initiated early breastfeeding and those who did not initiate early breastfeeding. This also suggested that there was an influence of early breastfeeding initiation on breast milk production in post partum mothers.

The results of this study were in line with a study entitled Influence Early Breastfeeding Initiation to Breastfeeding Production on Post Partum Mother with the results p value = $0,000 < \alpha 0.05$. So it meant there was influence of early breastfeeding initiation on milk production in post partum mother at Maternity Hospital Semarang⁵.

The results of this study were also not much different from the research entitled Early Breastfeeding Initiation to Breast Milk Production in Post Partum Mother stating that Initiation of Early Breastfeeding Effective on Breast Milk Production in Post Partum⁸.

From some of the above results, it could be concluded that although no initiation of early breastfeeding, mothers could still breastfed due to several factors such as mother's nipple form, mother's nutrition, mother's resting pattern, husband support in breast feeding, infant feeding without schedule, and maternal psychological.

CONCLUSION

There was a significant difference in the production of breast milk in post-partum mothers between women who initiated early breastfeeding and those who did not initiate early breastfeeding. This also indicated that there was influence of initiation of early breastfeeding on milk production in post partum mother in Lismarini Independent Midwifery Practice Palembang with p value = $0,035 < \alpha 0,05$.

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