


Community Empowerment in Postpartum Mothers' Behavior Towards Breast Milk Dams in Ladang Bambu Village, Medan Tuntungan District

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Article Info	ABSTRACT
<p>Keywords: Mother's Behavior Post Partum Breast Milk Dam</p>	<p>The postpartum period begins after the placenta is born and ends when the reproductive organs return to their pre-pregnancy state. This period is a critical period for both the mother and the baby, so it needs to be considered. One of the problems during the postpartum period is breast milk engorgement. Breast milk engorgement can interfere with the comfort of postpartum mothers and hinder the effectiveness of exclusive breastfeeding. An important role in the success of providing exclusive breastfeeding is efforts to prevent breast milk engorgement in postpartum mothers, namely by empowering postpartum mothers to pay attention to good and correct breastfeeding techniques. By providing knowledge to postpartum mothers about the proper handling of breast milk engorgement, it is hoped that mothers can change their behavior to prioritize proper exclusive breastfeeding. Based on the results of a survey conducted on July 23, 2024 in Ladang Bambu Village, Medan Tuntungan District. The method in this community service uses interactive communication, education and direct training to 22 postpartum mother participants in Ladang Bambu Village, Medan Tuntungan District. The results of this community service activity were an increase in knowledge from postpartum mothers who had babies with an average of 33.2 increasing to 68.7. The conclusion is that there is an increase in mothers' knowledge and skills regarding the management of breast milk dams after education regarding breast milk was carried out in Ladang Bambu Village, Medan Tuntungan District.</p>
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INTRODUCTION

The postpartum period begins after the placenta is delivered and ends when the reproductive organs return to their pre-pregnancy state. The postpartum period lasts approximately 6 weeks. The postpartum period after the fourth stage lasts for the next six weeks (recovery of the reproductive organs to their pre-pregnancy state). All genital muscles only recover to their pre-pregnancy state within 3 months. This period is a critical period for both the mother and her baby, so it needs to be considered. Breastfeeding is an unparalleled way to provide ideal food for the healthy growth and development of babies. In addition, it has a unique biological and psychological influence on the health of the mother and baby.

Anti-infective substances contained in breast milk help protect babies from disease. However, breastfeeding cannot always run normally, not a few mothers complain such as breast swelling due to accumulation of breast milk, because the release of breast milk is not smooth or sucking by the baby. This swelling will cause pain in the mother and not infrequently the mother feels feverish, therefore mothers are advised to do breast care to avoid complications such as breast milk dams.

Breast milk engorgement is caused by irregular milk flow, because the baby does not breastfeed often enough from the mother. This disorder can be worse if the mother rarely breastfeeds her baby, as a result the baby does not get exclusive breast milk and if not treated immediately it will cause breast milk engorgement in the breast. Breast milk engorgement can occur due to narrowing of the lactoferrin duct by glands that are not emptied completely or due to abnormalities in the nipples so that breast swelling occurs due to increased venous and lymph flow, causing breast milk engorgement and pain accompanied by increased body temperature. Exclusive Breast Milk (ASI). Indicators that describe health efforts made to reduce the risk of death in the neonatal period, namely 6-48 hours after birth, are the scope of the First Neonatal Visit. Services in this visit (Integrated Management of Young Toddlers) include, among others, newborn care counseling, exclusive breastfeeding, administration of vitamin K1 injections and Hepatitis B0 injections (if not already given).

Breast engorgement is an event where the venous and lymphatic flow is blocked, the milk flow becomes obstructed and the pressure on the breast ducts and alveoli increases. This event is usually caused because the accumulated milk is not released so that it becomes a blockage. The impact that will arise if breast engorgement is not resolved is mastitis and breast abscess. Mastitis is an inflammation or infection of the breast where the symptoms are hard, red, and painful breasts, can be accompanied by fever > 38C, while breast abscess is a further complication after mastitis where pus accumulates in the breast. According to data from the World Health Organization (WHO) in 2021 in the United States, the percentage of breastfeeding women who experienced breast milk engorgement was an average of 8242 (87.05) out of 12,765 postpartum mothers, in 2022, 7198 (66.87%) out of 10,764 postpartum mothers experienced breast milk engorgement and in 2023, 6543 (66.34%) out of 9,862 postpartum mothers experienced breast milk engorgement.

According to data from the Association of Southeast Asian Nations (ASEAN) in 2024, it was concluded that the percentage of coverage of breast milk dams in postpartum mothers in 10 countries, namely Indonesia, Thailand, Laos, Myanmar and Cambodia, was recorded at 107,654 postpartum mothers, in 2024 postpartum mothers who experienced breast milk dams were 95,698 (66.87%) postpartum mothers, and in 2025 mothers who experienced breast milk dams were 76,543 (71.10%) with the highest figure occurring in Indonesia (37.12%).

METHODS

Community service counseling activities were carried out together with students of the Health Administration Bachelor's Program at Darmo Health College and the community in Ladang Bambu Village, Medan Tuntungan District. There were 18 postpartum mothers. Based on the results of a survey conducted on July 23, 2024 in Ladang Bambu Village, Medan Tuntungan District. The method used was to provide health education about exclusive breastfeeding and breast milk dams to postpartum mothers in Ladang Bambu Village, Medan Tuntungan District, by involving cadres of the KIA program posyandu in the local area using lecture methods and discussion group forums.

RESULTS AND DISCUSSION

Based on the results of a survey conducted on July 23, 2024 in Ladang Bambu Village, Medan Tuntungan District and obtained results that there is a behavior of postpartum mothers towards breast milk dams in Ladang Bambu Village, Medan Tuntungan District, many of whom do not understand about Exclusive Breastfeeding and breast milk dams in postpartum mothers. With this problem, STIKes Darmo Health Administration Undergraduate Program students provide health education about the behavior of postpartum mothers towards breast milk dams. This community empowerment counseling activity is in the form of providing health education about Exclusive Breastfeeding and breast milk dams in postpartum mothers which was carried out on Tuesday, November 22, 2023 in Ladang Bambu Village, Medan Tuntungan District. With the number of postpartum mothers who have babies and do Exclusive Breastfeeding who participated in this Health Education activity as many as 18 people.



Figure 1. Counseling Committee and Participants Image Source: Personal Photo



Gambar 2. Panitia dan Peserta Penyuluhan Sumber Gambar: Foto Pribadi

CONCLUSION

From the results of the study conducted in Ladang Bambu Village, Medan Tuntungan District, the priority problem was obtained, namely the lack of knowledge of postpartum mothers who have babies and do exclusive breastfeeding. With this problem, the group provided health education to mothers who have babies and do exclusive breastfeeding in Ladang Bambu Village, Medan Tuntungan District with the material Exclusive breastfeeding and breast milk dams for postpartum mothers. After being given health education, postpartum mothers who have babies and do exclusive breastfeeding in Ladang Bambu Village, Medan Tuntungan District experienced an increase in knowledge and behavior of postpartum mothers who have babies regarding Exclusive Breastfeeding and breast milk dams.

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