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BREAST MILK RETENTION CAUSED BY INVERTED NIPPLES AND BREASTFEEDING TECHNIQUES FOR POSTPARTUM MOTHERS

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ABSTRAK : BENDUNGAN ASI AKIBAT PUTING TERBALIK DAN TEKNIK MENYUSUI PADA IBU PASCA PERSALINAN

Latar Belakang: Bendungan ASI merupakan pembengkakan pada payudara akibat peningkatan aliran vena dan limfe yang menyebabkan bendungan ASI. Menurut data Badan Kesehatan Dunia (WHO) terungkap di dunia ibu yang mengalami masalah menyusui sekitar 17.230.142 juta jiwa yang terdiri dari 56,4% puting lecet, 36,12% bendungan payudara dan 7,5% mastitis. Tujuan: Tujuan penelitian adalah untuk mengetahui hubungan antara posisi menyusui dengan puting terbenam pada ibu nifas dengan bendungan ASI di Klinik Nirmala Medan tahun 2025. Metode: Desain penelitian yang digunakan adalah survei analitik dengan pendekatan cross sectional. Populasi dalam penelitian ini adalah seluruh ibu menyusui yang berjumlah 35 responden. Teknik pengambilan sampel adalah total populasi yaitu jumlah keseluruhan yang dijadikan sampel sebanyak 35 responden. Analisis data yang digunakan analisis univariat dengan menggunakan distribusi frekuensi dan analisis bivariat dengan menggunakan uji chi square. Hasil: Hasil penelitian menunjukkan bahwa hasil uji chi square diperoleh nilai sig p-value 0,005 yang berarti = dari x-value 0,05 dan hasil uji chi square diperoleh nilai sig p-value 0,011 < 0,05 yang berarti ada hubungan antara posisi menyusui puerperium dengan bendungan ASI dan hasil uji chi square diperoleh nilai sig p-value 0,003 < 0,05 yang berarti ada hubungan puting tenggelam pada ibu nifas dengan bendungan ASI di Klinik Nirmala Medan tahun 2025. Kesimpulan: Berdasarkan hasil penelitian dapat disimpulkan bahwa ada hubungan antara posisi menyusui dengan puting terbenam pada ibu nifas dengan bendungan ASI di Klinik Nirmala Medan tahun 2025. Diharapkan kepada Klinik Nirmala Medan dapat meningkatkan penyuluhan tentang pemberian ASI yang baik dan benar.

Kata Kunci: Posisi menyusui, Puting susu terbenam, Bendungan ASI

ABSTRACT

Background: The breast milk dam is a swelling in the breast due to an increase in venous and lymph flow which causes the breast milk dam. According to the World Health Organization (WHO) data revealed in the world of mothers who experience breastfeeding problems around 17,230,142 million people consisting of 56.4% scuffed nipples, 36.12% breast dams and 7.5% mastitis. Objective: The purpose of the study was to determine the relationship between breastfeeding position and the nipples are immersed on postpartum mothers with breast milk dam at the Nirmala Clinic Medan in 2025. Methode: The research design used was analytic survey with cross sectional approach. The population in this study were all breastfeeding mothers totaling 35 respondents. The sampling technique was the total population, namely the total number used as a sample of 35 respondents. Data analysis used univariate analysis using frequency distribution and bivariate analysis using chi square test. Result: The results showed that the results of the chi-square test obtained sig p-value 0.005, which means that = from x-value 0.05 and the results of chi-square test obtained sig p-value 0.011 <0.05 which means there is a relationship between breastfeeding position puerperium with breast milk dam and the results of chi-square test obtained sig p-value 0.003 <0.05, which means there is a relationship of drowned nipples in postpartum mothers with breast milk dam at the Nirmala Clinic Medan in 2025. Conclusion: Based on the results of the study, it can be concluded that there is a relationship between breastfeeding position and sunset nipples in postpartum mothers with breast milk dam at Nirmala Clinic Medan in 2025. It is expected that the Nirmala Clinic Medan can improve counseling about good and right breastfeeding. It is hoped that health workers will provide education to postpartum mothers to provide breast milk as often as possible to prevent breast engorgement.

Keywords: Breast Milk Dam, Nipples are Immersed, Position of breastfeeding

INTRODUCTION

A woman who breastfeeds will experience postpartum relief. After childbirth, every woman must immediately undergo the postpartum period, which involves breastfeeding her newborn as soon as possible. Mothers who want to breastfeed often complain of heavy, tense, and painful breasts, which can make them reluctant to breastfeed.

Breast engorgement is a blockage of milk flow caused by narrowing of the lactiferous ducts, by glands that are not completely emptied, or by nipple abnormalities. (Sembiring 2024) Breast engorgement occurs due to obstruction of venous blood flow or lymphatic drainage due to milk accumulating in the breast (Wahyuni et al. 2022). This occurs due to excessive milk production, while the baby's needs in the first few days of life are still low (Marifah and Suryantini 2021). Predisposing factors for breast engorgement include: hormonal factors, infant sucking, improper breast emptying, breastfeeding techniques, nutritional factors, and nipple abnormalities.(Aisyah Siti 2017)

Breastfeeding positioning is a position that mothers must understand the need to maintain comfortable positioning while breastfeeding to avoid poor latch on, which can result in ineffective milk release and trauma (Diniyati, Sihombing, and Susilawati 2019). Finding the right position varies from mother to mother due to many influencing factors, such as breast size. However, there are several rules that should be taught to mothers to help them achieve good positioning to achieve and maintain effective latch on.(Pollard 2016)

Inverted nipples are one of several forms of inverted nipples. A nipple is simply a collection of milk duct openings and does not contain milk. Milk is stored in the lactiferous sinuses located in the areola area. (Fatmawati, Syaiful, and Wulansari 2019)To do this, have the baby open his mouth wide, allowing the areola to enter his mouth, thereby pulling out the mother's breast and nipple. Alternatively, you can pull the nipple out with your fingers and hold for a few moments. Do this twice a day, or use a nipple pump or a nipple shield.(Marliandiani 2015)

World Health Organization (WHO) incidence of breast milk engorgement can be reduced by half if breastfeeding is done without limits in the following years a number of other studies also observed that when the time for breastfeeding is scheduled, engorgement occurs more often which is often followed by mastitis and lactation failure (Fauziah 2022). United National Children's Fund (UNICEF) Revealed data in the world of mothers who experience breastfeeding problems around 17,230,142 people consisting of sore nipples 56.4%, breast engorgement 36.12%, and mastitis 7.5%.(Maulidanita Riska 2016)

The results of the Indonesian Demographic and Health Survey (SDKI) showed that 35,985 postpartum mothers or (15.60%) experienced breast milk engorgement, and in 2015, 77,231 postpartum mothers or (37.12%) experienced breast milk engorgement (SDKI, 2015). (Muslimah, Laili, and Saidah 2020)The Health Office of Tanah Bumbu Regency, South Kalimantan Province, recorded data on 3,000 physiological postpartum mothers, as well as postpartum mothers with problems including 60 postpartum mothers experiencing uterine atony, 445 experiencing breast milk engorgement, 4,112 postpartum mothers experiencing bleeding, 150 experiencing uterine subinvolution, 100 postpartum mothers experiencing dizziness, 25 postpartum mothers experiencing increased body temperature and 266 postpartum mothers experiencing mastitis.(Meihartati 2017)

Based on the Indonesian Health Profile, exclusive breastfeeding for infants aged 0-5 months who are still receiving exclusive breastfeeding is 54.0%, while infants who have received exclusive breastfeeding until the age of six months is 29.5%. (Yulianti 2022). Referring to the 2016 strategic plan target of 42%, the national coverage of exclusive breastfeeding for infants aged less than six months is 54.0%, which has reached the target.(Rahmi et al. 2020) According to Gorontalo Province, exclusive breastfeeding coverage for infants aged 0-5 months ranges from 32.3% to 79.9% in East Nusa Tenggara Province. Of the 34 provinces, only three provinces have not reached the target, namely Gorontalo, Riau, and Central Kalimantan.(Anon 2017)

Based on the North Sumatra Health Profile, the provision of exclusive breastfeeding to infants from 2010 to 2014 showed an increase in the percentage of infants who were exclusively breastfed, and the coverage in 2014 was the highest achievement in the past 5 years. (Adawiyah et al. 2024) However, this achievement has not been able to reach the national target of 40%. Regencies/Cities with achievements of ≥ 40% are Mandailing Natal, Karo, Deli Serdang, North Tapanuli, South Nias, Pakpak Bharat, Padang Lawas, North Labuhan Batu, Sibolga, Padang Sidempuan and Gunung Sitoli. There are still 2 regions with achievements of ≤ 10%, namely North Nias Regency and Tanjung Balai City.(Anon 2014)

According to Misrina's research based on the results of research on the relationship between

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correct breastfeeding techniques and the incidence of breast milk engorgement in postpartum mothers in the Meureudu Community Health Center, Pidie Jaya Regency in 2013. Based on the results obtained, the majority of respondents who experienced breast milk engorgement did not apply the correct breastfeeding technique, namely 14 respondents (82.4%), and the majority of respondents who did not experience breast milk engorgement applied the correct breastfeeding technique, namely 5 respondents (29.4%). This means that there is no relationship between correct breastfeeding techniques and the incidence of breast milk engorgement in postpartum mothers in the Meureudu Community Health Center, Pidie Jaya Regency in 2013.(Misrina 2013)

According to a 2013 study by Yayuk Norazizah and Luluk Hidayat on the relationship between postpartum mothers' knowledge of breast care and the incidence of inverted nipples, the study found that the majority of mothers (16 respondents, 43.2%) had sufficient knowledge. (Damanik 2020) This was because most respondents lacked information and only learned from experiences gained from local culture. (Lisa and Ismayucha 2018) However, there were still 12 respondents (32.4%) with insufficient knowledge. Therefore, efforts are needed by health workers, especially midwives, to improve mothers' knowledge about proper breast care to address breastfeeding problems such as inverted nipples and ensure effective breastfeeding.(Maulani Shita Nurul 2016)

The results of an initial survey conducted by researchers at the Nirmala Maternity Clinic in Medan in January 2025, obtained 15 respondents of postpartum mothers. From the results of the interviews conducted by researchers, 5 of the postpartum mothers did not experience breast milk engorgement and 10 others experienced breast milk engorgement. Eight of the 10 postpartum mothers who experienced breast milk engorgement were due to not knowing and not performing the correct breastfeeding position and the other two postpartum mothers who experienced breast milk engorgement had inverted nipples.

Based on the background above, the researcher is interested in conducting this research with the title "Is there a relationship between breastfeeding position and inverted nipples in postpartum mothers with breast milk stagnation at the Nirmala Medan Clinic?"

RESEARCH METHODS

This study was conducted from the initial survey and data collection to the Scientific Paper Final Session, from December to July 2025. The research design used was an analytical survey with a cross-sectional approach (Arikunto 2006). The aim was to determine the relationship between breastfeeding position and inverted nipples in postpartum mothers and breast milk engorgement at the Nirmala Clinic. The sampling technique used total population sampling, where the entire population was used as a sample. The sample size for this study was 35 people from April to May. Data collection techniques used primary data obtained from the Nirmala Clinic in Medan.

Univariate analysis was used to describe the data conducted on each variable from the research results. Data were presented in a frequency distribution table after the characteristics of each variable in this study were known, then the analysis was continued at the bivariate level. To determine the relationship (correlation) between the independent variable and the dependent variable. To prove a significant relationship between the independent variable and the dependent variable, chi-square analysis was used at the significance limit of the statistical calculation p-value (0.05). If the calculation results show a p-value < p-value (0.05) then it is said (Ho) is rejected and Ha is accepted, meaning that the two variables have a statistically significant relationship. Then to explain the association (relationship) between the dependent variable and the independent variable, cross-tabulation analysis was used. The calculation results in this study with a 95% confidence level and an estimated value of 0.05 (5%).(Mardiah Ainun 2013)

RESEARCH RESULTS

Tabel 1
Analisa Univariat

Variable	N	%
Breastfeeding Position		
Not Enough	21	60
Good	14	40
Inverted Nipples		
Sunk	8	22,9
not immersed	27	77,1
Breast milk dam		
Happen	18	51,4
Not Occur	17	48,6

Univariate Analysis: Table 1 shows the frequency distribution of breastfeeding positions, inverted nipples, and engorgement among postpartum mothers at the Nirmala Clinic in 2025. Of the 35 respondents (100%), 21 (60%) had poor breastfeeding positions, 14 (40%) had good breastfeeding positions. Eight (22.9%) had inverted

nipples, and 27 (77.1%) had non-inverted nipples. Eight (51.4%) had engorgement, while 17 (48.6%) had non-engorgement.

Analisis Bivariat

Tabel 2. Menunjukkan tentang Hubungan Posisi Menyusui Ibu Nifas dan Putting Susu Terbenam Dengan Bendungan ASI di Klinik Nirmala pada Tahun 2025, Berdasarkan hasil uji statistik chi square dengan taraf signifikan sig α 0,05, diperoleh hasil p-value 0,011 < 0,05, yang berarti ada hubungan posisi menyusui ibu nifas dengan bendungan ASI di Klinik Nirmala Medan pada tahun 2025 dan Berdasarkan hasil uji statistik chi square dengan taraf signifikan sig α 0,05, diperoleh hasil p-value 0,003 < 0,05, yang berarti ada hubungan puting susu terbenam ibu nifas dengan bendungan ASI di Klinik Nirmala Medan Tahun 2025.

Tabel 2
Analisa Bivariat

Breastfeeding Position	Breast Milk Dam				Total		P.Value
	Happen		Not Occur				
	n	%	n	%	n	%	
Not Enough	15	42,9	6	17,1	21	60	0,011
Good	3	8,6	11	31,4	14	40	
Inverted Nipples							
Sunk	8	22,9	0	0	8	22,9	0,003
not immersed	10	28,6	17	48,5	27	77,1	

DISCUSSION

Breastfeeding Positions in Postpartum Mothers with Breast Milk Density

Based on the results, it was found that breastfeeding positions of postpartum mothers with breast milk densities at the Nirmala Clinic in Medan in 2025 were found to be in poor breastfeeding positions, with 21 respondents (60%) experiencing breast milk densities (15 respondents (42.9%) experiencing breast milk densities and 6 respondents (17.1%) experiencing breast milk densities. Meanwhile, 14 respondents (40%) experiencing breast milk densities (3 respondents (8.6%) experiencing breast milk densities and 11 respondents (31.4%) experiencing breast milk densities were in good breastfeeding positions.

Based on the results of the chi-square statistical test with a significance level of sig α of 0.05, the p-value was 0.011 <0.05, indicating a relationship between breastfeeding positions of postpartum mothers and breast milk densities at the Nirmala Clinic in Medan in 2025.

Based on the results of research by Ainun Mardiah regarding "The Relationship between the Implementation of Breastfeeding Techniques and the Occurrence of Breast Milk Dams in Postpartum Mothers at the Diana Clinic, Medan, Sunggal in 2013" it was found that 22 mothers (68.8%) did not implement breastfeeding techniques and 21 mothers (65.5%) experienced breast milk dams and 18 respondents (56.2%) experienced breast milk dams. With the results of the chi-square test where r = 0.28 there is a relationship with a sig p value (0.007) < sig a value (0.05). These results prove that there is a significant relationship, which means that there is a relationship between the implementation of breastfeeding techniques and the occurrence of breast milk dams in postpartum mothers.(Mardiah Ainun 2013)

According to the author's assumption obtained from the results of the study that there is a relationship between breastfeeding positions in postpartum mothers and breast milk dams as many as 35 respondents, of which there are 15 postpartum mothers who breastfeed with poor breastfeeding positions and there are 3 postpartum mothers who breastfeed well. This is because if the breastfeeding position is not good then the release of breast milk will not be smooth and the baby cannot breastfeed effectively so that breast milk dams occur in postpartum mothers and as for the good breastfeeding position but breast milk dams occur because the frequency when the mother breastfeeds is less so that breast milk does not come out perfectly so that breast milk dams occur in postpartum mothers and there are also 6 postpartum mothers with poor breastfeeding positions but no breast milk dams occur because the mother breastfeeds her baby as often as possible and does not breastfeed her baby on a schedule so that breast milk comes out smoothly. The correct way to breastfeed is by giving food directly by the mother to her baby, but often mothers get wrong information about the benefits of exclusive breastfeeding itself about how to breastfeed or the correct steps for breastfeeding

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their baby so that mothers do not know what the impact is if exclusive breastfeeding is not given correctly, it can interfere with the mother's ineffective breast milk production.

Inverted Nipples in Postpartum Mothers with Breast Dams

Based on the results, it was found that inverted nipples in postpartum mothers with breast dams at the Nirmala Clinic in Medan in 2025 were found in 8 postpartum mothers (22.9%). Among them, 8 (22.9%) had inverted nipples, 27 (77.1%) had non-inverted nipples, 10 (28.6%) had breast dams, and 17 (48.5%) had no inverted nipples. Based on the results of the chi-square statistical test with a significance level of α 0.05, a p-value of 0.003 <0.05 was obtained, indicating a relationship between inverted nipples in postpartum mothers and breast milk engorgement at the Nirmala Clinic in Medan in 2025.

Breasts, as the site of milk production, must receive proper care for the smooth breastfeeding process. The process of breastfeeding, related to the smooth flow of breast milk, requires a breast care process. Breast care is the first step to maintain cleanliness so that the breasts remain healthy and prevent infection (Gustirini 2021). It is carried out after childbirth. Its purpose is to stimulate the milk glands to keep the breasts clean, not easily chafed, improve blood circulation and prevent clogged milk ducts, thus facilitating the flow of breast milk. The treatment carried out in the form of massage on the breast area. This massage is useful for facilitating the milk release reflex. In addition, it is an effective way to increase milk volume by preventing congestion in the breasts (Mustika, Nurjanah, and Ulvie 2020).

Physiologically, breast care by stimulating the breasts will influence the pituitary gland to release more progesterone and estrogen hormones and oxytocin hormones by stimulating the mammary glands through massage.

Physiologically, from the third to the sixth day after delivery, when breast milk is normally produced, the breasts become very full. This is physiological and with effective sucking and milk removal by the baby, the feeling of fullness recovers quickly (Aulya and Supriaten 2021). However, it can develop into a engorgement. The breasts fill very full with breast milk and tissue fluid. The lymphatic venous flow is blocked, milk flow becomes obstructed and pressure in the milk ducts with alveoli increases by stimulating the mammary glands through massage. The things that can affect the smooth production of breast milk include: breast care, food, the child's sucking factor or frequency of breastfeeding, the baby's birth weight, gestational age at delivery, stress and illness (Rambe and Nasution 2021).

Breast care is beneficial in influencing the pituitary gland to release the hormones prolactin and oxytocin. Prolactin influences the amount of breast milk production, and hormones influence the release of breast milk (Wulandari et al. 2022). The food consumed by breastfeeding mothers greatly influences breast milk production. If the mother's diet is nutritious enough and her diet is regular, breast milk production will run smoothly. Regarding the child's sucking factor or breastfeeding frequency, the baby should be breastfed at least 8 times per day, because the more often the baby breastfeeds, the smoother the production and release of breast milk (Indahsari and Mulia 2017).

Based on a study conducted by Evi Rosita entitled "The Relationship between Postpartum Breast Care and Breast Milk Enlargement," it was found that out of 34 respondents, almost all of them underwent breast care and did not experience breast milk engorgement, namely 26 (76.4%). Based on the results of the chi-square statistical test between breast care and breast milk engorgement in postpartum mothers, the p-value was 0.001, smaller than the α value of 0.05 (0.001 <0.05), so H1 was accepted, meaning there was a relationship between breast care in postpartum mothers and breast milk engorgement in Jolotundo and Kupang Villages, Jetis District, Mojokerto Regency in 2016.(Rosita Evi 2017)

According to the author's assumption obtained from the results of the study that there is a relationship between inverted nipples in postpartum mothers and breast milk ducts as many as 35 respondents, of which there are 8 postpartum mothers with inverted nipples and 10 postpartum mothers who do not have inverted nipples. (Utari and Desriva 2021)This is because if the nipples are inverted, the mother will have difficulty giving breast milk to the baby. Usually in this case the baby will have difficulty and may not want to breastfeed so that the breast milk does not come out smoothly and causes breast milk ducts in postpartum mothers and other factors that cause breast milk ducts are due to poor breastfeeding positions and less frequency when the mother breastfeeds, which can cause breast milk ducts in postpartum mothers. As for how to overcome inverted nipples, namely learning how to massage the breasts with your hands so that the colostrum that is squeezed can be given through a food syringe and when breast milk starts to flow from the breast milk reservoir, the

mother should use a hand pump before breastfeeding to push the nipples out then the mother can also use a nipple shield to pull the nipples so that they stick out at the beginning of breastfeeding if necessary, breast milk is squeezed and then given to the baby using a milk cup for several weeks if the mother's nipples cannot protrude so that breast milk is still given even though it must use a tool to remove breast milk.

CONCLUSION

The study found a correlation between breastfeeding position and breast milk engorgement at the Hj. Nirmala Sapni Maternity Clinic, Krakatau Street, Pasar 3, Medan in 2025, with a p-value of 0.011. The study also found a correlation between inverted nipples and breast milk engorgement at the Hj. Nirmala Sapni Maternity Clinic, Krakatau Street, Pasar 3, Medan in 2025, with a p-value of 0.003.

SUGGESTION

It is hoped that health workers will provide education to post-natal mothers to provide breast milk as often as possible to prevent breast engorgement and to breastfeed babies using the correct breastfeeding technique.

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