

FACTORS RELATED TO BREAST MILK DAMS IN POSTPARTUM MOTHERS AT DINA KARYA CLINIC, MEDAN

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ABSTRAK

Latar belakang; Bendungan ASI adalah terjadi pembengkakan pada payudara karena peningkatan aliran vena dan limfe sehingga menyebabkan bendungan ASI. Menurut World Health Organization (WHO) terungkap data di dunia ibu yang mengalami masalah menyusui sekitar 17.230.142 juta jiwa yang terdiri dari Puting susu lecet 56,4%, bendungan payudara 36,12% dan mastitis 7,5%..

Tujuan; Untuk mengetahui hubungan posisi menyusui dan puting susu terbenam pada ibu nifas dengan bendungan ASI di Klinik Dina Karya Medan .

Metode; Desain penelitian yang digunakan adalah survey analitik dengan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah seluruh ibu menyusui berjumlah 32 responden. Teknik pengambilan sampel adalah total populasi yaitu jumlah keseluruhan dijadikan sampel yang berjumlah 32 responden. Analisis data menggunakan analisis univariat menggunakan distribusi frekuensi dan analisis bivariat menggunakan uji chi square.

Hasil; Penelitian diketahui dari hasil uji *chi-square* diperoleh nilai $p < 0,05$ yang berarti ada hubungan posisi menyusui ibu nifas dengan bendungan ASI dan puting susu terbenam pada ibu nifas dengan bendungan ASI di Klinik Dina Karya Medan.

Kesimpulan; Berdasarkan hasil penelitian dapat disimpulkan bahwa ada hubungan posisi menyusui dan puting susu terbenam pada ibu nifas dengan bendungan ASI di Klinik Dina Karya Medan.

Saran: Diharapkan Klinik Dina Karya Medan untuk dapat meningkatkan konseling tentang pemberian ASI yang baik dan benar.

Kata Kunci: Posisi menyusui, Puting Susu Terbenam, Bendungan ASI

ABSTRACT

Backgrounds; Breast milk dams are swelling of the breasts due to increased venous and lymph flow, causing breast milk dams. According to the World Health Organization (WHO), data revealed that there are 17,230,142 million people who experience breastfeeding problems in the world, consisting of 56.4% afternoon nipples, 36.12% breast engorgement and 7.5% mastitis.

Purpose; The purpose of this study was to determine the relationship between breastfeeding position and nipple immersion in postpartum mothers with breast milk dams at the Dina Karya Clinic, Medan

Methods; The research design used was an analytical survey with a cross sectional approach. The population in this study were all breastfeeding mothers totaling 35 respondents. The sampling technique is the total population, namely the total number used as a sample, amounting to 35 respondents. Data analysis used univariate analysis using frequency distribution and bivariate analysis using chi square test.

Results; Research is known from the results of the chi-square test obtained sig value < 0.05 , which means that there is a relationship between the breastfeeding position of the postpartum mother and the breast milk dam and the nipple sinks in the postpartum mother with the breast milk dam at the Dina Karya Clinic, Medan

Conclusion; Based on the results of the study, it can be concluded that there is a relationship between breastfeeding position and nipple immersion in postpartum mothers with breastfeeding dams at the Dina Karya Clinic, Medan.

Suggestions; It is hoped that the Dina Karya Medan Clinic can improve counseling about breastfeeding that is good and right.

Keywords: Breastfeeding position, Immersion nipple, breast milk dam

INTRODUCTION

A woman who breastfeeds will feel after giving birth. When a woman finishes giving birth, every woman must immediately undergo the postpartum process, namely: breastfeeding her newborn baby as soon as possible. When mothers want to breastfeed, they often complain that their breasts feel heavy, tense and are accompanied by pain in their breasts when they want to breastfeed their babies, so this condition makes mothers reluctant to breastfeed their babies.

Breast milk dams are milk dams due to narrowing of the lactiferous ducts or by glands that are not emptied completely or because of nipple abnormalities. Swollen breasts occur due to obstruction to the flow of venous blood or lymph node channels due to the accumulation of breast milk in the breast. This incident arises because of excessive production, while the baby's needs on the first day of birth are still few. Predisposing factors for breast milk dams include: hormonal factors, baby sucking, improper emptying of the breasts, breastfeeding methods, nutritional factors and nipple abnormalities. (Aisyah Siti, 2017)

Breastfeeding position is a position in breastfeeding mothers must understand the need for a comfortable position to maintain it when breastfeeding to avoid improper attachment to the breast which will result in ineffective milk production and cause trauma. Finding a good position is different for each mother because of the many influencing factors, such as breast size. However, there are some rules that must be taught to mothers to help them achieve a good position so that they can achieve attachment to the breast and maintain it effectively. (Pollard Maria, 2016)

Inverted nipples are several forms of nipples. The nipple is a collection of breast milk ducts and does not contain breast milk. Breast milk is stored in the lactiferous sinus which is located in the areola of the mother. For this reason, make the baby open his mouth wide, until the areola mammae enters the baby's mouth thereby causing the mother's breast and nipple to be pulled out / protruding, or it can also be done with the mother's fingers pulling the nipple out, hold it for some time. Do this twice a day or use a syringe to withdraw the nipple, or use an assistive device such as a nipple shield or shield. (Marliandiani, 2015)

World Health Organization (WHO) the incidence of engorgement of breast milk can be reduced by half if breastfed indefinitely in the following years a number of other studies have also observed that when breastfeeding times are scheduled, engorgement is more common which is

often followed by mastitis and lactation failure. The United National Children's Fund (UNICEF) revealed that around 17,230,142 million people suffer from breastfeeding problems in the world, consisting of 56.4% sore nipples, 36.12% breast engorgement, and 7.5% mastitis. (Maulidanita Riska, 2016)

The results of the Indonesian Demographic and Health Survey (IDHS) of postpartum mothers who experienced breast milk dams were 35,985 or (15.60%) postpartum women, and in 2015 postpartum women who experienced breast milk dams were 77,231 or (37.12%) (IDHS, 2015). The Regional Health Office of Tanah Bumbu Regency, South Kalimantan Province, there are data on 3,000 physiological postpartum women, and postpartum women with problems, including 60 postpartum women who experience uterine atony, 445 people experiencing breast milk dams, 4112 postpartum women experiencing bleeding, 150 people experienced sub involution uteri, 100 postpartum women experienced dizziness, 25 postpartum women experienced an increase in body temperature and 266 postpartum women experienced mastitis. (Meiharati, 2017)

Based on the Indonesian Health profile, giving to infants 0-5 months who still received was 54.0%, while babies who had received it until the age of six months were 29.5%. Referring to the 2016 strategic plan target which was 42%, nationally the coverage of giving to infants aged less than six months of 54.0% had reached the target. According to Gorontalo Province, coverage for infants aged 0-5 months ranged from 32.3% to 79.9% in East Nusa Tenggara Province. Of the 34 provinces, only three have not reached the target, namely Gorontalo, Riau and Central Kalimantan. (Indonesian Health Profile, 2017)

Based on the Health Profile of North Sumatra, giving to babies from 2010 to 2014 the percentage coverage of babies given showed an increase, and coverage in 2014 was the highest achievement in the past 5 years. However, this achievement has not been able to achieve 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, Labuhan Batu Utara, Sibolga, Padang Sidempuan and Gunung Sitoli. There are still 2 areas with achievements of 10% namely North Nias Regency, and Tanjung Balai City. (Health Profile of North Sumatra Province, 2014)

According to Misrina's research, based on the results of research on the relationship between correct breastfeeding techniques and the incidence

of breast milk dams in postpartum mothers in the working area of the Meureudu Health Center, Pidie Jaya Regency in 2013. respondents (82.4%), and the majority of respondents who did not experience breast milk dams applied the correct breastfeeding technique, namely 5 respondents (29.4%). This means that there is no relationship between correct breastfeeding technique and the incidence of breast milk dams in postpartum mothers in the Meureudu Health Center work area, Pidie Jaya Regency in 2013(Misrina, 2013)

According to research by Yayuk Norazizah and Luluk Hidayat in 2013 about the relationship between the level of knowledge of postpartum mothers about breast care with the incidence of inverted nipples. The results of this study found that the majority of mothers had sufficient knowledge of 16 respondents (43.2%). This is because most respondents do not get information they only know from experiences gained from local culture. However, there are still respondents who have less knowledge, namely 12 respondents (32.4%). For this reason, it is necessary to strive for health workers, especially midwives, to increase mother's knowledge about correct breast care so that problems in breastfeeding such as nipples sink so that breastfeeding is effective.(Maulani Shita Nurul, 2016)

The results of the initial survey conducted by researchers at the Dina Karya Clinic in Medan were obtained from 10 postpartum mothers. By conducting direct interviews with 4 postpartum mothers of whom did not experience breast milk dams and 6 others experienced breast milk dams. postpartum mothers who experience breast milk dams do not know and do not do breastfeeding positions properly and correctly and postpartum mothers also who experience other breast milk dams experience sunken nipples.

Based on the above background, the researcher is interested in conducting this research with the title Are there any factors related to breastfeeding dams in postpartum mothers at the Dina Karya Clinic, Medan.

MATERIALS AND METHODS

The research design used with analytic survey.(Arikunto, 2012)In this study using a cross sectional approach.(Qurahman, 2017),The location in this study was carried out at the Dina Karya

Clinic, Medan in 2022 and this research started from December to May 2022. The stages are carried out starting from retrieval of data obtained directly from respondents through a questionnaire and then checking the completeness of the answers to the questionnaire with the aim that the data is processed correctly so that data processing gives valid and reliable results and avoids bias after that All data inputted into a computer application will be processed according to needs. The population in this study were all postpartum mothers who were at the Dina Karya Clinic Medan in 2022 as many as 35 people.(Notoatmodjo, 2012)Sampling used the total sampling method with a total of 35 people.(Dahlan, MS, 2013) The data analysis used is univariate and bivariate analysis.Univariate data analysis was carried out to describe the characteristics of each independent variable and dependent variable.(Sastroasmoro S, 2011)Bivariate analysis was conducted to prove that there was no significant relationship between the independent variable and the dependent variable using the Chi-square test.(Yessi Hamani, 2015)

RESULTS AND DISCUSSION

Table 1.
Frequency Distribution of Respondents' Characteristics Based on Education, Age at the Dina Karya Clinic, Medan in 2022

Variable	Amount	
	N	%
Education		
Base	18	50.0
Intermediate	11	28.1
Tall	3	21.9
Age		
<20 years	16	50.0
20-35 years old	9	28.1
>35 years old	7	21.9

Based on Table 1.The results obtained from 32 respondents can be concluded that the majority have basic education (SD) as many as 18 respondents (53.1%), the minority higher education (D3, S1) as many as 3 respondents (9.4%) while the age of the majority <20 years as many as 16 respondents (50.0%), minorities aged >35 years as many as 7 respondents (21.9%).

Table 2.
Frequency Distribution of Respondents Based on Breastfeeding Position, Inverted Nipples, and Breast Milk Dams at the Dina Karya Clinic, Medan in 2022

Variable	Amount	
	N	%
Breastfeeding Position	8	25.0
Well		
Not enough	24	75.1
Nipples Sunset		
Sunset	13	40.6
Not sunset	19	59.4
Breast milk dam		
A dam happened	9	28.1
No dam	23	71.9

Based on table 2 of 32 respondents, the majority of breastfeeding positions were lacking as many as 24 (75.1%) respondents, the minority was good 8 (25.0%), the majority of nipples were sunk, the majority were not immersed as many as 19

(59.4%) respondents, the minority was immersed as many as 13 (40.6%), while the majority of dams did not occur as many as 23 (71.9%) respondents, and in the minority there were dams, namely 9 (28.1%) respondents from 32 respondents.

Table 3.
Cross Tabulation between Breastfeeding Positions, Inverted Nipples, and Breast Milk Dams at the Dina Karya Clinic, Medan in 2022

Variable	Breast milk dam				Total		Sig-p
	Dam Happening		No Dam		N	%	
	n	%	n	%			
Breastfeeding Position							
Well	0	0.0	8	25.0	8	25.0	0.005
Not enough	9	28.1	15	46.9	24	75.0	
Nipples sink							
Sunset	7	21.9	6	18.8	13	40.6	0.006
Not sunset	2	6.3	17	53.1	19	59.4	

Based on table 3 cross tabulation between breastfeeding position against breast milk, it is known that experiencing good dam 0 (0.0%), having good dam 8 (25.0%), experiencing less dam 9 (28.1%), having less dam 15 (46.9%) and nipple sinking with sinking experiencing dam 7 (21.9%), 6 (18.8%) of dams were submerged, while 2 dams were submerged (6.3%), 17 dams were not immersed (53.1%). Based on the results of the chi-square test, it can be seen that the sig-p (<0.05) means that the breastfeeding position and the nipple are sunk have a relationship with the ASI dam at the Dina Karya Clinic, Medan in 2022.

DISCUSSION

Based on the results it is known that breastfeeding position against breast milk, it is known that experiencing good dam 0 (0.0%), having

good dam 8 (25.0%), experiencing less dam 9 (28.1%), having less dam 15 (46.9%) and nipple sinking with sinking experiencing dam 7 (21.9%), 6 (18.8%) of dams were submerged, while 2 dams were submerged (6.3%), 17 dams were not immersed (53.1%). Based on the results of the chi-square test, it can be seen that the sig-p (<0.05) means that the breastfeeding position and the nipple are sunk have a relationship with the ASI dam at the Dina Karya Clinic, Medan in 2022.

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 Post Partum Mothers at Diana Clinic, Medan Sunggal in 2013" it was found that 22 respondents (68.8%) did not practice breastfeeding techniques and found There were 21 respondents (65.5%) with breastfeeding

dams and 18 respondents (56.2%). With the results of the chi-square test where $r = 0.28$ there is a relationship with the value of $\text{sig } p (0.007) < \text{value of sig } a (0.05)$. These results prove that there is a significant relationship, which means that there is a relationship between implementing breastfeeding techniques and the occurrence of breast milk dams in postpartum mothers. (Mardiah Ainun, 2013)

This is because if the breastfeeding position is not good, the milk supply will not be smooth and the baby cannot suckle effectively, then there will be a dam of breast milk in the postpartum mother and as for the breastfeeding position is good, but there will be damming of breast milk because of the frequency when the mother is breastfeeding that is less so that the milk does not come out perfectly, there is a dam of breast milk in postpartum mothers and there are also 6 respondents of postpartum mothers with a poor breastfeeding position but there is no damming of breast milk because the mother breastfeeds her baby as often as possible and does not breastfeed her baby on a scheduled basis so that the milk comes out smoothly. The correct way of breastfeeding is by giving food directly by the mother to her baby,

Immersion of Nipples in Postpartum Mothers with Breast Milk Based on the results, it is known that the nipples of postpartum mothers with breastfeeding dams in Dina Karya Medan, it was found that 8 respondents (22.9%) of postpartum mothers had nipples immersed in them, 8 respondents (22.9%) had breast milk dams and no There was none and the postpartum mother did not have nipples set in as many as 27 respondents (77.1%) and there was breast milk damming in 10 respondents (28.6%) and 17 respondents (48.5%).

Based on the results of the chi square statistical test with a significant level of $\text{sig } 0.05$, the p -value of $0.003 < 0.05$ was obtained, which means that there is a relationship between the nipples of the postpartum mother and the breast milk dam at the Dina Karya Clinic, Medan in 2022.

Based on research conducted by Evi Rosita entitled "The Relationship between Postpartum Breast Care and Breast Milk Dams", it was found that from 34 respondents, almost all of the respondents did breast care and did not experience breast milk dams, namely 26 (76.4%). Based on the results of the chi square statistical test between breast care and the incidence of breast milk dams in postpartum mothers, it was found that a p value of 0.001 was smaller than the value of 0.05 ($0.001 < 0.05$), so H_1 was accepted, meaning that there was a relationship between breast care in postpartum mothers and ASI dam in Jolotundo and

Kupang Villages, Jetis District, Mojokerto Regency in 2016. (Rosita Evi, 2017)

According to the author's assumptions obtained from the results of the study that there is a relationship between nipples in postpartum women and breast milk dams as many as 32 respondents, of which there are 8 respondents in postpartum mothers with inverted nipples and 10 respondents in postpartum mothers who do not. This is because if the nipple sinks, the mother will find it difficult to give 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 dams in postpartum mothers and as for other factors that cause breast milk dams, namely due to poor breastfeeding position and the frequency when the mother is breastfeeding is less than breast milk dams can occur in postpartum mothers.

CONCLUSION

The conclusions in this study are there is a relationship between breastfeeding position, inverted nipples and breast milk dams at the Dina Karya Clinic, Medan in 2022 using the chi square test.

SUGGESTION

For the community, it is hoped that this research can increase counseling with posyandu cadres so that mothers know about a good breastfeeding position, increasing awareness and increasing awareness of the importance of a good breastfeeding position so that they know the impact of a bad breastfeeding position and sunken nipples.

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