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Predictors of Postpartum Breast Care Skills at Dr. (H.C.) Ir Sukarno Hospital, Bangka Belitung Wulan Maya Tary^{1*}, Hidayah Budi Utami²

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ABSTRACT

Background: Postpartum breast care is one way to facilitate milk production that must be done during pregnancy, in order to overcome cracked and dry nipples so that milk production remains smooth and prevent nipple injury as early as possible. **Object:** this study aims to prove what factors have a role or relationship in breast care skills in postpartum mothers at Dr. (H.C.) Ir. Sukarno Hospital, Bangka Belitung. **Methods:** This research is a relational analytic study with a cross sectional approach. The population in this study was 30 people and the number of samples was 30 people who were selected by saturated sampling technique. The variables measured were knowledge, education, age and parity as independent variables, while the dependent variable was breast care skills. The statistical test used in this study was the Spearman Rho. Results: there is a relationship between knowledge ($r=0.632$; $p = 0.00$) education ($r=0.616$, $p = 0.00$), parity ($r=0.525$, $p= 0.03$), and age ($r= 0.580$, $p= 0.01$) with breast care skills. **Conclusion:** Health workers, especially midwives, should be able to determine educational steps for postpartum mothers regarding skills in optimal breast care for postpartum mothers

Keywords: Knowledge, skills, breast care



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Introduction

The puerperium is the period after the placenta is born until six weeks after delivery. The postpartum period cannot be separated from the breastfeeding period. Many reasons are put forward by postpartum mothers who do not breastfeed their babies, including the mother does not produce enough breast milk or the baby does not want to suck. Actually this is because the mother is not confident when breastfeeding her baby, besides that the mother also does not know how to breastfeed and breast care while breastfeeding (Meilani & Putri, 2024).

Data on exclusive breastfeeding coverage in Indonesia in 2021 is 61.5%, in Bangka Belitung province it is 65.1% (Kemenkes RI., 2022).

Based on interviews the author conducted in May 2024 with 3 midwives at RSUD Dr. (H.C.) Ir. Soekarno, Bangka Belitung Province found that there were 8 postpartum mothers, 3 postpartum mothers knew how to breastfeed but were not quite right and 5 postpartum mothers knew how to breastfeed but were not quite right. Postpartum mothers know how to breastfeed. Postpartum mothers do not understand how to care for their breasts, out of 5 postpartum mothers said their breasts felt sore and breast milk had not come out on the 2nd day of postpartum, and 3 postpartum mothers who understood how to care for their breasts on the 2nd day of postpartum said their breast milk was not flowing smoothly.

The impact of postpartum who do not know the importance of breast care are swollen breasts, little milk production so that it is not

enough for the baby to consume, sore nipples / blisters, breast abscess (mastitis), and blocked milk ducts (Napisah & Natasya, 2023).

For this reason, it is necessary to carry out routine breast care, and breastfeed more often without being scheduled according to the baby's needs, the more often the baby suckles and the stronger the suction power, the breast will produce more milk. In addition, mothers have confidence in being able to exclusively breastfeed their babies for 4-6 months and continue to breastfeed until the child is two years old to get healthy and intelligent children (Armini, 2016).

Breast care during the puerperium is one way that can be done to facilitate milk production (Nurahmawati et al., 2021), so that mothers can give breast milk as often as possible to their babies. Breast care is not only done while breastfeeding but breast care should be carried out during pregnancy, this period is to treat cracked and dry nipples so that milk production remains smooth and treat nipple injuries as early as possible (Wati et al., 2022).

To improve blood circulation and prevent blockage of the milk ducts so that milk is issued smoothly, it is necessary to do breast care. Before doing breast care, make sure the mother's hands are always clean and wash hands before breastfeeding. Breast hygiene is done at least once a day and it is not allowed to apply cream, oil, alcohol or soap on the nipples (Zubaidah et al., 2021).

Research Method

This study is a correlational analytical study with a cross-sectional approach. The study was conducted at Dr. (H.C.) Ir Sukarno Hospital, Bangka Belitung. The population in this study was 30 postpartum mothers who were selected using a saturated sampling technique in May



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2024. The sampling method used in this study used non-probability sampling type of accidental sampling. The variables measured were knowledge, education, age and parity of postpartum women as independent variables

using a questionnaire, while the dependent variable was breast care skills using a checklist. Analysis using the Spearman Rho test.

Results and Discussions

Table 1. Characteristic of Subject

Characteristics	Frequency (n)	Percentage (%)
Knowledge		
Good	20	66.7
Enough	10	33.3
Education		
primary school	5	16.7
Junior high school	9	30.0
Senior High School	14	46.7
College	2	6.6
Parity		
1	12	40
2-3	16	53.3
>3	2	6.7
Age		
< 20 years	3	10
20-30 years	23	76.7
>30 years	4	13.3

Table 1 showed that most of the study subjects were good knowledge (66.7%), almost half of the study subjects were senior high school (46.7%), most of study subjects parity were 2-3 child (53.3%) most of study subjects were 20-30 years (76.7%).

Table 2. Results Predictors of Breast Care Skills Postpartum

Independent variabel	Breast care skill	
	P value	r
Knowledge	0.000	0.632
Education	0.000	0.616
Parity	0.003	0.525
Age	0.001	0.580



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The results table 2 of the bivariate analysis with Spearman Rho test in Table 2 show that breast care skills are influenced by knowledge ($r=0.632$; $p = 0.000$), education ($r=0.616$; $p= 0.000$), parity ($r=0.525$; $p= 0.03$), age ($r= 0.580$; $p= 0.001$) with positive correlation.

The association between knowledge and breast care skills

Based on the result of the study, there was a positive effect of knowledge on postpartum breast care skills. Good knowledge could increase the skills.

Knowledge is the result of knowing and occurs after sensing an object. Sensing occurs through the senses of sight, hearing, smell, taste and touch. Most of human knowledge is obtained through the eyes and ears. Knowledge is one of the most important elements in shaping one's actions and behavior (Notoatmodjo, 2019).

This study assumes that there is a significant positive correlation between a good level of knowledge about breast health and effective breast care skills. This assumption is based on the understanding that individuals with in-depth knowledge of anatomy, signs of disease, and appropriate breast care techniques will be better able to implement correct preventive and treatment measures. Thus, good knowledge is an important basis for optimal and effective breast care practices.

The Association Between Education and Breast Care Skills

Based on the result of the study, there was a positive effect of education on postpartum breast care skills. Education is able to influence knowledge so that it has an impact on a person's skills related to breast care. Education affects a person's attitude or character, so that in receiving new knowledge a person must have a supportive education that is able to receive a response. Education is a process of changing attitudes and behavior as well as efforts to mature humans through teaching and training (Salsabila et al., 2020).

This study assumes that the education level of breastfeeding mothers has a significant influence on their skills in breast care. This assumption is based on the understanding that mothers with a higher level of education tend to have better access to health information, including correct and effective breast care techniques. Higher education also improves mothers' cognitive abilities and understanding of the importance of good breast care practices, so that they

are better able to adopt and apply the care techniques needed to maintain breast health during breastfeeding.

The Association Between Parity and Breast Care Skills

Based on the result of the study, there was a positive effect of parity on postpartum breast care skills. In essence, the more a person has children, the more understanding and experienced they will be in caring for their babies, especially those related to breast care. This study is consistent with (Sutama et al., 2020) research that Mother's parity affects breast care skills.

This study assumes that maternal parity, or the number of births a mother experiences, influences their breast care skills during breastfeeding. This assumption is based on the understanding that mothers with experience of giving birth and breastfeeding more than one child have better knowledge and practical skills in caring for their breasts compared to mothers who are breastfeeding for the first time. Experience gained from previous pregnancies and breastfeeding provides mothers with the opportunity to learn and improve breast care techniques, thereby increasing their ability to overcome various challenges that may arise during the breastfeeding process.

The Association Between Age and Breast Care Skills

Based on the result of the study, there was a positive effect of age on postpartum breast care skills. where at the age of 20-30 is a productive age and easy to remember something. The age of productive is the most productive age play a role and have a solid activity and have good cognitive abilities and good (Sholeha et al., 2023), According to Nursallam, the more a person has enough age, the level of maturity will be better in thinking and working (Nursalam, 2016).

In addition to presenting the material, the researcher also attaches a picture of an easy, fast, and inexpensive method of breast care and gives an example of how to care for the breast, so that it is



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expected to always play an active role in breast care and be able to disseminate information about breast care to other postpartum/post-partum mothers so

Conclusion

From the results of the study it can be concluded that there is a significant relationship between knowledge, education, parity and age with breast care skills. Education is able to influence a person's attitude or character and has a major effect on knowledge, making it easier for someone to get information. as well as age and parity, the more mature a person is in age and experience, the better her skills will be. Health workers, especially midwives, should be able to determine educational steps for postpartum mothers regarding skills in optimal breast care for postpartum mothers.

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Conflig of Interest

The authors declare that they have no conflict of interest.

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