Breast Care Knowledge and Attitudes in Special Women at the Barru Regional General Hospital, Barru Regency, South Sulawesi

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Abstract

Breast care during the postpartum period is a necessity for mothers who have just given birth. The postpartum period itself is six weeks or 40 days after delivery. During the postpartum period, breast care is a very important action to care for the breasts, especially to facilitate the release of breast milk (ASI). Swollen breasts usually occur in the first days of a baby's birth. Data obtained from Barru Hospital showed five cases of swollen breasts. The aim of this study was to determine the relationship between postpartum mothers' knowledge and attitudes towards breast care at Barru Hospital. This research uses a correlation analytical method with a cross-sectional approach, data collection techniques using questionnaires with respondents namely postpartum mothers who receive services at Barru Hospital. Data analysis uses univariate analysis to test respondents' knowledge and attitudes and bivariate analysis to determine the relationship between variables. The results of univariate research with frequency distribution show that some respondents (52.5%) have less knowledge, the attitude category shows that some respondents (52.5%) have an unsupportive attitude. The results of bivariate analysis with Chi-Square distribution obtained a value of 0.01 (p-value < 0.05). The results of the bivariate analysis showed that very few of the respondents (19%) were 4 people with little knowledge and a supportive attitude. The conclusion of this research is that there is a relationship between postpartum mothers' knowledge and attitudes towards breast care at Barru Hospital. Advice to health workers to carry out continuous outreach and education about breast care.

Keywords: Knowledge Attitude, Breast Care, Women, Barru Hospital, South Sulawesi
1. Introduction

Breast care during the postpartum period is a necessity for mothers who have just given birth. The postpartum period itself is six weeks or 40 days after delivery. During the postpartum period, breast care is a very important action to care for the breasts, especially to facilitate the release of breast milk (ASI). This happens because during this period the mother experiences physical and reproductive changes that return to the state before pregnancy, the lactation period and psychological changes to obtain new offspring. By carrying out proper care, which usually takes the form of massage and massage using natural materials and tools, it is hoped that the mother will feel more comfortable breastfeeding her baby.

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The aim of the lactation period is to increase exclusive breastfeeding and continue breastfeeding until the child is 2 years old properly and correctly and the child gets natural immunity (Wulandari and Ambarawati, 2008). Efforts are needed to increase breast milk production during postpartum, one of which is breast care so that the baby's rights to receive breast milk from its mother are fulfilled.

The American Academy of Pediatrics recommends exclusive breastfeeding for the first 6 months and then at least 1 year. The World Health Organization (WHO) recommends exclusive breastfeeding for 6 months, breastfeeding within the first hour after giving birth, breastfeeding whenever the baby wants, not using bottles and pacifiers (Rahmawati and Proverawati, 2010). The United Nations International Children's
Emergency Fund (UNICEF) estimates that exclusive breastfeeding until 6 months of age can prevent the deaths of 1.3 million children under five years of age (Sujiyanti, 2010). A study in Ghana published in the pediatric journal showed that 16% of infant deaths could be prevented by providing breast milk from the first day of birth (Sujiyanti, 2010).

Referring to the strategic plan target in Indonesia of 39%, nationally the coverage of exclusive breastfeeding for babies less than 6 months of 55.7 % has reached the target. Breastfeeding coverage in West Kalimantan itself has reached 68.4 %, which means it has achieved the desired target (Indonesian Health Profile, 2015).

In relation to breast milk, midwives have main duties such as empowering breast care as well as overcoming lactation problems and monitoring the condition of the mother and baby (Rukiyah, 2008). One of the lactation problems that often occurs in postpartum mothers is swollen breasts. Swollen breasts usually occur in the first days of a baby’s birth, this can occur due to delays in early breastfeeding, less frequent expression of breast milk and limited breastfeeding time. Apart from that, wearing a tight bra and unclean nipples can cause blockages in the ducts (Roische and Saryono, 2009).

Mastitis is one of the lactation problems during the postpartum period which can affect 1-2% of breastfeeding women, which can occur 1-5 weeks after giving birth with the characteristics of pain in the breasts, redness and swelling of the breast area, fever and chills. (Proverawati and Rahmawati, 2010). Breast abscess is a continuation of untreated mastitis. This disease is caused by the bacteria Staphylococcus aureus, usually appearing in the second week post partum (Proverawati and Rahmawati, 2010).

Women consider their breasts to be an important organ. There are three main parts of the breast, namely the corpus (body), areola, papilla or nipple. The mammary areola (breast cavity) is located around the nipple and is dark in color caused by thinning and accumulation of pigment in the skin (Kristiyanasari, 2009).

The breasts of adult women, whether breastfeeding or not, vary in size. The size of the breast is not a measure of the amount of milk produced. This means that large breasts do not necessarily produce a lot of milk (Maryuni, 2009).
A woman will later take on the responsibility and noble task of being a mother. The important role of a mother as a determinant of a child's growth and health in the future does not stop once she gives birth to her baby, breastfeeding is still a scientifically proven link in the chain for giving birth to an intelligent generation. This is proven by the many benefits obtained from breast milk content.

Seeing how important the breast is as a producer of breast milk, mothers must also know proper breast care so that the baby can breastfeed immediately and get enough breast milk from the mother. Breast care is basically not only done before giving birth but can also be done after giving birth (Sujiyanti et al., 2010).

Breast care itself means an action taken to care for the breasts, especially during the postpartum period to facilitate breast milk (Taufan Nugroho, 2014). Postpartum breast care is a continuation of breast care during pregnancy (Sujiyanti et al., 2010). Breast care for breastfeeding mothers is very important because one of the benefits is to facilitate the production of breast milk, which is the staple food for babies. Implementation of postpartum breast care begins as early as possible, namely 1-2 days after the baby is born, this is done twice a day (Sujiyanti et al., 2010).

Breast care after giving birth aims, among other things, to maintain breast cleanliness to avoid infection, increase breast milk production by stimulating the milk glands through massage, prevent breast milk dams or breast swelling, flex and strengthen the nipples, detect nipple abnormalities early and make efforts to overcome this, as well as the psychological preparation of breastfeeding mothers (Pramitasari and Sayono, 2009).

Breasts are as sensitive as other female intimate organs. Don't use medicines that will actually damage the breasts. If you intend to carry out breast care using drugs or breast care techniques, you should first consult with an expert (Kristiyanasari, 2009).

In developing countries, especially in areas with low population, maternal knowledge regarding breast care is still lacking. Generally, knowledge about breast care is obtained from family or friends. To avoid wrong habits, you need the help of health workers who can provide the right direction (Permatasari and Saryono, 2009).
Knowledge is the result of knowing, and this occurs after people sense a particular object, while attitude is a reaction or response that is still closed from a person to a stimulus or object (Safitri, 2011).

There is a relationship between the level of knowledge and the attitude of postpartum mothers in carrying out breast care, because supported by good knowledge it will influence the mother's attitude to carry out breast care properly, correctly and regularly so that the baby's rights to obtain breast milk will be fulfilled.

Research conducted by Aghnia Kamila which was conducted in 2014 with the title "The Relationship between Knowledge and Attitudes and Breast Care at the Banda Aceh Mother and Child Hospital" obtained research results from 86 people, 49 (57.0 % ) respondents had good knowledge and 37 ( 43.0%) of respondents had little knowledge of postpartum mothers’ attitudes towards breast care. 41 (47.7%) of respondents had a positive attitude and 45 (52.3%) had a negative attitude. Through statistical tests it was found that the p-value was 0.001 < 0.005 so that the Ha hypothesis was accepted and Ho was rejected, this means that there is a relationship between the knowledge and attitudes of postpartum mothers and breast care.

Research conducted by Indah Nugharani in 2015 with the title "Level of Knowledge of Postpartum Mothers about Breast Care at BPM Mulia Petirsari Pracimantoro Wonogiri". Research results were obtained from 31 respondents, 4 postpartum mothers with good knowledge (12.9 % ), 20 postpartum mothers with sufficient knowledge (64.5%) and 7 postpartum mothers with poor knowledge (22.6%) This research concluded that the level of knowledge of postpartum mothers regarding breast care at BPM Mulian Petirsari Pracimantoro Wonogiri was mostly at a sufficient level of knowledge, namely 20 respondents (64.5%).

2. Research Methods

This research uses descriptive correlational research with a cross sectional approach. The research was carried out at Barru Hospital, Barru Regency, South Sulawesi Province. The research population was all postpartum mothers who received health
services at Barru Hospital with data collected using a questionnaire then processed and analyzed using univariate analysis and bivariate analysis using the chi square test.

3. Results and Discussion

a. Results

Table 1. Characteristics of Respondents

<table>
<thead>
<tr>
<th>Characteristics</th>
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<th>%</th>
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<tbody>
<tr>
<td>Knowledge</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Not enough</td>
<td>21</td>
<td>52.5</td>
</tr>
<tr>
<td>Enough</td>
<td>10</td>
<td>25</td>
</tr>
<tr>
<td>Good</td>
<td>9</td>
<td>22.5</td>
</tr>
<tr>
<td>Attitude</td>
<td></td>
<td></td>
</tr>
<tr>
<td>No Support</td>
<td>21</td>
<td>27.5</td>
</tr>
<tr>
<td>Support</td>
<td>19</td>
<td>52.5</td>
</tr>
</tbody>
</table>

Judging from table 1 above, it can be seen that of the 31 respondents, the majority of respondents, namely 21 people (68%), had poor knowledge and very few of the respondents, namely 5 people (16%) had sufficient and good knowledge about the Billings Ovulation Method. Based on table 1 above, it is known that almost all of the respondents, namely 26 people (84%), have an unfavorable attitude towards the Billings Ovulation Method.

Table 2. Analysis of the Relationship between Knowledge and Wife's Attitude in Elections Billings Ovulation Method Contraception

<table>
<thead>
<tr>
<th>Variable</th>
<th>Choose</th>
<th>Didn't Choose</th>
<th>95% P-Value</th>
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<tr>
<td></td>
<td>n</td>
<td>%</td>
<td>N</td>
</tr>
<tr>
<td>Good</td>
<td>17</td>
<td>81</td>
<td>4</td>
</tr>
<tr>
<td>Sufficient Knowledge</td>
<td>3</td>
<td>30</td>
<td>7</td>
</tr>
<tr>
<td>Not enough</td>
<td>1</td>
<td>11.1</td>
<td>8</td>
</tr>
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</table>

Based on results study Which done by researcher Which can seen from diagram 2 obtained the results of the respondents part small from respondents Which knowledgeable Good about maintenance breast namely 9 people (22.5%) so also case with part small very respondent Which knowledgeable Enough that is as much 10 person (25.0%). Temporary That part respondents Which has fill in questionnaire
knowledgeable not enough that is as much 21 person (52.5%).

b. Discussion

According to Safitri (2011) knowledge is the result of know, and this happen after person do sensing towards a particular object. Sensing occurs through the five human senses, namely senses vision, knowledge obtained through eyes and ears. Knowledge or cognitive is dominant Which very important in shaping a person's actions (over behavior). According to researchers, knowledge is the result that will be obtained from someone who already knows or obtains information after that person makes contact or observes a thing or sensory object.

Based on the results of the respondents' answers, it is known that all respondents consisting of 40 (100%) respondents were able to answer correctly on knowledge question number 2, namely about understanding breast care during the postpartum period, and almost all respondents, namely 32 (80.0%) people Respondents answered incorrectly on knowledge question number 13, namely regarding sequencing in the third step in breast care.

According to Saleha (2009), breast care is care carried out by mothers after giving birth to prevent blockage of the milk ducts, thereby facilitating the release of breast milk.

According to (Anggraini, 2010) Breast care during the postpartum period is an act of caring for the breasts carried out either by the patient or with the help of other people which is carried out starting from the first or second day after giving birth with the aim of facilitating breast milk, avoiding swelling and difficulty breastfeeding.

The results of research conducted by Aghnia Kamila which was carried out in 2014 with the title "The Relationship between Knowledge and Attitude and Breast Care at the Banda Aceh Mother and Child Hospital" with the results of the research showing that some respondents had good knowledge, namely 49 (57.0%) while Some of the respondents had less knowledge, namely 37(43.0%).

The results of research conducted by Nina Rahmadiliyani in 2012 with the title "The Relationship between Knowledge and Attitudes of Postpartum Mothers
Regarding Breast Care with Breastfeeding Motivation at Datu Sanggul Rantau Regional Hospital" with the results of the research showing that a small percentage of respondents had good knowledge, namely 20 (22.2%), very few respondents had sufficient knowledge, namely 15 (16.7%) and very few respondents had less knowledge, 11 (12.2%) with the attitude of postpartum mothers supports 25 (27.8%) respondents and 18 (20%) respondents do not support it.

Lack of knowledge Mother postpartum regarding breast care caused Because status education Mother Which only limited seat school base, status work Mother Which only become Mother House ladder normal as well as lack of knowledge or information Which Mother get it about maintenance breast And lack of flavor interest Mother or ask for For look for know about maintenance breast, objective along Breast care steps Correct.

If Mother postpartum own flavor great interest or request For look for information Which Correct about maintenance breast or understand about objective maintenance breast Which among them is For look after cleanliness breast so that spared from infections, increasing breast milk production with stimulate glands water milk through massage, prevent dam breast milk or swelling breast, flex And strengthen nipple, know in a way early abnormality nipple milk And do business For overcome it as well as, preparation psychic Mother breastfeeding then by encouraging information Which obtained the Good Mother Certain will encouraged For do maintenance breast because has understand about importance maintenance breast maintenance the.

While there are still very few well-informed respondents viz as much as much 9 person (22.5%) And Which knowledgeable Enough that is as many as 10 person (25.0%). Respondent Which knowledgeable Good And Enough matter This caused Because level his education more tall as well as Mother postpartum get information about maintenance breast And own interest For look for know about importance do breast care, postpartum mothers too capable For know, apply, analyze, synthesize as well as evaluate about importance carry out breast care during the period postpartum.
Based on results study Which done by researcher Which can seen from table 2 obtained results some respondents had an unsupportive attitude towards breast care, namely 21 people (52.5%), likewise, some respondents also had a supportive attitude towards breast care, namely 19 people (47.5%).

In accordance with the opinion of Safitri (2010) that attitude is a reaction or response that is still closed from a person to a stimulus or object which of course has been influenced by the knowledge obtained by the individual previously.

According to researchers, attitude is a response from an individual regarding something regarding an object to be responded to or the action that will be taken regarding that matter, for example a person's action to want or be willing to carry out breast care after being influenced by knowledge.

Based on the results of the answers from 40 respondents regarding the attitude question, some respondents 19 (47.5%) strongly agreed to positive question number 1 regarding breast care, while almost all respondents 35 (87.5%) answered negative question number 6 regarding breast care. breasts will make the nipples sore.

The results of research conducted by Aghnia Kamila which was carried out in 2014 with the title "The Relationship between Knowledge and Attitudes and Breast Care at the Banda Aceh Mother and Child Hospital" showed that some respondents had a positive or supportive attitude towards breast care of 41(47.7%) and some respondents had a negative or unsupportive attitude towards breast care amounting to 45(52.3%).

The results of research conducted by Nina Rahmadiliyani in 2012 with the title "The Relationship between Knowledge and Attitudes of Postpartum Mothers Regarding Breast Care with Breastfeeding Motivation at Datu Sanggul Rantau Regional Hospital" with results showing that a small number of respondents had a positive or supportive attitude towards breast care of 21(23.3%) and a small percentage of respondents had a negative or unsupportive attitude towards breast care, 18(20%).
The results of research conducted by researchers at Barru Hospital on 40 postpartum mothers regarding breast care showed that some respondents had an unsupportive attitude towards breast care, namely 21 people (52.5%), as did some of the respondents. 19 people (47.5%) had a supportive attitude towards breast care.

This attitude is shown in the awareness of postpartum mothers regarding breast care, which is shown in a supportive attitude by answering the questions agree or strongly agree regarding the questionnaire that researchers gave to respondents, namely questions about how important it is to care for the breasts after giving birth and to avoid breast swelling, the hygiene that must be done so that the breasts avoid infection, as well as the ordering carried out in carrying out breast care.

Respondents showed a supportive attitude regarding breast care by answering the questions of agreeing and strongly agreeing with what should be done regarding attitudes towards breast care.

Based on table 2, which is the combined result of postpartum mothers' knowledge and attitudes towards breast care, it shows that very few of the respondents (19%) namely 4 people have less knowledge and a supportive attitude towards breast care. The results of the respondents' knowledge were good with the results being that almost all respondents (88%) were 8 people who had good knowledge with a supportive attitude towards breast care.

The results of the statistical tests described in table 2 obtained a Chi-Square value of 0.01 (p-value < 0.05) so it can be concluded that there is a relationship between postpartum mothers' knowledge and attitudes towards breast care at Barru Hospital.

Based on the results of the knowledge and attitudes of respondents, it was found that there was a relationship between knowledge and attitudes of postpartum mothers in carrying out breast care, because supported by good knowledge, it will influence the mother's attitude to carry out breast care properly, correctly and regularly so that the baby's rights to obtain breast milk will be fulfilled. This is in line with research conducted by Aghnia Kamila which was conducted in 2014 with the
title "The Relationship between Knowledge and Attitudes and Breast Care at the Banda Aceh Mother and Child Hospital". This research used a correlative descriptive research design with a cross sectional study approach, sampling technique, using purposive sampling, data collection techniques using questionnaires with data analysis techniques using the chi square test with the result that the p-value is 0.01 < 0.05 so that the Ha hypothesis is accepted and Ho is rejected, this means that there is a relationship between mother's knowledge and attitudes postpartum with breast care. So from the results of research conducted by researchers in April by distributing knowledge and attitude questionnaires to 40 postpartum mothers, it can be concluded that knowledge influences the attitude of postpartum mothers in carrying out breast care so that there is a relationship between knowledge and the attitude of postpartum mothers in carrying out breast care at home Barru's pain in.

4. Conclusion

Based on the results of research that has been carried out, it can be concluded that there is a relationship between postpartum mothers' knowledge and attitudes towards breast care.

5. Compliance with ethical standards

Acknowledgments

The researcher would like to thank the Hospital Director and his staff who have helped carry out this research and hope that this research can be useful for the community and health workers, especially in providing nursing services and actions.

Disclosure of conflict of interest

This research collaboration is a positive thing for all researchers so that conflicts, problems and others are absolutely no problem for all writers.

Statement of informed consent

Every action we take as authors is a mutual agreement or consent.
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