THE EFFECT OF GIVING KROKOT LEAVES AND BREAST CARE TOWARDS THE SMOOTHNESS OF BREAST MILK ON PARTURITION MOTHER

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Abstract

Krokot (Portulaca oleracea, L.) is a plant that can be used as traditional medicine for smoothing breast milk circulation in order to prevent pain and swollen. Breast swelling occurs because breast milk is not breastfeeded sufficiently, until the breast milk residual is collected on ductal system which causes swelling occurance. In pain management on breast swelling, it will be more effective if combining two or more existed non pharmacology methods. One of the combination is giving krokot leaves and breast care. Both of these methods are effective methods in smoothing breast milk circulation by decreasing pain on breast swelling. The study aims to know the effect of giving krokot leaves and breast care towards the smoothness of breast milk production on parturition mother.Method used was Quasy Experimental without control group with Pre-Post test Design approach. The population were 32 parturition mother at BPM Mira as the research subjects, divided into two experimental groups. The research instruments were observation and questionnaires. The analysis used T-Paired test or Dependent (T-test Result obtain tcount value 2,177 and p-value 0,038 which explanis that there is different effect between giving krokot leaves and breast care towards the smoothness of breast milk production. Conclusion is that giving krokot leaves and breast care gives effect towards the smoothness of breast milk production .

Keywords: breast care, **breast milk**

1. INTRODUCTION

Maternal Mortality Rate (MMR) and Infant Mortality Rate (IMR) is one important indicator in assessing the degree of public health in a country Malnutrition in infants due to the increasing nutritional needs of infants, while breastfeeding is getting the run menu and supplementary feeding yet according to the baby's nutritional adequacy. menurut Walker (2000) in Lawrence and Lawrence (2016) was influenced by the frequency of breast engorgement mothers to breastfeed, breastfeeding duration, initiation of breastfeeding mothers in early, breast milk is static, the initial experience of breastfeeding. Breast swelling often experienced by the mother due to blisters or sore nipples. About 57% of mothers who breastfeed is reported to have suffered abrasions on her nipples (Soetjiningsih, 2012). Post partum mothers who experience breast swelling is mostly given serrapeptase therapy anti-inflammatory drugs, analgesics eg paracetamol and ibuprofen and antibiotics. This is done to reduce the pain in the breast (Berens, 2015; Snowden, 2007). In fact the pain arising from swollen breasts for their milk production began to increase so does not require treatment. To prevent engorgement due to dam ASI and expedite the process of lactation do breast care. In addition there is the provision of non-pharmacological drug purslane leaves to lactation.

Tebut from most of post partum mothers explained that the intervention may not reduce the pain. Based on the above, researchers are interested to know the effect of purslane leaves and breast care

to lactation on postpartum mothers.The purpose of this study was to analyze the effect of purslane leaves and treatment of breast against lactation Maternal postpartum.

2. MATERIALS AND METHODS

This study uses Eksperimetal quasy study without a control group with the approach of the Pre-Post test Design. Population in postpartum mothers to breastfeed in BPM Mira are 32 subjects, divided into two experimental groups. Instrument in this research by observation and questionnaires. Analysis using Paired T-test or (T test) . dependent. Collecting data using questionnaires and observation sheets lactation.

3. RESULTS AND DISCUSSION

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Leaf Award Purslane (Frequency feeding)

That provision leaves of purslane (feeding frequency) determined that as pretest then the frequency of feeding in the unfavorable category as many as 16 people (100%). While at posttest time then feeding frequency in both categories were 9 people (56.3%) and very good 7 people (43.7%).

Breast Care

In the breast care is known that at the time of the pretest, the frequency of breast care in the unfavorable category as many as 16 people (100%). While at posttest time, the frequency of breast care in the unfavorable category as much as 2 people (12.5%), well as much as 6 people (37.5%) and excellent 8 people (50.0%).

Smoothness ASI

The smoothness of the milk is known that the effect of purslane leaves to the smooth milk in a category is not smooth as much as 4 people (25%) and in the category of lancer 12 people (75%). While the treatment effect on the smooth breast milk in the category is not smooth as much as 1 (6.3%) and in the category lancer many as 15 people (93.8%).

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Pengujian each intervention lactation between the granting of leaves of purslane and group treatment of breast using a calculation statistic to test T-Paired or (t-test) dependent and to analyze the effect of the leaves of purslane and breast care to the smooth milk production using T test-Non paired or (T-test) Independent. Interventions done 3 times a day.

Effect of purslane leaves terhadap smoothness of milk production

Based on testing the effect of purslane leaves to lactation obtained tcount of 2.611 and p-value of 0.020. These results indicate that the p-value (0.020) is less than the value of the research significance of 0.05, suggesting that the administration of the leaves of purslane able to give effect to the lactation.

Effect of treatment of payudara the smooth milk production

Based on testing the effect of breast care for the smooth production of milk obtained tcount of 2.782 and p-value of 0.014. These results indicate that the p -value (0.020) is less than

the value of the research significance of 0.05, indicating that treatment of breast able to give effect to the lactation.

Smoothness Testing Experiment milk production Purslane leaves with Breast Care

To analyze the effect of purslane leaves to the smooth and treatment of breast milk production using independent t-test with the following results:

Table Effect of purslane leaves to the smooth and treatment of breast milk production

t	p-value	significance	decision
2,177	0.038	0,050	Sig <0.05, there are different influences

Based on the analysis above that the effect of the leaves of purslane and breast care to the smooth milk production values obtained thitung 2.177 and p-value of 0.038. It can be concluded that there is a difference in the effect of purslane leaves to the smooth and treatment of breast milk production.

Discussion

The results showed that after administration of the intervention and treatment of breast purslane leaves there is the influence of the lactation. Results showed tcount at 2.177 and p-value of 0.038. It can be concluded that there is a difference in the effect of purslane leaves to the smooth and treatment of breast milk production. The results of research in the field Purslane (Portulaca oleracea L.) is a plant that can be used as a traditional medicine to cure dysentery, skin diseases, pain and swelling. Purslane is also a source of several B-complex vitamins such as riboflavin, niacin, pyridoxine and carotenoids, as well as dietary minerals, such as iron, magnesium, calcium, potassium, and manganese. Berdasarkan observations made by midwives, maternal breast swelling occurs due to post partum mothers can not breastfeed optimally. Breast care procedures in mothers with post partum breast swelling conducted by a nurse or midwife based on the standard operating procedures are the treatment of breast using breast massage and then do a warm compress cold. Can also be affected by that behavior is influenced by predisposing factor among educational factors.

4. CONCLUSION

There are differences in the effect of purslane leaves to the smooth and treatment of breast milk production. That provision leaves of purslane and treatment of breast give effect to lactation.

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