



Explanation on Breast Milk Management for Working Mothers at Waluya Malang Original Hospital



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Abstract

Breast milk is very important for the fulfillment of infant nutrition from the beginning of birth to the first 6 months. Until now, the content of breast milk has not been superior in meeting nutritional needs to the formation of the immune system in the body. Several factors cause breastfeeding not to be carried out properly due to busy working mothers. Management of the provision of nutrients that are needed to meet the needs of infants. In several studies, this knowledge in breastfeeding management is in the sufficient category. Based on this description, the researcher wants to provide counseling about the management of breastfeeding for working mothers at the Panti Waluya Hospital in Malang, which will be held on May 11 2021 at the Panti Waluya Hospital in Malang. Strategy extension activities are carried out by delivering material and discussing the management of breastfeeding for working mothers. The implementation was carried out for 2 hours with 44 participants from counseling, before sending the material, participants are encouraged to fill out the questionnaire that has been distributed to find out correct management of breastfeeding. Then after delivering the material, hold a question and answer session to find out the mother's understanding and the implementation of breastfeeding management with the theory put forward. The method used is discussion (question and answer), the material contains about how to manage lactation. The results obtained were most of 27 (63,3%) had less knowledge about breastfeeding management, and most 17 (36,7%) counseling participants understood about breastfeeding management and implemented it. Another factor that causes breastfeeding management is not implemented properly so that there is limited time for management and there are no breastfeeding facilities available for working mothers.

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INTRODUCTION

Breast milk is mother's milk that has many optimal nutrients, both in quality and quantity. Breastfeeding is the best method of feeding babies. Breast milk contains all the nutrients and nutrients needed by infants to meet all infant nutrition at the age of the first 6 months. Breastfeeding for 6 months without complementary foods is called exclusive breastfeeding (Roesli, 2008). According to (Roesli, 2008), breast milk functions as an antibody and fulfills the baby's nutritional intake, the milk that is released by the mother during the first 30 minutes after the newborn is thick yellow is good nutrition for babies called colostrum. The fact shows that some mothers feel lazy to breastfeed their children, this fact does not only occur in developed countries but also in developing countries such as Indonesia, especially in big cities. Mothers who are actively doing work or activities outside the home such as an office, factory, or running a personal business as an additional income that takes a lot of time to work outside the home, choose to use formula milk because it is considered profitable. In addition, the number of advertisements for milk has prompted many mothers to think that formula milk is not only food but also medicine for children. This is believed by mothers who have less knowledge about breastfeeding who think that formula milk is better than breast milk because it is economical and contains important nutrients listed in milk advertisements (Prasetyono, 2012).

Lactation Management is all efforts made to help mothers achieve success in breastfeeding their babies. This effort is carried out in three stages, namely during pregnancy (antenatal), when the mother is in labor until she leaves the hospital (perinatal), and the subsequent breastfeeding period until the child is 2 years old (postnatal). Breastfeeding, in this case, exclusive breastfeeding is the best way for babies because breast milk is easily digested and provides nutrients in sufficient quantities for the baby's needs. The implementation of breastfeeding can be done properly if the mother's knowledge about the benefits of breastfeeding and breastfeeding and lactation management is good (Widari H, 2013).

The World Health Organization (WHO) recommends exclusive breastfeeding for at least the first 6 months of life and continued with complementary foods until the age of 2 years. The American Academy of Pediatrics (AAP), the Academy of Breastfeeding Medicine (ABM) and the Indonesian Pediatric Association (IDAI, 2013) recommend the same thing about exclusive breastfeeding for at least 6 months (Hutagaol, A. (2018). According to UNICEF (2013), as many as 136.7 million babies are born worldwide and only

32.6% of them are exclusively breastfed in the first 6 months. Babies who are not exclusively breastfed in industrialized countries are more likely to die than babies who are breastfed exclusively, while in developing countries only 39% of mothers give exclusive breastfeeding (Irviani, 2014).

According to the 2007 Indonesian Demographic and Health Survey (IDHS) data, exclusive breastfeeding for infants aged 0-1 months is only 48%. This percentage then decreased quite sharply to 34.4% in infants aged 2-3 months and 17.8% in infants aged 4-5 months. According to the Basic Health Research (riskesdas) in 2018, the coverage of exclusive breastfeeding for infants aged 0-5 months reached 37.3%. Based on data from the Ministry of Health of the Republic of Indonesia (2015), data on the achievement of exclusive breastfeeding at the national level in 2014 was 80%, so nationally the coverage of exclusive breastfeeding at 52.3% had not reached the target. Based on data from the profile of the East Java Health Office in 2010, the coverage of exclusive breastfeeding for 6 months at the provincial level increased from 31.21% (2010) to 61.52% (2011) (Infodatin, 2014).

Fulfillment of breast milk is caused by improper breastfeeding methods, lack of lactation counseling services, socio-cultural factors, incessant marketing of formula milk, factors of mothers who work as office workers, factories, farmers, traders, civil engineering or workers (Dinkes, 2008). Several studies have shown that the mother's knowledge of lactation management is in the sufficient category. Based on the description above, the researcher wants to know the problem with the title "Breastfeeding Management for Working Mothers" (Notoatmodjo, 2010).

According to the Health Office (2008), several things that hinder exclusive breastfeeding include the low knowledge of mothers and other families about the benefits of breastfeeding and the correct way of breastfeeding, lack of lactation counseling services and support from health workers, socio-cultural factors, incessant marketing of formula milk and factors of working mothers. In Elmiyasna's research (2009) which is the cause of low exclusive breastfeeding is the low knowledge of mothers about exclusive breastfeeding, problems in breastfeeding such as breast milk does not come out (Elmiyasna, 2009). In addition, working mothers do not know how to give expressed breast milk and store expressed breast milk, another factor is because working breastfeeding mothers think that breast milk is not enough for the baby, and the baby will not feel full.

DISCUSSION

Mothers who work outside the home are significantly associated with lower rates of breastfeeding and shorter time for exclusive breastfeeding (Hardiani R.S, 2017). Low breastfeeding rates are found among women who work for reasons such as short maternity leave, workplaces where it is not allowed to bring babies or there is no privacy to breastfeed babies. Research (Roito, 2013) has shown that breastfeeding behavior is very low among women with higher education and work.

The impact of work on breastfeeding practices, that most working mothers stop breastfeeding after returning to work. This study also shows that one of the factors that influence the cessation of breastfeeding is the lack of facilities in the workplace for the breastfeeding process, namely a place to express and store breast milk. According to (Astuti, dkk. 2017), work reasons often cause mothers to stop breastfeeding.

METHOD

Community service activities at RKZ Hospital Malang, which has been carried out on May 11, 2021, at RKZ Hospital Malang. The activities carried out included counseling on the management of breastfeeding for working mothers.

Strategy extension activities are carried out by delivering material and discussing the management of breastfeeding for working mothers. The implementation was carried out for 2 hours with 44 participants from counseling, before sending the material, participants are encouraged to fill out the questionnaire that has been distributed to find out correct management of breastfeeding. Then after delivering the material, hold a question and answer session to find out the mother's understanding and the implementation of breastfeeding management with the theory put forward.

RESULTS

The implementation was carried out for 2 hours with 44 participants in counseling. Before delivering the material, participants are encouraged to fill out the questionnaire that has been distributed to find out the correct management of breastfeeding. Then after the delivery of the material, a question and answer session was held to find out the mother's understanding and the implementation of breastfeeding management with the theory put forward (Widari H, 2013).

For those who do not come at the counseling location, the extension will be carried out during. It is hoped that this activity can improve the understanding and implementation of working mothers regarding breastfeeding management.

Lack of knowledge	Good knowledge	Number of respondents
27 respondents 63,3 %	17 respondents 36,7 %	44 respondents 100 %

CONCLUSION

Based on the results of the breastfeeding management counseling service, it can be concluded that, although most working mothers understand breastfeeding management, most of the breastfeeding management is not carried out properly and correctly because of the workload that causes the availability of time to prepare breast milk cannot be carried out and the place where breastfeeding is not carried out. Breast milk storage is also not available specifically, so that the mother's milk production is not smooth.

SUGGESTION

It is hoped that relevant agencies can provide support to working mothers in providing breast milk to improve the quality of life for future generations.

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