

USE OF COMPLEMENTARY THERAPY TO IMPROVE BREAST MILK PRODUCTION FOR PUBLIC MOTHERS AT PMB SUBIATI SRAGEN

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Article Info	ABSTRACT
<p>Article history:</p> <p>Received month dd, yyyy Revised month dd, yyyy Accepted month dd, yyyy</p> <p>Corresponding Author:</p> <p>Arka Mahardika Author's home institution Email: arka.mahardika@gmail.com</p>	<p>Mother's milk (ASI) is a safe and perfect source of nutrition and food for babies aged 0-6 months. It is hoped that adequate breastfeeding will have an impact on reducing infant morbidity and mortality rates. Based on a preliminary study of problems during breastfeeding such as swollen breasts, sore breasts and the use of formula milk which was carried out in October 2022 at PMB Subiati Sragen, there were 22 postpartum mothers and 4 postpartum mothers willing to be interviewed, the results were obtained, namely how to increase and facilitate breast milk, namely by consuming katuk leaf vegetables, spinach leaves, and drinking uyup-uyup herbal medicine. The aim of this research is to explore in depth the use of complementary therapies to smooth breast milk production for postpartum mothers at PMB Subiati Sragen. This type of research uses qualitative research with a phenomenological design. Data collection techniques were carried out using in-depth interviews. The results of this research are the use of vegetables, animal protein, herbs/herbal medicine in the process of facilitating breast milk production. The conclusion from the results of this study shows that complementary therapy is used by breastfeeding mothers as an option to increase breast milk production and facilitate breast milk production.</p> <p>Keywords:</p> <p>Complementary therapy, breast milk (ASI), postpartum study shows that complementary therapy is used by breastfeeding mothers as an option to increase breast milk production and facilitate breast milk production.</p>

1. INTRODUCTION

Mother's milk (ASI) is a safe and perfect source of nutrition and food for babies aged 0-6 months. Breast milk contains almost 200 nutritional elements which have an important role for babies (Comerford et al., 2016). So the World Health Organization (WHO) recommends that breastfeeding be given for a minimum of 6 months (March & March, 2010 in Miraturrofi'ah, 2022).

It is hoped that sufficient breast milk supply will have an impact on reducing infant morbidity and mortality rates, in this case it will greatly influence the baby's quality of life in the future. Under certain conditions, mothers can stop giving breast milk to their babies. Research in Australia showed that 29% of postpartum mothers stopped breastfeeding due to decreased milk production. Lack of lactation hormones (oxytocin and prolactin) on the first day after delivery can have an impact on reducing the production and smooth flow of breast milk (Batubara et al., 2017).

One of the causes of decreased milk production and output is unstable lactation hormones. Lactation hormones are oxytocin and prolactin. The production of these two hormones is very influential on the mother's postpartum mood. A bad mood, for example when you feel anxious, can inhibit the release of lactation hormones which can result in sub-optimal production and release of breast milk. Anxiety can also occur due to hormones, including changes in extreme levels of progesterone, estrogen, prolactin and estradiol, namely too low or too high (Putra, 2017).

The psychological factors of mothers in breastfeeding have a huge influence on breastfeeding mothers and smooth breast milk production. Mothers who are stressed and worried can cause less breast milk production. Breast milk is very important for the development of the baby's brain. If you want large amounts of breast milk, the mother must think positively about being able to produce enough breast milk (Proverawati, 2010 in Anggorowati Journal, Fita Nuzulia, 2013). Unfortunately, not all babies are lucky enough to get breast milk according to their needs or only a little or no breast milk comes out altogether. Traditionally, efforts to increase breast milk production include consuming katuk leaves, sweet potato leaves, moringa leaves, roasted corn, etc. One effort to increase breast milk production is to improve the quality of food that has a direct effect on milk production, for example green vegetables, (Asi et al., 2015)

2. METHOD

This research is qualitative research with a phenomenological design. The research supporting instrument used by researchers in using information is in the form of an in-depth interview guide. An in-depth interview guide was conducted with 2 informants, namely the main informant, the postpartum mother herself, who uses complementary therapy to facilitate breast milk production. And an interview guide for supporting informants from the family.

Data collection techniques commonly used in qualitative research include observation, interviews, and documentation. The data collection method used in this research was the interview method, namely in-depth interviews. Interviews were conducted in-depth and unstructured with research subjects using the guidelines that had been created. In-depth interview techniques were used to

reveal more in-depth data about the opinions, reasons, types and methods of postpartum mothers in using complementary therapies.

In this research, the validity test used is a construct test using expert judgment. Researchers use data triangulation to explore data using interviews, observation and documentation.

3. RESEARCH RESULT

3.1 Results of Analysis of the Use of Complementary Therapy to Smooth Breast Milk Production for Postpartum Mothers

The analysis obtained from collecting qualitative data using in-depth interviews regarding the use of complementary therapy to facilitate breast milk production for postpartum mothers, namely: the opinion of postpartum mothers regarding complementary therapy, the type of therapy used, the method of therapy and the reasons for using complementary therapy.

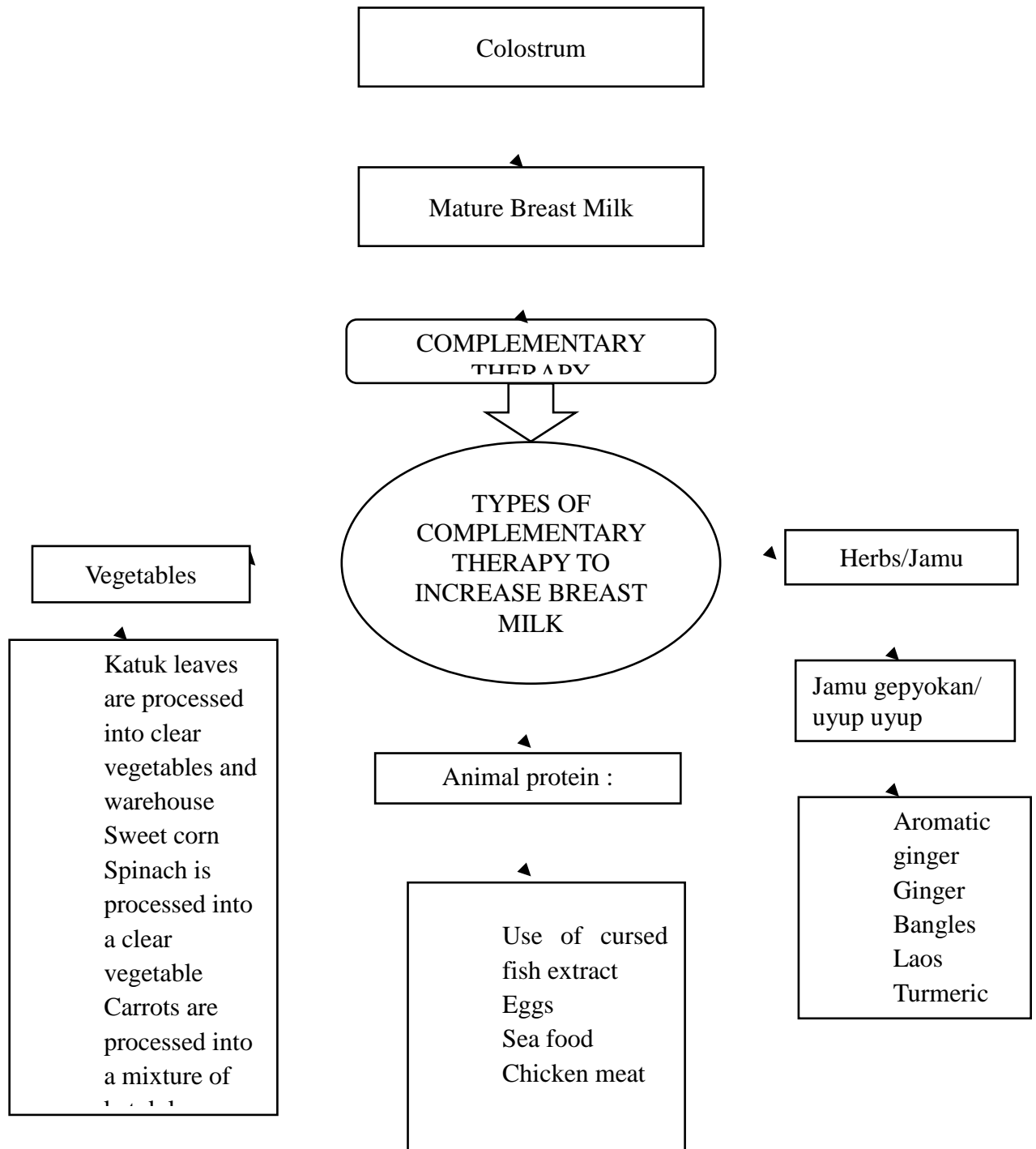


Chart 1. Concept of Using Complementary Therapy to Smooth Breast Milk Production

3.1.1 Understanding about Giving Breast Milk for the First Time (Colostrum Breast Milk)

Colostrum breast milk is the first fluid that comes out of the breast glands of nursing mothers. Yellow in color with high protein content. Giving colostrum

breast milk is very important for the baby's growth and development. This breastfeeding can be seen from the statement of informant 1-6 which stated that the colostrum breast milk that came out was directly given to the informant's baby, because the informant had been given education by Mrs. Subi's assistant and searched for information on Google regarding the colostrum.

Supporting informants said that the reason for supporting their child in giving their grandson's first breast milk was because he had heard Mrs. Subi's assistant say that the first milk coming out was important for the baby's future growth and development.

3.1.2 Complementary Types for Smooth Breast Milk Production

Based on the results of interviews, data was obtained that the types of complementary therapy used to increase breast milk production include: use of vegetables, use of animal protein, use of herbs/jamu.

The use of vegetables as stated by the informant was that the informant consumed katuk leaves, spinach leaves, sweet corn and carrots. The consumption of vegetables conveyed by the breastfeeding mother informant is supported by the supporting informant's statement, that the supporting informant usually makes vegetable dishes, sometimes made into clear vegetables, sometimes also soup.

The use of animal protein to facilitate breast milk production, as stated by the informant, was that they were not interested in buying breast milk-inducing medicine, except for the curcuma extract given by Mrs. Subi. The informant increased his consumption of eggs, fish and meat for suture scars and to facilitate breast milk. This statement was also supported by supporting informants who said that the breastfeeding mother did not consume additional medicines but only consumed natural food.

Jamu is herbal medicine that is formulated using natural ingredients which are usually used to maintain health and are used to cure diseases. It is hoped that breastfeeding mothers consume herbal medicine to increase breast milk production. As the informant said, they consumed herbal medicine uyup-uyup which the informant believed could facilitate breast milk production. The consumption of herbal medicine by breastfeeding mother informants is supported by supporting informants' statements that they usually make herbal medicine or order it from people who sell herbal medicine in their area.

3.1.3 Reasons for Use

The use of complementary therapy is still the choice of most people because it comes from natural ingredients so it can save costs. The reasons for using this therapy can be seen from: the use of vegetables, the use of animal extracts and also the use of herbs/jamu. The condition of the baby after the mother underwent this therapy and the reasons for using this therapy as stated by the breastfeeding mother informant are as follows:

1. Use of Vegetables

The ingredients contained in vegetables are good because they are high in vitamins and minerals. Many breastfeeding mothers choose to consume vegetables every day. Nursing mothers believe that vegetables have good benefits for the body and that vegetables can facilitate breast milk.

2. Use of Animal Protein

Animal protein, such as the use of cursed fish extract, is widely consumed by breastfeeding mothers who previously gave birth from sub-mothers, because every postpartum mother who returns home will receive the cursed extract. Apart from the cursed fish extract, breastfeeding mothers also consume animal protein such as meat and eggs.

3. Use of Herbs/Jamu

Breast milk production can change according to what the breastfeeding mother consumes, food factors and peace of mind and soul can also influence changes in breast milk production. Food factors greatly influence the amount of breast milk production.

4. DISCUSSION

As a result of this study, researchers have identified 3 (three) main themes (open coding) that describe the use of complementary therapies to facilitate breast milk production. The main themes that will be identified will then be discussed in detail by comparing the research results with theories and previous research results, the three themes are:

4.1 Use of Vegetables

Based on the research results above, it shows that breastfeeding mothers use vegetables in their daily food consumption, namely as a form of effort made by the mother to fulfill the mother's needs. Vegetable consumption includes the use of spinach leaves, katuk leaves and sweet corn.

From the results of research conducted by researchers, giving boiled water from katuk leaves is very useful for increasing breast milk production. This can be seen from the measurements taken before being given boiled water, breast milk production is only around 30 ml. And after being given boiled water from Katuk leaves, breast milk production increased from only 30 ml to 60 – 80 ml. This is in accordance with research conducted by Rahmanisa (2016) that the effectiveness of the alkaloids and sterols contained in katuk leaves can increase breast milk production in some breastfeeding mothers who experience problems with breast milk production, so that the need for breast milk to be given to babies during the exclusive breastfeeding period can be met after the mother .

4.2 Use of Animal Protein

The research results show that the use of animal protein consumed by breastfeeding mothers includes: cursed fish extract, sea fish, eggs and chicken meat. Foods that contain lots of protein are good foods for breastfeeding mothers to consume because of their nutritional content. Nutritional factors can influence the smooth production of breast milk, there are some foods that are considered taboo to eat, for example chicken and sea fish, people who lack knowledge, think

that chicken and sea fish can cause breast milk to smell fishy so that children do not want to breastfeed which will result in breast milk not flowing smoothly, even though Chicken and sea fish are sources of protein that mothers need after giving birth. The food consumed by breastfeeding mothers greatly influences breast milk production. If the food the mother eats contains enough protein and has a regular eating pattern, then breast milk production will run smoothly. And if a mother who is breastfeeding her baby does not receive additional food, there will be interference with breast milk production. This is in accordance with Kristiyanasari's theory, (2011 in Kamariyah, 2014) Breast milk production is greatly influenced by the mother's diet, if the mother's diet is nutritionally adequate, especially foods high in protein, it will facilitate breast milk production. (Kamariyah, 2014)

From the research results of Suprayitno (2003), it turns out that snakehead fish in Indonesia have a high content of albumin and amino acids compared to other freshwater fish such as catfish, tilapia, goldfish, gourami and so on. The research results of Taslim, et al, (2005) showed that administering 100 ml of snakehead fish water extract every day for 3 days was able to increase the patient's albumin and total protein levels. The effectiveness of Snakehead Fish as a wound healing agent is influenced by its high content of certain amino acids, such as glycine and unsaturated fatty acids such as omega-3, believed to be involved in the promotion of wound healing through the initiation of a series of reactions involving collagen-remodelling, wound re-epithelialization and wound healing. wound contraction. Besides that,

4.3 Use of Herbs/Jamu

Jamu is also an alternative therapy option which is believed to be able to increase breast milk production as seen from previous research conducted by Retno Kumalasari entitled Giving Jamu Uyup - Uyup to the Smooth Expenditure of Breast Milk Production in Postpartum Mothers in 2017, the results of Retno Kumala Sari's research show that there are The effect of giving uyup – uyup herbal medicine on breast milk production. The ingredients used in herbal medicine uyup-uyup or gepyokan are the same, generally always use empon-empon ingredients consisting of kencur, ginger, bangle, laos, turmeric.

5. CONCLUSION

- 5.1 The use of complementary therapy is used as an option for breastfeeding mothers to increase breast milk production and facilitate breast milk production.
- 5.2 The reason for using complementary therapy to facilitate breast milk is because it uses natural ingredients, the ease of finding ingredients and the affordable prices of the ingredients used in making complementary therapy, as well as the experience of breastfeeding mothers regarding the use of complementary therapy.
- 5.3 The type of complementary therapy used to facilitate breast milk is vegetables (katuk leaves, spinach leaves, sweet corn and carrots). Use of animal protein

(curse fish extract, eggs, sea fish, and chicken meat) as well as use of herbs/jamu (jamu uyup-uyup or gepyokan)

- 5.4 The way to use complementary therapy is by using vegetables, namely processing them into clear vegetables or boiling them to make a warehouse. Meanwhile, the use of animal protein is by consuming curse extract in the form of tablets, fried eggs, fried fish and chicken meat processed into fried chicken. And the way to use complementary therapy is by using herbs or herbal medicine, namely the ingredients are processed into a drink in the form of herbal medicine uyup-uyup or gepyokan.

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