

**THE INFLUENCE OF CORRECT BREASTFEEDING TECHNIQUE TO INFANTS'S
WEIGHT GAIN TOWARDS 0-3 MONTH OLD BABIES
AT PUSKESMAS MUNGKAJANG PALOPO 2019**

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ABSTRACT

Exclusive breastfeeding means that infant receives only breast milk until for six months of its first life without any liquid or additional food. It is very important to support the infants healthy and improve their immunity to any disease. By knowing a correct breastfeeding technique, mothers could feed their babies optimally, so the baby's growth become normal and it could be seen on their weight increasing every month. This study was conducted to analyze the influence of correct breastfeeding technique towards the increasing in weight of 0-3 month old babies at Puskesmas Mungkajang, 2019. It was a observational research with cross sectional design among a total sampling of 30 mothers who has 0-3 month old babies. It used an observation sheet as research instrument. Baby's weight measurement using baby scales at Puskesmas. The data were analyzed statistically using Correlation Test. The result showed that correct breastfeeding technique affect the baby's weight gain with p value 0.002 (<0.05) and r count values was 0.553 (> 0.3610). The conclusion is the correct breastfeeding technique affects the baby's weight gain toward 0-3 month old babies at Puskesmas Mungkajang.

Keyword: Breastfeeding Technique, Baby's Weight Gain

Introduction

The process of growth and development of babies is influenced by the food that is given to the baby. Optimal growth can be seen from the increase in body weight, height and head circumference, while optimal development can be seen from the increase in motor, psychomotor and language abilities.¹

The correct breastfeeding technique is a way of giving breast milk to the baby with the proper attachment and position of the mother and baby.² It is a necessary thing to stars breastfeeding process.⁴

Based on data that obtained from Health Profile of South Sulawesi, it showed that breastfeeding coverage to 0-6 month old babies tends to fluctuate, a significant increase was reported in 2016 with 59.14% coverage¹¹

The factors that can prevent a mother from giving breast milk to her baby are socio-cultural changes, psychological factors, physical factors, lack of encouragement from health workers, so that the community lacks information about the benefits of breastfeeding and the correct breastfeeding technique. The wrong information came from the health workers themselves who recommended replacing breast milk with formula milk.²

Based on data from Puskesmas Mungkajang, from January to February 2019, there are 20 newborns. The initial study was conducted by means of direct interviews "Can mothers do the correct breastfeeding technique?" and direct observations of 6 infant mothers at Puskesmas Mungkajang found 2 (33.3%) mothers who were able to perform the correct breastfeeding technique with the correct position and fixation of the baby and the nipple and areola into the baby's mouth. Then there were 4 (66.7%) mothers who could not breastfeed using the correct technique. Based on these problems, it is deemed necessary to conduct research with the title "The influence of correct breastfeeding technique to infant's weight gain towards 0-3 month old baby at Puskesmas Mungkajang"

Research Design and Methodology

It was an observational research with cross sectional approachment.³ The study was conducted at Puskesmas Mungkajang on April 5 - July 05 2019. The population in this study were all patients or infants aged 0 - 3 months as many as 30 respondents, samples in the study were 30 respondents. The sampling technique was total sampling and used the observation sheet as a research instrument. Measurement of body weight using the Dacin baby scales. Secondary data obtained from the birth of a baby at Puskesmas Mungkajang.

Data were analyzed using univariate analysis carried out on the variables of the research results. This analysis produces the distribution and percentage of each variable studied. Bivariate analysis was conducted to see the relationship between the independent variable (correct breastfeeding technique) and the dependent variable (increase in baby weight). The data analysis used in this research is the statistical calculation of the correlation test using a computerized system of statistical product and service solutions (SPSS) 22 to determine the significance value (p) with a confidence level of 95% (0.05)³

Result

After collecting and analyzing data in a univariate manner, the researchers presented a description of the effect of correct breastfeeding techniques and birth weight on the increase in body weight for infants aged 0-3 months at the Mungkajang Health Center.

Table 1

Frequency Distribution of Correct Breastfeeding Techniques at Puskesmas Mungkajang in 2019

Breastfeeding Technique	Frequency (f)	Percentage (%)
Correct	22	73.7
Incorrect	8	26.7
Total	30	100

Source: Primary Data, 2019

Based on the table above, it is known that there were 22 respondents who did the proper breastfeeding technique and as many as 8 respondents who did not do the proper breastfeeding technique.

Table 2

Frequency Distribution of Infant Weight Gain at Puskesmas Mungkajang in 2019

Infant Weight Gain	Frequency (f)	Percentage (%)
Increase	27	90
Not Increase	3	10
Total	30	100

Source: Primary Data, 2019

Based on the table above, it is known that there were 27 respondents whose babies had increased body weight, and 3 people who did not gain weight.

Table 3

The Influence of Breastfeeding Technique to Infant's Weight Gain Towards 0-3 Months old Baby at Puskesmas Mungkajang, 2019

Breastfeeding Technique	Infant Weight Gain				Total		P value	r
	Increase		Not Increase		n	%		
	n	%	N	%				
Correct	22	73.3	0	0	22	73.7	,002	,553
Incorrect	5	16.7	3	10	8	26.7		
Total	27	90	3	10	30	100		

Source: Correlation Test, 2019

Based on table 3, it is known that of the 30 respondents, 22 of them performed proper breastfeeding techniques, where all experienced an increase in baby's weight, meanwhile, of the 8 respondents who used inappropriate breastfeeding techniques, 5 of them experienced weight gain in infants, and 3 people who did not experience an increase in infant body weight, where the significance value (p) was 0.002 ($p < 0.05$) and the r count value was $0.553 > 0.3610$ which indicated that there was an effect of correct breastfeeding techniques on the increase in baby weight.

Discussion

Based on the results of the study, it was found that the correct breastfeeding technique needed to be done, by paying attention to the position, method, duration and frequency of breastfeeding mothers so that the results obtained were optimal. The reference states that the mother's position must be correct, namely the mother is in a sitting position with her back straight so that the mother is comfortable. The baby's stomach is attached to the mother's stomach, the baby is held in one hand, the neck is at the elbow and the baby's bottom is placed on the mother's hand. The mother's ears and arms are on one line, the baby's head is tilted, the breast is held on the thumb on top and the other 4 fingers are below, do not press on the nipple or areola only. The baby is stimulated to open the mouth (rooting reflex) by touching the cheek with the nipple, or touching the side of the baby's mouth, after the baby opens the mouth, quickly the baby's head is brought closer to the mother's breast with the nipple and areola inserted into the baby's mouth. When the baby feels full, the baby is burped by gently patting his back. The mother alternates breastfeeding from the right breast to the left, breastfeeding approximately 8-12 times / day.^{4, 7, 10}

The condition of the baby's weight increase that is not in accordance with the standard can be caused by incorrect breastfeeding techniques so that the amount of intake that is entered is not in accordance with the baby's needs. The length of time the baby is held in the mother's arms also affects the process of the baby feeding on the mother. If the baby is comfortable when in the mother's arms, he will feel happy while breastfeeding, this will affect the quality of the baby's suction and affect the process of milk production and the amount of milk that enters which will determine whether or not the milk is sufficient for his needs.^{6,13}

Based on the results of statistical tests, it was found that the value of the Correlation Coefficient / $r = 0.553$ means that there is a correlation or influence between the correct breastfeeding technique and weight gain. And because the value of r was positive, the effect that occurs is directly proportional, namely the more precise the technique of breastfeeding, the increase in baby weight will occur. Breast milk production is also influenced by the baby's sucking, which in turn affects the hormones prolactin and oxytocin to produce breast milk. Adequate suction will speed up the volume of milk that comes out, the volume of milk that comes out will speed up the process of emptying the breasts which will eventually speed up the process of milk production. The more often the baby sucks on the mother's breast, the increased volume of milk in its storage area, so that it is unlikely that the milk produced will

be reduced. Even if it does not come out it is due to improper breastfeeding technique, therefore a nursing mother must ensure that the entire breast areola is in the baby's mouth. If the baby only sucks the nipple, only a small amount of milk comes out.^{2,8,10}

The large amount of milk released by the mother's breast has an effect on subsequent milk production.¹⁴ This is influenced by the correct breastfeeding technique. This is also felt by respondents who breastfeed their babies properly, when they breastfeed their babies it only takes approximately 10 minutes on one breast and they also say that the amount of milk that is released is very large, so when the baby is full and finished breastfeeding the milk still comes out. For babies who are burped after breastfeeding, the amount of breast milk that comes in will not decrease so that the milk obtained is in accordance with the baby's needs and will affect the baby's weight.

Conclusion

Based on the results of the study and discussion, there was a very strong influence on the correct breastfeeding technique and birth weight on the increase in body weight for infants aged 0-3 months at Mungkajang Health Center in 2019 with a significance value (p) of 0.002 ($p < 0.05$)

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