

The Effect of Breastfeeding Technique Demonstration Methods on Baby Weight

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Abstract

Optimize the development of children in NTB Province, the NTB golden generation program was launched. One of the efforts made to create a golden generation is by giving exclusive breastfeeding. Exclusive breastfeeding coverage in North Lombok Regency decreased from 73.94% to 45.50%. Breastfeeding failure is usually caused by improper technique and position. This study aimed to determine the effect of the demonstration of the correct breastfeeding technique on infant weight. This type of research is pre-experimental with one group pre-post test design. The population was all breastfeeding mothers and babies at the Posyandu in Jenggala Village. The sampling technique used purposive sampling. The number of samples was 32 people. Data analysis using paired sample t-test. The results showed that the baby's weight before the demonstration of the breastfeeding technique was most appropriate, namely 90.6%, and the bodyweight after the demonstration of the breastfeeding technique was mostly by it, namely 100.0%. The results of the paired sample t-test obtained a value of 5.568 with a p-value of 0.000 ($p < 0.05$), this indicates that there is an effect of the correct method of breastfeeding demonstration technique with the baby's weight. This study concludes that underweight babies can be increased by providing the correct breastfeeding technique so that the baby's weight increases.

Keywords: *Demonstration, Breastfeeding Technique, Weight Loss*

Introduction

Health development is part of national development. One of the goals of health development is to reduce infant mortality. The infant mortality rate according to the Sustainable Development Goals (SDGs) in 2015 amounted to 40 per 1000 live births and still ranks the 4th highest infant mortality in ASEAN. Infant mortality rate (IMR) is the number of infant deaths within the first 28 days of life per 1000 live births⁽¹⁾. According to Moascara (2011), many studies have been carried out, using sophisticated technology, but not preventive, the most effective way to save babies in Indonesia is to initiate early breastfeeding (IMD) and provide exclusive breastfeeding.

Exclusive breastfeeding coverage in Indonesia is low compared to India, 46% and better than the Philippines

35% and Vietnam 27%. The low level of breastfeeding (ASI) is a threat to children's development. As is known, babies who are not breastfed, for at least 6 months, are more prone to experiencing nutritional deficiencies⁽²⁾. Breastfeeding failure is usually caused by improper technique and position. The correct breastfeeding technique is one of the factors that influence the success of breastfeeding. According to Rinata et al⁽³⁾, breastfeeding with the wrong technique causes problems such as blisters and milk does not come out optimally, which affects milk production, causing babies to be reluctant to breastfeed. With the correct breastfeeding technique, this reduces the bad effects for the mother and the baby itself. Often babies feel confused and cry because there is no response from the mother so that milk production is also not optimal, the baby becomes fussy, has difficulty sleeping, is restless, and cries. This is because the baby's

needs have not been met and cause weight loss⁽¹⁾.

The correct breastfeeding technique will encourage the maximum release of breast milk so that breastfeeding success can be achieved. One sign of the success of the correct breastfeeding technique is the child's weight gain or increase^(4,5). Based on the results of a preliminary study on breastfeeding mothers in Jenggala village, Tanjung sub-district, North Lombok Regency, data on the number of babies aged 0-5 months were 50 with 13 people with bodyweight/age on the yellow line and 6 people on the red line (BGM). As for babies with exclusive breastfeeding as many as 47 people and without exclusive breastfeeding as many as 3 people. After observing 7 breastfeeding mothers who visited the integrated service post of Jenggala village, Tanjung sub-district, North Lombok regency with 4 babies weighing <5 kg (age 4 months), 1 baby weighing 5.1 kg (5 months old), and age. 3 months as many as 2 people with weight 5 kg and 6 kg. Based on the background description, the authors are interested in researching the effect of the correct method of demonstration of breastfeeding techniques on baby weight at the Posyandu in Jenggala Village, Tanjung District, North Lombok Regency, West Nusa Tenggara Province in 2019.

Method

This type of research is pre-experimental with one group pre-post test design. The population is all mothers and babies at the Posyandu Desa Jenggala. The sampling technique used purposive sampling. The variables in this study were the independent variables of the correct breastfeeding technique demonstration, the measurement using SOP, and the dependent variable of the baby's weight, the measurement using a scale. The number of samples was 32 people with inclusion criteria, namely breastfeeding mothers in good health, willing to be respondents, and babies in good health. Exclusion criteria for mothers who do not provide exclusive breastfeeding, health workers who visit integrated service post, breastfeeding mothers with comorbidities such as heart disease, diabetes mellitus, preeclampsia and eclampsia, babies with disorders and comorbidities (Labiopalatokizis, atresia ani, atresia biliary, hydrocephalus, heart disease default). This research will be conducted at the Posyandu in Jenggala village. This research was conducted from March 1 to April 21, 2019. The statistical test in this study used the Paired Sample T-Test

Result

Univariate Analysis

Table 1 The Gender of Babies at the Jenggala Village Posyandu in 2019

Gender	Total	Percentage
Male	17	53.1
Female	15	46.9
Total	32	100
Age	Total	Percentage
0-3 Months	19	59.4
4-5 Months	13	40.6
Total	32	100
Weight	Total	Percentage
Fit	29	90.6
Not suitable	3	9.4
Total	32	100
Increase in Baby Weight	Total	Percentage
Fit	32	100
Not suitable	0	0,0
Total	32	100,0

Based on table 1 above, it is found that most of the male gender is 17 people or 53.1% and the female gender is 15 people or 46.9%. Most of them were between 0-3 months as many as 19 people or 59.4% and aged 4-5 months as many as 13 people or 40.6%. The bodyweight of babies before being given a demonstration of the correct breastfeeding technique was most appropriate, namely as many as 29 people or 90.6% and not as many as 3 people or 9.4%. Most of the babies' weight after being given a demonstration of the correct breastfeeding technique was 32 people or 100%.

Bivariate Analysis

Table 2 Paired Sample T-Test Results

Baby's weight	t	df	Sig
Before	5.568	31	.000
After			

Based on table 2 above, the results of the paired sample t-test obtained a value of 5.568 with a table of 2.042 ($t_{count} > t_{table}$) with a significant level of 5% and a value of $p = 0.000$ ($p < 0.05$), which means that there is an effect of the technique demonstration method. correct breastfeeding against baby weight.

Discussion

Based on the results of research on breastfeeding mothers at Posyandu, Jenggala village, Tanjung sub-district, North Lombok Regency, the results showed that there was an effect of the correct method of demonstration of breastfeeding techniques on the baby's body weight, this is based on table 4.5, the results of the paired sample t-test obtained value of 5.568 t_{table} 2.042 ($t_{count} > t_{table}$) with a significant level of 5% and a p-value of 0.000 ($p < 0.05$), which means that there is an effect of the correct method of demonstration of breastfeeding techniques on the baby's weight. In line with the research conducted by Sofiana⁽⁶⁾, it was found that the effect of correct breastfeeding techniques on the increase in body weight of infants aged 0-1 months with an average increase of 411 grams with a value of $p = 0.000$. This is because with 2x demonstrations to breastfeeding mothers about the correct breastfeeding technique, breastfeeding mothers will understand and be

able to re-demonstrate correct breastfeeding techniques so that the attachment, duration, emptying of the breasts, the position of the mother and baby can increase the baby's weight. Based on the theory and research above to support this research, it was found that there was an effect of correct breastfeeding techniques on changes in body weight for infants aged 0-5 months at Posyandu, Jenggala Village, Tanjung Subdistrict, North Lombok Regency.

Conclusion

Infant body weight before being given a demonstration of the correct breastfeeding technique was mostly appropriate at 90.6%. The baby's body weight after being given the correct breastfeeding technique was most appropriate, namely 100%. There is an effect of the correct method of demonstration of breastfeeding techniques on the bodyweight of infants aged 0-5 months at the Jenggala village integrated service post, Tanjung District, North Lombok Regency, West Nusa Tenggara Province in 2019 with a value of $p = 0.000$.

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