

EFFECTIVENESS OF GIVING EDUCATION ON POST PARTUM MOTHERS' KNOWLEDGE ABOUT BREASTFEEDING AT DINA KARYA CLINIC

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ABSTRAK : EFEKTIVITAS PEMBERIAN EDUKASI TERHADAP PENGETAHUAN IBU POST PARTUM TENTANG MENYUSUI DI KLINIK DINA KARYA

Latar Belakang: Air Susu Ibu (ASI) merupakan sumber zat gizi yang dapat bermanfaat bagi kesehatan ibu dan anak. Menyusui sangat penting, terutama pada tahap awal kehidupan; dengan demikian, bayi baru lahir cukup diberi ASI saja selama 6 bulan pertama tanpa menambah atau mengganti makanan dan minuman lain. Menyusui segera setelah lahir juga meningkatkan kontraksi rahim, menurunkan kehilangan darah ibu selama masa nifas. Tujuan: penelitian ini untuk mengetahui efektivitas pemberian edukasi terhadap pengetahuan ibu post partum tentang menyusui. Metode: jenis penelitian eksperimen semu (*quasi experimental*) dengan desain penelitian yang digunakan adalah *one group pre test-post test design*. Penelitian dilakukan di klinik dina karya tahun 2024. Waktu penelitian bulan April s/d September tahun 2024. Populasi adalah seluruh ibu post partum klinik dina karya tahun 2024 berjumlah 30 orang. Sampel diambil secara *purposive sampling* berjumlah 30 orang. Analisa data dengan univariat dan bivariat dengan uji uji paired sample t-test. Hasil: Nilai signifikansi (2-tailed) dari pengetahuan dengan efektifitas pemberian edukasi ini adalah 0.037 ($p < 0.05$). Sehingga hasil pre test dan post test mengalami perubahan yang signifikan (berarti) pada ibu post partum di klinik dina karya medan Tahun 2024. Kesimpulan: hasil uji paired sample t-test menunjukkan pengetahuan dengan efektifitas pemberian edukasi sesudah dilakukan perlakuan dapat meningkatkan pengetahuan responden tentang menyusui. Saran: bagi tempat penelitian diharapkan agar dapat meningkatkan lagi penyuluhan agar pengetahuan ibu tentang menyusui semakin bertambah serta dapat menumbuhkan kesadaran ibu.

Kata Kunci: Efektivitas Pemberian Edukasi, Pengetahuan

ABSTRACT

Background: Breast milk is a source of nutrients that can be beneficial for the health of mothers and children. Breastfeeding is very important, especially in the early stages of life; thus, newborns are only given breast milk for the first 6 months without adding or replacing other foods and drinks. Breastfeeding immediately after birth also increases uterine contractions, reducing maternal blood loss during the postpartum period. Objective: This study was to determine the effectiveness of providing education on postpartum mothers' knowledge about breastfeeding. Method: This type of quasi-experimental research used a one-group pre-test-post-test design. The study was conducted at the Dina Karya clinic in 2024. The study period was April to September 2024. The population was all postpartum mothers at the Dina Karya clinic in 2024 totaling 30 people. The sample was taken by purposive sampling totaling 30 people. Data analysis with univariate and bivariate with paired sample t-test. Results: The significance value (2-tailed) of knowledge with the effectiveness of providing education is 0.037 ($p < 0.05$). So that the results of the pre-test and post-test experienced significant changes (meaning) in postpartum mothers at the Dina Karya Medan clinic in 2024. Conclusion: the results of the paired sample t-test show that knowledge with the effectiveness of providing education after treatment can increase respondents' knowledge about breastfeeding. Suggestion: for research sites, it is hoped that they can improve counseling so that mothers' knowledge about breastfeeding increases and can raise mothers' awareness.

Keywords: Effectiveness of Providing Education, Knowledge

INTRODUCTION

UNICEF and WHO recommend that babies be exclusively breastfed for at least six months and

then continued breastfeeding until the age of two years to prevent infant morbidity and mortality. WHO also recommends that mothers continue to

breastfeed their babies exclusively for six months, with only breast milk, without any additional food or drink, including water, on demand or as often as the baby wants. WHO also recommends that mothers do not use bottles or nipples for breastfeeding (WHO, 2020).

Breast milk (ASI) is a natural food that can protect mothers and children from disease and provide complete nutrition for newborns. In addition, ASI also protects mothers and children from disease (Helina 2020). According to (BPS, 2021) Breast milk (ASI) is a source of nutrients that can be beneficial for the health of mothers and children. Breastfeeding is very important, especially in the early stages of life. Therefore, newborns should only be given breast milk for the first six months without the need to replace other foods or drinks. Uterine contractions increase during breastfeeding immediately after birth, which reduces maternal blood loss during the postpartum period (Handayani, 2019).

Despite these statistics, only 42 percent of babies under six months are exclusively breastfed. Only 55% of babies are still exclusively breastfed by the time they are two years old. Breastfeeding as the primary method of feeding newborns is still not enough. By providing children with only breast milk and adequate nutritional supplements, malnutrition, stunting, and growth retardation can be avoided as early as possible (Kemenkes 2020).

The Ministry of Health wants to increase the target of exclusive breastfeeding to 80%. However, exclusive breastfeeding is still rare in Indonesia, accounting for only 74.5 percent of all babies (Balitbangkes 2019). According to Indonesian health profile statistics, 68.74 percent of newborns received exclusive breastfeeding in 2018. (BPS. 2021).

According to (Health Office Profile, 2020), the proportion of newborns who received exclusive breastfeeding in 2018 decreased substantially compared to 2017, far from the national target of around 80 percent. North Labuhanbatu 4,069 babies (97.90 percent), Samosir 659 babies (94.8 percent), Humbang Hasundutan 1,796 babies (84.0 percent), Simalungun 5,411 babies (60.6 percent), Dairi 1,576 babies (55.7 percent), PakPak bharat 261 babies (50.5 percent), Shop Serdang 10,355 babies (47.1 percent), Asahan 3,317 babies (43.6 percent), Labuhan Batu 2, (46.7 percent). While Medan City has 1,589 newborns (6.7 percent) and Tebing Tinggi has 119 babies with an achievement rate of 10% (7.4 percent). Exclusive breastfeeding is influenced by four factors, namely knowledge about exclusive breastfeeding, family support, myths/beliefs and marketing of formula milk.

The success of exclusive breastfeeding is influenced by these four factors. In addition to the support of family, friends, and those who assist with childbirth, mothers who want to provide exclusive breastfeeding must receive support from other individuals in their lives. The mother's ability to provide exclusive breastfeeding is greatly influenced by her family. To understand the importance of the role of health professionals in ensuring, promoting, and supporting breastfeeding, we must look at their full involvement (Keni 2020).

Causal factors can reduce morbidity and mortality in children, but there is still a lack of breastfeeding coverage because there are still many behavioral errors in breastfeeding mothers. Breastfeeding knowledge and practices. The consequences of poor breastfeeding mothers may be many. Nursing failures often occur. This is because there are still many problems in breastfeeding techniques, posture, and poor holding between mother and child. Therefore, efforts that can be made to encourage postpartum nursing practices to overcome these problems through health education (Musriah 2018).

According to (Handayani 2019) Lactation management or Knowledge that does not support is a common cause of breastfeeding difficulties, so it can be concluded that there is still a problem. Child growth and development are negatively affected by low levels of breastfeeding, which in turn has an impact on the quality of human resources in general (Narula 2017) in terms of self-efficacy, research (Prananjaya, 2019) found that breastfeeding education had a significant effect on the level of self-efficacy of breastfeeding mothers in hospitals in 2019. The effect of education on t-2150 was found to be statistically significant at a p-value of 0.05 and with a p-value of 0.04..

Based on an initial survey by conducting direct interviews at the Dina Karya Medan clinic with 6 pregnant women who came to visit the Dina Karya clinic, where 5 of them were pregnant women in the category of not understanding good breastfeeding and 1 of them understood the importance of breastfeeding for her child. From this, it is necessary to conduct research on mothers in order to find out whether mothers understand the importance of good breastfeeding because postpartum mothers should understand how to breastfeed properly, which is very important, especially in providing nutrition to their children.

Based on the background above, the researcher is interested in conducting research with the title "Effectiveness of Providing Education on Postpartum Mothers' Knowledge About

Breastfeeding at the Dina Karya Medan Clinic in 2024".

RESEARCH METHODS

This type of research is a quasi-experimental research where the research design used is one group pre-test-post-test design (Nursalam 2016). The study was conducted at the Dina Karya Medan clinic in 2024. The study period was from April to September 2024. The population was all postpartum mothers at the Dina Karya Medan clinic in 2024 totaling 30 people. Where the sample was taken by purposive sampling totaling 30 people. Data analysis with univariate and bivariate with paired sample t-test.

RESEARCH RESULTS

The table above shows that the frequency distribution based on age, the majority are aged 31-40 years, namely 15 (50.0%) respondents, and the minority are aged >41 years, namely 4 (13.3%) respondents, based on education, the majority are secondary education 18 (60.0%), and the minority

are primary education 3 (10.0%) respondents, while based on occupation, the majority are working, namely 17 (56.7%) respondents, the minority are not working 13 (43.3%) respondents.

Table 1
Frequency Distribution of Characteristics of Postpartum Mothers

Karakteristik	f	%
Age		
<30 years	11	36.7
31-40 years	15	50.0
>41 years	4	13.3
Education		
Base	3	10.0
Intermediate	18	60.0
High	9	30.0
Work		
Work	17	56.7
Doesn't work	13	43.3

Table 2
Results of the Normality Test of the Effectiveness of Providing Education on Postpartum Mothers' Knowledge of Breastfeeding Pre-test and Post-test

Tests of Normality	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pre Test Knowledge	.160	30	.049	.918	30	.064
Post Test Knowledge	.201	30	.003	.880	30	.092

From the results, it is known that knowledge with the effectiveness of providing pre-test education is 0.064, knowledge with the effectiveness of providing post-test education is 0.092. So, as the basis for decision making in the Sahpiro-Wilk

normality test, it can be concluded that the data for the variable knowledge with the effectiveness of providing education in the pre-test and post-test is greater than 0.05, so it means that the variable is normally distributed.

Table 3
Results of the paired sample t-test on the effectiveness of providing education on postpartum mothers' knowledge about breastfeeding pre-test and post-test.

Paired Samples Statistics		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Pre Test Knowledge	11.03	30	3.000	.548
	Post Test Knowledge	12.43	30	3.036	.554

The research results show that knowledge with the effectiveness of providing education has an average knowledge score in the pre-test with no treatment, namely 11.03, whereas after treatment, knowledge with the effectiveness of providing

education has an average knowledge score in the post-test, namely 12.43, meaning that it can be concluded that knowledge with the effectiveness of providing education after treatment can increase respondents' knowledge about breastfeeding.

Table 4

Results of the paired sample t-test on the effectiveness of providing education on postpartum mothers' knowledge about breastfeeding pre-test and post-test

Paired Samples Correlations		N	Correlation	Sig.
Pair 1	Pre Test Knowledge & Post Test Knowledge	30	.699	.000

The Paired Samples Correlations table shows the correlation values that indicate the relationship between the two variables in paired samples. This is

obtained from the bivariate Pearson correlation coefficient (with a two-tailed significance test) for each pair of variables entered.

Table 5

Results of the paired sample t-test on the effectiveness of providing education on postpartum mothers' knowledge about breastfeeding pre-test and post-test.

Paired Samples Test	Mean	Std. Deviation	Std. Error Mean	Paired Differences		t	df	Sig. (2-tailed)	
				95% Confidence Interval of the Difference					
				Lower	Upper				
Pair 1	Pre Test Knowledge - Post Test Knowledge	-.400	2.343	.428	-1.275	.475	-.935	29	.037

The Paired Samples Test table is the main table of output that shows the results of the test conducted. This can be seen from the significance value (2-tailed) in the table. The significance value (2-tailed) of knowledge with the effectiveness of providing this education is 0.037 ($p < 0.05$). So that the results of the pre-test and post-test experienced significant changes (meaningful). Based on the descriptive statistics of the pre-test and post-test, it is proven that the post-test is higher. It can be concluded that the effectiveness of providing education can increase breastfeeding knowledge.

DISCUSSION

Effectiveness of Providing Education on Postpartum Mothers' Knowledge of Breastfeeding in 2024.

From the results of this study, there was an increase in the average score of postpartum mothers' knowledge about breastfeeding from pre-test (Mean = 11.03) to post-test (Mean = 12.43). The relatively small standard deviations in both scores (pre-test = 3.000; post-test = 3.036) indicate that the knowledge data in postpartum mothers is quite consistent, both before and after the educational intervention. The small standard error mean value (pre-test = 0.548; post-test = 0.554) strengthens this finding, indicating that the sample is quite representative of the population.

Knowledge is the result of "knowing" and occurs early after people sense a particular object.

Sensing occurs through the five senses of sight, hearing, smell, taste and touch so that most human knowledge is obtained through the eyes and ears, so knowledge is the result of our senses. (Kemenkes 2020).

Based on age, education and occupation this theory emphasizes the role of personal experiences, observations of others, and belief systems in shaping a person's behavior. The combination of age, education, and occupation can shape a unique worldview and expectations for each individual, thus influencing how they participate in research (Widiastuti 2020).

Knowledge is also obtained from one's own experience or the experience of others, in this case the level of knowledge of the mother affects the provision of exclusive breastfeeding. Knowledge or cognitive is a very important domain in determining a person's actions. The knowledge factor becomes personal considerations of an individual or group that influence the occurrence of behavior. These considerations can support or hinder the provision of exclusive breastfeeding.

Knowledge is the result of a learning process and consists of several levels, ranging from basic understanding to analysis and evaluation. When postpartum mothers are given education about breastfeeding, they start with basic knowledge (eg, the benefits of breast milk), then can increase to the level of application of knowledge (eg, understanding the correct way to breastfeed). With a deeper

understanding, mothers can apply proper breastfeeding techniques and understand the importance of the desire to exclusively breastfeed for the first six months.

An effective educational approach involves strategies that are appropriate to the cognitive abilities and emotional needs of postpartum mothers. Education provided directly, using lecture, discussion, or coercion methods, can increase mothers' knowledge about breastfeeding. Health education theory states that the educational process will be effective if it includes information that is easy to understand, relevant, and delivered in an interactive way so that recipients can be actively involved.

The effectiveness of education also depends on other factors such as the method of interaction, direct interaction with health workers, and opportunities for question and answer. According to Bandura (1986) in social learning theory, learning is more effective if individuals have social support and models that can be imitated. In this case, health workers who provide education can act as models who provide real examples, so that postpartum mothers feel more confident and motivated to breastfeed. With a structured educational approach, postpartum mothers can gain a better understanding of the benefits of breastfeeding, proper techniques, and how to overcome obstacles, thus increasing the likelihood of successful exclusive breastfeeding for their babies.

This research is in line with research conducted by Hasil (Syahda 2019) shows that there is an influence of providing health education about breast milk on breastfeeding behavior of post-pregnancy mothers in hospitals. The results of this study are also in line with (Musriah, 2018) that health education with flipcharts has an effect on breastfeeding behavior in post-pregnancy mothers with a p value of 0.00.

Mothers' knowledge about breastfeeding can influence mothers in giving breast milk to their children. The better a mother's knowledge about breastfeeding, the more a mother will give breast milk to her child. Vice versa, the lower the mother's knowledge about breastfeeding, the fewer opportunities the mother has to provide breast milk (Sukarini 2015).

According to the researcher's assumption that there are still many mothers who have less knowledge seen from the results before being given treatment and after being given treatment there is an increase in the average results. This causes mothers who have less knowledge not to breastfeed their babies, due to the lack of information from health

workers regarding breastfeeding and how to facilitate breast milk production. And the parity of the mother also has an effect because mothers who have more than one child will have more experience in taking care of their babies, if added by other factors such as family support. However, there are still mothers who are well-informed who do not breastfeed their children, this is because the mother is busy working so that the mother does not have much time to take care of her baby and chooses to provide additional food such as formula milk.

Effectiveness of Providing Education on Postpartum Mothers' Knowledge of Breastfeeding in 2024.

The results of this study indicate an increase in the average knowledge of postpartum mothers about breastfeeding after being given education, with an average knowledge score in the pre-test of 11.03 and increasing to 12.43 in the post-test. This change indicates that providing education plays an important role in increasing mothers' understanding of the topic of breastfeeding, thus supporting the researcher's assumption that education can effectively increase mothers' knowledge in providing or acting on breastfeeding.

The results of this study indicate that providing education has a significant effect on increasing postpartum mothers' knowledge about breastfeeding. This is in line with learning theory which states that education or interventions given to certain targets can increase knowledge and ability in applying the information obtained (Bloom, 1956). In this context, cognitive learning theory states that learning is an active process in which individuals acquire and store new information that will be used for future decision-making, including in the decision to breastfeed a baby.

Providing education is an approach that can theoretically increase a person's knowledge, understanding, and skills in a particular field. According to learning theory, effective education must pay attention to cognitive, affective, and psychomotor aspects the benefits of breast milk, correct breastfeeding techniques, and signs of successful breastfeeding. (Widiastuti 2020)..

According to cognitive learning theory, increased knowledge occurs when individuals receive relevant and meaningful information delivered through effective educational methods. In the context of postpartum mothers, the education provided is expected to increase their understanding of optimal breastfeeding practices, including the benefits of breastfeeding for infants and techniques. Behavior change theory also suggests that effective

education will influence individual attitudes and behaviors, especially in new situations such as the postpartum period, where mothers need support to adopt healthy breastfeeding habits (Rogers, 1983). Thus, this study is in line with this theory, where an increase in post-test scores indicates that mothers are beginning to have a . This study is also in line with previous studies showing that educational interventions for postpartum mothers can significantly improve breastfeeding knowledge and practices. For example, a study by (Sukarini 2015) found that providing education about exclusive breastfeeding to postpartum mothers in health centers was able to increase the level of knowledge and readiness.

Research by (Widiastuti 2020). also supports this finding, where education on the importance of breastfeeding and proper lactation techniques successfully increased mothers' knowledge and confidence in optimal breastfeeding practices. In this study, the use of educational methods involving direct counseling and visual educational materials proved to be the most effective.

The researchers in this study assumed that postpartum mothers' knowledge could be improved through educational interventions specifically designed to provide a deeper understanding of the topic of breastfeeding. This study provides empirical evidence to support this assumption, where the increase in the average knowledge score from pre-test to post-test shows the effectiveness of the educational intervention provided at the Dina Karya Clinic.

This average increase of 1.4 points, although not too large, shows a positive impact of education that may also be influenced by other factors such as the mother's personal motivation, support from family or health workers, and awareness

The relatively small standard deviation (3,000 for the pre-test and 3,036 for the post-test) shows a variation that is not too large in mothers' knowledge before and after education, indicating that most mothers experienced an increase in understanding at a relatively uniform level. The low standard error mean also indicates the reliability of the data in the researcher (I.M. 2019)

The increase in knowledge about breastfeeding mothers after the educational intervention is evidence that the educational strategies used, both in the form of lectures, discussions, and providing visual materials, are acceptable and effective for postpartum mothers in the clinic. This finding recommends that further breastfeeding education be made an integral part of postpartum care services in clinics, because it has

been proven effective in increasing knowledge that will support success (Musriah 2018)

Providing education to postpartum mothers at the Dina Karya Clinic will have a positive impact on increasing their knowledge about breastfeeding. The researcher assumes that the material provided will be adjusted to the needs of postpartum mothers who are just starting to breastfeed, so that it is more relevant and easy to understand. The interactive form of education delivery, such as question and answer sessions and breastfeeding practice simulations, can facilitate mothers' understanding of correct breastfeeding techniques and the importance of exclusive breastfeeding. Education that is carried out periodically, both during the postpartum period directly at the clinic and through follow-up sessions, will have a more significant and sustainable impact on mothers' knowledge.

Providing education to postpartum mothers in a structured and repeated manner, mothers will have a better understanding of how and the benefits of breastfeeding. In this study, education was provided using lecture and Q&A methods, where mothers could directly ask questions and get answers to their questions. This method is considered effective because it accommodates the information needs of mothers which may vary and can be adjusted to the level of understanding of each individual. In addition, researchers assume that with direct support in the clinic and health workers who actively participate in the education process, postpartum mothers feel more supported and motivated to apply what they have learned about the importance of breastfeeding. Good knowledge is expected to influence the attitudes and behavior of mothers to provide exclusive breastfeeding to their babies until the age of six months, which is in accordance with WHO recommendations.

CONCLUSION

Based on the results of the study conducted on the Effectiveness of providing education on postpartum mothers' knowledge about breastfeeding in 2022, it can be concluded that knowledge with the effectiveness of providing education before treatment can increase respondents' knowledge about breastfeeding at the Dina Karya Medan Clinic in 2024, while knowledge with the effectiveness of providing education after treatment can increase respondents' knowledge about breastfeeding at Dina Karya Medan in 2024...

SUGGESTION

For the research place at the Medan Dina Karya clinic, it can increase counseling so that mothers' knowledge about breastfeeding increases and can increase mothers' awareness in providing breast milk to their babies. It is hoped that this research will increase the insight and knowledge of postpartum mothers in breastfeeding.

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