

Acupressure Assistance To Smooth The Expenditure Of Breast Milk For Breastfeeding Mothers In Aceh Besar Regency

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ABSTRACT

The coverage of exclusive breastfeeding in Aceh in 2021 is recorded at 66.6 percent which is still below the national target of 80 percent. One of the causes of low breastfeeding is experiencing non-smooth milk expenditure which causes anxiety for the mother. One effort that can be used to increase milk production is using the acupressure technique. The method used for individual assistance is to make home visits to postpartum mothers who experience non-fluent breastfeeding. The activity begins with an assessment of mothers' perceptions about breastfeeding, counseling about the breastfeeding process and teaching acupressure to increase milk production. The results of the activity after providing assistance 2-5 times to 10 postpartum mothers, 100% experienced smooth breastfeeding. as many as 6 people (60%) experienced smooth breastfeeding on the third day, 30 percent on the fourth day and the last 10 percent on the fifth day. After carrying out individual assistance which began with an assessment of the mother's perception of breastfeeding, counseling on the breastfeeding process and teaching acupressure to increase milk production, the results obtained were 100% of postpartum mothers could perform acupressure and express breastfeeding for postpartum mothers fluent.

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INTRODUCTION

Early breastfeeding is one of the most effective ways to ensure the health and survival of children [1]. World Health Organization (WHO) data for 2020 shows that the average rate of exclusive breastfeeding in the world is around 38% [2]. In Indonesia, as many as 96% of women have breastfed their children in their lives, but only 42% have had exclusive breastfeeding. The Ministry of Health is targeting an increase in the target of exclusive breastfeeding to 80%. However, exclusive breastfeeding in Indonesia is still low, only 74.5% [3]. The achievement of exclusive breastfeeding in Aceh increased by 71.58 percent. The achievement of exclusive breastfeeding (ASI) in Aceh, from data from the Ministry of Health in 2019 was recorded at 62.81%, increasing to 65.6%

in 2020 and 66.6% in 2021 [4]. The low coverage of exclusive breastfeeding has a serious impact on children's development. Early breastfeeding has a positive impact on both the mother and the baby [5]. Breast milk has a fundamentally important role in infant survival because it contains more than 60% of a baby's life needs. One of the causes of low breastfeeding in Indonesia is the lack of knowledge of mothers, families and communities about the importance of breastfeeding, traditions/culture related to exclusive breastfeeding, lack of support from family and others. So far, many mothers do not breastfeed their babies because they feel that their milk is insufficient, dilute, or does not come out at all [6], [7]. One effort to increase milk production can be done by using complementary therapy. Complementary therapy is a method used to support medical/conventional treatment intended to complement or perfect non-invasive, inexpensive, safe, and based on evidence base [8]. One common method that is often used by people to increase breast milk is the Acupressure method. The acupressure method is carried out by pressing certain points which will then stimulate the brain to release the hormones prolactin and oxytocin in the blood which will eventually increase milk production [9][10]. acupressure can give orders to the pituitary to release the hormones prolactin and oxytocin, giving acupressure is done by pressing at certain points which will then stimulate the brain to release the hormone prolactin and the hormone oxytocin in the blood which will eventually increase milk production [11]. Acupressure can also increase feelings of relaxation in postpartum mothers, acupressure can increase endorphin levels in the blood, and has a significant effect on increasing prolactin levels. Therefore it is important to carry out Acupressure Assistance to Facilitate Expenditure of Breast Milk for Breastfeeding Mothers in Aceh Besar regency.

RESEARCH METHOD

The method used in this community service activity is in the form of individual assistance to postpartum mothers. This activity was carried out from 9-18 November 2022. At the planning stage, the activities carried out were preparing flipcharts and acupressure leaflets to increase breast milk production. Then identifying data on postpartum mothers in the Independent Midwife Practices in Aceh Besar District, obtained 10 postpartum mothers. At the implementation stage, home visits were made to each postpartum mother. On the first day of the home visit, an assessment of the mother's perception, potential and knowledge about breastfeeding was carried out. After that, individual counseling about breastfeeding was carried out and teaching how to do acupressure techniques to increase milk production. The mother was asked to repeat how to do acupressure until the mother was able to do it herself. Mothers were also provided with leaflets on how to do acupressure. Mothers are given the opportunity to ask questions that are not understood. Evaluation of success was carried out on the second and third days via WhatsApp and home visits. Scope of evaluation of the mother's ability to perform acupressure and the amount of milk that comes out.

RESULTS AND DISCUSSIONS

The results of community service in the form of individual assistance on acupressure to increase breastfeeding in postpartum mothers at the Independent Midwife Practice in Aceh Besar Regency, are described in table 1 as follows.

Table 1. Smoothness of ASI after Participant Acupressure Assistance Smooth Expulsion of ASI Before Acupressure Assistance

Participant	Smooth milk production					
	Before Assistance acupressure	After Acupressure Assistance				
		Day 1	Day 2	Day 3	Day 4	Day 5
1	ASI is not	Little milk	Little milk comes out	Little milk	Smooth milk	

2	smooth ASI is not	comes out Little milk comes out	Little milk comes out	comes out Smooth milk
3	smooth ASI is not	comes out Little milk comes out	Little milk comes out	Smooth milk
4	smooth ASI is not	comes out Little milk comes out	Little milk comes out	Little milk comes out Smooth milk
5	smooth ASI is not	comes out Little milk comes out	Little milk comes out	Smooth milk
6	smooth ASI is not	comes out Little milk comes out	Little milk comes out	Little milk comes out Little milk comes out Smooth milk
7	smooth ASI is not	comes out Little milk comes out	Little milk comes out	Smooth milk
8	smooth ASI is not	comes out Little milk comes out	Little milk comes out	Smooth milk
9	smooth ASI is not	comes out Little milk comes out	Little milk comes out	Smooth milk
10	smooth ASI is not	comes out Little milk comes out	Little milk comes out	Little milk comes out Smooth milk

Based on table 1, it is known that from 10 community service participants using the acupressure assistance method to increase breast milk production, the results obtained were 10 people (100%) postpartum mothers were able to do acupressure to improve breastfeeding. However, as many as 6 people (60%) experienced smooth breastfeeding on the third day. There are many factors that play a role in the smooth expulsion of breast milk, such as the health status of the mother, the frequency and duration of breastfeeding, the mother's nutrition and fluid intake, the baby's suction, and the mother's psychological factors. provide assistance, especially acupressure assistance to increase milk production, so first the mother is invited to communicate in a relaxed, comfortable way about everything related to breastfeeding. After the mother is comfortable and ready, she will be taught acupressure techniques to increase milk production. This method is very helpful for mothers in learning acupressure to improve milk flow, mothers are enthusiastic about doing acupressure and the breastfeeding process becomes enjoyable. Acupressure caused an increase in milk production in mothers who complained of hypogalactia, and the results of this study showed a large difference in milk production between mediation and control [13]. Acupressure has also been combined with back massage and has been shown to be effective in increasing prolactin levels, so it can be applied or given to postpartum and breastfeeding mothers [14], [15]. The study was conducted and the results showed that milk production was negligible in the group that did not receive acupressure, but significantly increased postpartum milk production in the group that received acupressure 3 times a week for 3 weeks [16]. Research using a combination of acupressure and relaxation affirmations has shown an increase in milk production in postpartum mothers[17]. The results of the study show that acupressure has an effect on milk production with an indicator of increasing baby weight [18]. Other studies also show that the average milk production before the intervention was 67.9 ml with a standard deviation of 11.9 ml, the milk production after the intervention was 85.7 ml, the standard deviation was 11.4 ml and the average difference before and after the intervention was 17.9 ml. which means acupressure is effective in increasing breast milk production which has a real effect [19]. The results of adequacy of breast milk after acupressure increased 60% on the first day, 75% on the second day, and 85% on the third day. All studies conducted found a significant increase in milk production after acupressure[20]. Acupressure therapy is a solution to overcome the uneven production of breast milk. This technique can maximize prolactin and oxytocin receptors and minimize side effects from delayed breastfeeding by the baby. Acupressure can increase the feeling of relaxation in postpartum mothers [21]. Medically, acupressure techniques can stimulate the production of the hormone prolactin from the brain. This hormone affects the amount of breast milk [15]. In the

process of Acupressure Assistance for Breastfeeding Mothers in Aceh Besar District, it is known that mothers have a lack of confidence and are worried that breast milk will not run smoothly, because on the first day after giving birth the milk has not come out. Because it is very important to explore the potential, knowledge and perceptions of mothers about breastfeeding. Mothers who have a psychological burden tend to influence the smooth production of breast milk.

CONCLUSION

After carrying out community service activities using the individual assistance method regarding acupressure to improve the smoothness of breastfeeding for 10 postpartum mothers, 100% experienced smooth breastfeeding. as many as 6 people (60%) experienced smooth breastfeeding on the third day, 30 percent on the fourth day and the last 10 percent on the fifth day.

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