

THE EFFECT OF GIVING KATUK LEAF VEGETABLES TO BREAST MILK PRODUCTION IN BREASTFEEDING MOTHERS IN RAJA TENGAH VILLAGE, KUALA DISTRICT, LANGKAT REGENCY IN 2021

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ABSTRACT

Breastfeeding is a very valuable gift that can be given by a mother to her baby, ASII provides the best nutrition for the baby as well as protection against disease. Exclusive breastfeeding can help babies for future growth and development. Physically she gets adequate nutritional intake, far more than everything the world has to offer. The purpose of this study was to determine the Effect of Giving Katuk Leaf Vegetables on Breast Milk Production in Breastfeeding Mothers in Raja Tengah Village, Kuala District, Langkat Regency in 2021. This study used a pre-experimental type of research, with a One Group pre-test and post-test design. The population in this study were all breastfeeding mothers with babies aged 0-6 months in Raja Tengah Village, Kuala District, Langkat Regency, The data collected in May-August were 20 people, the sample in this study was the Purposive Sampling Technique, with the research technique using the Chi Square test. The results of this study indicate that there is a significant effect on the milk production of pregnant women who did not increase before being given katuk leaf vegetables in Raja Tengah Village, Kuala District, Langkat Regency in 2021 as many as 12 people (60%). The effect on breast milk production of pregnant women who experienced an increase after being given katuk leaf vegetables was 14 people (70%). It is recommended to health workers, especially midwives, to provide counseling to pregnant women about the benefits of katuk leaf vegetables on breast milk production.

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1. Introduction

Babies are the most beautiful gift given by the creator to humans. Exclusive breastfeeding can also help babies for future growth and development. Physically he gets adequate nutrition, far more than everything the world has to offer. While mentally by breastfeeding he gets an abundance of affection and a strong bond or sense so that he can feel that his presence in the world is not wasted (Maryunani, 2012).

According to World Health Statistics (2016), worldwide exclusive breastfeeding coverage was around 36% during the period 2007-2014. At the 65th World Health Session, WHO member countries set a target in 2025 that at least 50% of the number of infants under the age of six months are exclusively breastfed.

Breastfeeding is a very valuable gift that a mother can give to her baby. According to the World Health Organization (WHO) recommends that pregnant women and new mothers be informed about the benefits and advantages of Breast Milk (ASI), especially because ASII provides the best nutrition for babies and protects against disease. ASII is an emulsion of fat in a solution of protein, lactose and inorganic salts secreted by the mother's mammary glands and is useful as baby food (Maryunani, 2012). 450/Men.Kes/SK/IV/2004 dated April 7, 2004 has set a recommendation

for exclusive breastfeeding for 6 months. According to Government Regulation Number 33 of 2012 is breast milk that is given to babies since birth for six months,

Based on the results of the Basic Health Research (Risikesdas) in 2013, the percentage of breastfeeding alone in the last 24 hours decreased with increasing age of the baby with the lowest percentage in children aged 6 months (30.2%). Most breastfeeding occurs within 1 hour after birth (35.2%) and less than 1 hour (early initiation of breastfeeding) at 34.5% (RISKESDA 2016).

Based on the Health Profile of the Province of North Sumatra in 2016, the coverage of infants who were exclusively breastfed in 2016 decreased sharply compared to 2015 and did not reach the national target of < 40%.for the Regency, namely Labuhan.

Batu Utara(97.90%).Samosir(94.8%).HumbangHasundutan(84.0%), Simalungun (60.6%), Dairi (55.7%), Pak-Pak Barat (50.5%)), Deli Serdang (47.1%). Asahan (43.6%), Labuhan Batu (40.9%) and for the city, namely Gunung Sitoli (84.5%), Sibolga (46.7%). Regions with <10% achievement are Medan City (6.7%), Tebing Tinggi (7.4%).

Breastfeeding in the long term can prolong the birth distance because the period of amenorrhea is longer. The United Children's Fund (UNICEF) and the World Health Organization (WHO) make a recommendation for mothers to exclusively breastfeed their babies for 6 months. After the age of 6 months, babies can only be given complementary foods (MPASI) and continue to breast-feed until the child is at least 2 years old. The Indonesian government through the Ministry of Health also recommends mothers to exclusively breastfeed their babies for 6 months (Ministry of Health, 2014).

The coverage of exclusive breastfeeding in Indonesia in 2016 which refers to the strategic plan target in 2016 which was 42%, nationally the coverage of exclusive breastfeeding for infants aged less than six months of 54.0% has reached the target (Ministry of Health, 2016). Even though they have achieved the strategic targets, there are still many mothers who do not give exclusive breastfeeding to their babies. We know that exclusive breastfeeding is the best investment for the health and intelligence of children (Depkes, 2015).

The impact of not being given exclusive breastfeeding to infants is an increase in susceptibility to disease for both mother and baby. Breastfeeding can prevent 1/3 of the incidence of upper respiratory tract infections, the incidence of diarrhea can be reduced by 50% and severe intestinal disease in premature babies can be reduced by 58%. In mothers, the risk of breast cancer can also decrease by 6-10% (IDAI, 2015).

In Risikesdas 2013 data was collected on the pattern of breastfeeding and the pattern of complementary feeding (MP-ASI) in children aged 0-23 months which include: the process of starting breastfeeding, this is early breastfeeding (IMD), giving colostrum, giving prelacteal food, exclusive breastfeeding, and giving complementary feeding. Breastfeeding from an early age has a positive impact on both the mother and the baby. For infants, breastfeeding has an important role to support the growth, health and survival of babies because breast milk is rich in nutrients and antibodies. As for mothers, breastfeeding can reduce morbidity and mortality because the breastfeeding process will stimulate uterine contractions thereby reducing postpartum (postpartum) bleeding (Risikesdas, 2013).

Referring to the 2016 strategic plan target of 42%, the coverage of exclusive breastfeeding for infants aged less than six months of 54.0% has reached the target but nationally the target of exclusive breastfeeding is 80% has not reached the target. According to the province, the coverage of exclusive breastfeeding for infants aged 0-5 months ranged from 32.3% (Gorontalo) to 79.9% (East Nusa Tenggara). Of the 34 provinces, only three provinces have not reached the target, namely Gorontalo, Riau and Central Kalimantan. Meanwhile, for North Sumatra, the coverage of breastfeeding is 46.8% (Ministry of Health, 2015). While in the city of Medan the coverage of breastfeeding is 6.7% (Health Profile of North Sumatra, 2016).

The achievement of exclusive breastfeeding in Bulukumba district is still a lot of mothers who do not give exclusive breastfeeding to their babies. There should be no exclusive breastfeeding for babies, considering the importance of breastfeeding for babies and very useful for the growth and development process of babies and government programs that want to promote breastfeeding for babies. The data above shows that there are problems in the achievement of inadequate breastfeeding (Maryunani, 2012).

Many types of plants are used to facilitate breast milk, one of which is katuk leaf (*Sauropus Androgynus*) which has long been proven to accelerate the production of breast milk because it

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contains sesquiterpene acid. Katuk (*Sauropus Androgynus*) is known in foreign languages as star goosberry or sweet leaf (English), mani cai (China), in Minangkabau it is called simani. This plant is very popular in South Asia or Southeast Asia, thrives up to 2.5 m with dark green oval leaves up to 5-6 cm long. The top of the plant is also called tropical asparagus. In Malaysia it is stirred with eggs into an egg omelet. The leaves contain 7% protein, high levels of beta-carotene, vitamin C, calcium, iron and magnesium. Including rare plants that contain vitamin K. Every 100 g of katuk leaf contains about 2.7 mg of iron,

Excessive consumption of katuk leaves (50g a day) is very dangerous because this plant contains alkaloids papaverin which can damage the lungs. Katuk leaves are also best consumed after cooking to prevent unwanted side effects. Katuk leaves are also used to treat anemia or anemia because they have high levels of iron.

Based on the results of Suwanti's research, (2015) About "The Effect of Extra Consumption of Katuk Leaves on Adequacy of Breast Milk in Breastfeeding Mothers in Klaten". Concluded that in the treatment group before consuming Katuk leaves 53.3% breast milk was sufficient and after consuming Katuk leaves 70% more breast milk. and after one month later 37% breast milk is enough, 30% breast milk is more. In the statistical analysis of the chi square test, the results obtained p value = 0.002, which proves that there is an effect of extra consumption of katuk leaves on the adequacy of breast milk in breastfeeding mothers in Klaten in 2015 (Maryunani, 2012).

Based on the results of an initial survey on 27 June 2021 conducted in Raja Tengah Village, Kuala District, Langkat Regency, of the 8 mothers who breastfeed their babies between 0 months who were interviewed, 8 breastfeeding mothers did not give exclusive breastfeeding and 2 out of 8 breastfeeding mothers had given food. such as baby porridge, with the reason that the production of breast milk is small which causes the baby to be fussy, and the needs are not met. and 6 breastfeeding mothers did not know that the katuk leaf plant could increase breast milk production. 2 nursing mothers know that katuk leaf plants can increase milk production but there is no katuk leaf plant around their environment.

Based on the above background, the researchers are interested in conducting research with the aim of knowing "The Effect of Giving Katuk Leaf Vegetables to Breast Milk Production in Breastfeeding Mothers in Raja Tengah Village, Kuala District, Langkat Regency in 2021".

The general objective of this research is to find out the effect of giving Katuk leaf vegetable to breast milk production to breastfeeding mothers in Raja Tengah Village, Kuala District, Langkat Regency in 2021. after Giving Katuk Leaf Vegetables in Raja Tengah Village, Kuala District, Langkat Regency in 2021. (3) To find out the Effect of Giving Katuk Leaf Vegetables to Breast Milk Production in Breastfeeding Mothers in Raja Tengah Village, Kuala District, Langkat Regency in 2021.

The general objective of the study was to determine the effect of giving Katuk leaf vegetables to breast milk production in breastfeeding mothers in Raja Tengah Village, Kuala District, Langkat Regency in 2021. Specific objectives: (1) To determine breast milk production in breastfeeding mothers before giving Katuk leaf vegetables in Raja Tengah Village, Kuala District, Langkat Regency in 2021. (2) To find out Breast Milk Production to Breastfeeding Mothers after Giving Katuk Leaf Vegetables in Raja Tengah Village, Kuala District, Langkat Regency in 2021. (3) To find out the Effect of Giving Katuk Leaf Vegetables to Breast Milk Production to Breastfeeding Mothers in Raja Tengah Village, Kuala District, Langkat Regency in 2021.

Benefits of Research, For Research Places, As input in the provision of health services, and in order to improve services in the health sector in providing information about the relationship of physical activity in the form of the Effect of Giving Katuk Leaf Vegetables to Breast Milk Production in Breastfeeding Mothers in Raja Tengah Village, Kuala District, Langkat Regency. 2021.

For educational institutions, the results of this study can be useful as a reference for further researchers for the midwifery profession because midwives provide lifelong services, and can also be used as additional information that can be used in the learning process. For researchers, it can be used as initial data in the development of further research related to proving the effect of proving the effect of giving duan katuk vegetables on breast milk production in breastfeeding mothers with the addition of other variables.

2. Research Methods

2.1 Types of research

The type of research used in this research is the type of pre-experimental design research, which is a research that carries out activities because this is not yet a real experiment, because there are still external variables that also influence the formation of the dependent variable, not solely influenced by the independent variable. This can happen, because there is no control variable, and the sample is not chosen randomly (Sugiyono, 2018).

2.2 Population and Sample

2.2.1 Population

The population is an area consisting of: objects/subjects that have certain qualities and characteristics that are determined by researchers to be studied and then conclusions are drawn (Sugiyono, 2017). The population in this study were all breastfeeding mothers with babies aged 0-6 months in Raja Tengah Village, Kuala District, Langkat Regency, namely as many as 20 people.

2.2.2 Research Sample

The sample is part or representative of the population being studied (Arikanto, 2017). The sample in this study used a total population sampling technique, namely where all breastfeeding mothers in the area of Raja Tengah Village, Kuala Sub-District, Langkat Regency in June 2021, namely as many as 20 people.

2.3 Data collection technique

In this study all data were taken directly from respondents (primary data). The data collection process was carried out in several stages, namely:

2.3.1 Preparation phase

In this early stage, important things are arranged that must be done immediately with the aim of making time and work more efficient. This preparatory stage includes the following activities:

2.3.2 Title Submission

After the title was approved by the supervisor, the researcher asked for a letter of preliminary study and research in the student administration section of the Haji University of North Sumatra and then handed it over to Raja Tengah Village, Kuala Subdistrict, Langkat Regency, to obtain a permit to obtain a preliminary study in Raja Tengah Village, Kuala Subdistrict, Langkat Regency.

2.4 Data analysis

2.4.1 Univariate Analysis

This analysis is used to describe the characteristics of each of the variables studied, namely categorical, frequency and percentage will be sought, namely demographic data including maternal age, gestational age, parity, ethnicity, last education, occupation. This data is filled in by researchers based on information from pregnant women.

2.4.2 Bivariate Analysis

Bivariate analysis was used to determine the effect of each independent variable on the dependent variable. Wilcox's test was used to see the effect between two variables with a 95% confidence level.).

3. Result And Discussion

3.1 Research result

3.1.1 Characteristics of Respondents

Characteristics of respondents in Raja Tengah Village, Kuala District, Langkat Regency in 2021 in this study were grouped by age and occupation. Then after the process of data collection,

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processing and analysis with research instruments in the form of a questionnaire sheet, the results obtained are as follows:

TABLE 1
DISTRIBUTION OF RESPONDENT CHARACTERISTICS ON THE EFFECT OF FEEDING KATUK LEAVES ON BREAST MILK PRODUCTION IN BREASTFEEDING MOTHERS IN DESAI RAJA CENTRAL, KEC. KUALA, KAB. STEP

| Respondent Data | Frequency | Percentage (%) |
|-------------------|-----------|----------------|
| Age | | |
| 20-35 years old | 15 | 75% |
| >35 years old | 5 | 25% |
| Total | 20 | 100 |
| Work | | |
| Housewife | 10 | 50% |
| Private employees | 5 | 25% |
| civil servant | 5 | 25% |
| Total | 20 | 100 |

Based on Table 4.1 above, it can be seen that the respondent's characteristics are seen from the age of the majority of respondents aged 20-35 years as many as 15 people (75%) and the minority aged >35 years as many as 5 people (25%), while based on the type of work the majority of housewives are 10 people (50%) and a minority of private employees 5 people (25%), civil servants as many as 5 people (25%).

3.1.2 Univariate Analysis

Univariate analysis was carried out to describe each variable by displaying the frequency distribution to see the distribution of respondents according to the various variables studied, the dependent variable and the independent variable. The results showed that the frequency distribution based on the production of breast milk in the respondents can be seen as follows:

TABLE 2
FREQUENCY DISTRIBUTION OF THE INFLUENCE BEFORE ADMINISTRATION OF KATUK LEAF VEGETABLES ON BREAST MILK PRODUCTION IN BREASTFEEDING MOTHERS IN RAJA TENGAH VILLAGE, KEC. KUALA, KAB. Langkat in 2021

| Breast Milk Production in Breastfeeding Mothers (Pre-test) | Amount | Percentage (%) |
|--|--------|----------------|
| Increase | 8 | 40% |
| Not increasing | 12 | 60% |
| Total | 20 | 100 |

Based on Table 4.2 shows that the total number of respondents amounted to 20 people. Based on the data above, it can be seen that the percentage or number of breastfeeding mothers before being given katuk leaf vegetables did not experience an increase in breast milk production with a large percentage of 60% or as many as 12 people from the total respondents.

TABLE 3
FREQUENCY DISTRIBUTION OF THE EFFECT AFTER GIVING KATUK LEAVES ON BREAST MILK PRODUCTION IN BREASTFEEDING MOTHERS IN RAJA TENGAH VILLAGE, KEC. KUALA, KAB. Langkat in 2021

| Breast Milk Production in Breastfeeding Mothers (Post-test) | Amount | Percentage (%) |
|---|--------|----------------|
| Increase | 14 | 70% |
| Not increasing | 6 | 30% |
| Total | 20 | 100 |

Based on table 4.3 shows that the total number of respondents amounted to 20 people. Based on the data above, it can be seen that the percentage or number of breastfeeding mothers after being given katuk leaf vegetables experienced an increase in breast milk production with a large percentage of 70% or a total of 14 people from the total respondents.

3.1.3 Bivariate Analysis

The results of statistical tests on the effect of giving katuk leaf vegetables to breast milk production in breastfeeding mothers in Raja Tengah Village, Kuala District, Langkat Regency in 2021 are in Table 4.4. as follows :

TABLE 4
DISTRIBUTION OF THE INFLUENCE OF GIVING KATUK LEAF VEGETABLES ON PRODUCTION BREAST MILK IN BREASTFEEDING MOTHERS IN RAJA TENGAH VILLAGE, KUALA DISTRICT, LANGKAT REGENCY YEAR 2021

| No | Giving Katuk Leaf Vegetables | Treatment | | | | P-Value |
|----|------------------------------|-----------|-----|-------|-----|---------|
| | | Before | | After | | |
| | | N | % | N | % | |
| 1 | Increase | 8 | 40% | 14 | 70% | 0.002 |
| 2 | Not Increase | 12 | 60% | 6 | 30% | |

Based on table 4.4 above, it can be seen that the effect before being given katuk leaf vegetables on breast milk production in breastfeeding mothers who did not experience an increase in breast milk production were 12 people (60%), and 8 people (40%). While the effect after being given katuk leaf vegetables on breast milk production in breastfeeding mothers increased by 14 people (70%), and those who did not experience an increase in breast milk production were 6 people (30%).

The results of this statistical test using the Wilcoxon test, it is known that the p value (0.002) $< \alpha$ (0.05) means H_0 is rejected, so there is a significant effect on giving katuk leaf vegetables on breast milk production for breastfeeding mothers in Raja Tengah Village, Kuala District, Langkat Regency in 2021. Results This proves that katuk leaf vegetable can have a good influence on breast milk production for breastfeeding mothers in Raja Tengah Village, Kuala District, Langkat Regency in 2021.

3.2 Discussion

3.2.1 Breast milk production

This research was conducted from April 2021 to July 2021. The number of samples used was 20 people. The research design was One Group Pre-Test and Post-Test Design without a control group. This research was conducted in Raja Tengah Village, Kuala District, Langkat Regency. Based on the characteristics of the respondents in the intervention group according to age, it was found that the majority of respondents aged 20-35 years were 15 people (75%) and the minority aged >35 years were 5 people (25%). Based on the type of work the majority of respondents were housewives as many as 10 people (50%) and the minority of respondents were private employees as many as 5 people (25%), and civil servants as many as 5 people (25%).

Katuk leaf (*Sauropus androgynus* (L.) Merr) is a vegetable plant that is widely found in Southeast Asia. This plant is known in several languages as mani cai (Chinese), Cekur sweet (Malay), and rau ngot (Vietnamese), in Indonesia the Minang Kabau people call katuk by the name simani. In addition to mentioning katuk, Javanese people also call it katuk or babing. Katuk is a type of clumped shrub with a height of 1-5 m. The stems grow upright and woody. If the tip of the stem is trimmed, new shoots will grow that form branches. The leaves are small like Moringa leaves, green. (Santoso, 2014).

This study is supported by the results of research on the effect of giving katuk leaves to increase milk production of goats conducted by Agik Suprayogi (1993) with the results that 20% katuk leaf extract solution given in vitro can increase milk production by more than 20% and the composition of breast milk does not change., and an increase in glucose metabolic activity by more than 50%.

According to Sa'roni's 2004 study, regarding the effectiveness of katuk leaf extract on the adequacy of breast milk, it was found that the group of mothers who gave birth and breastfed their babies at a dose of 3x300 mg/day who were given katuk leaves on the 3rd day after delivery could

meet 50.7% of breast milk adequacy so that they could it was concluded that giving katuk leaf extract on breast milk adequacy was effective at $p < 0.05$.

According to researchers, the use of plants as traditional medicine is also increasingly in demand by the public because it has been proven that medicines derived from plants are healthier and without causing side effects when compared to medicines derived from chemicals. However, the problem for traditional medicine enthusiasts is the lack of adequate knowledge and information regarding various types of plants commonly used as ingredients for traditional medicines and how to use them. (traditional) can be used safely and usefully, among others, namely: the accuracy of the dose/dose, the time of use, the right way of use, and the right choice of ingredients.

3.2.2 The Effect of Pre-Giving Katuk Leaf Vegetables on Breast Milk Production in Breastfeeding Mothers in Raja Tengah Village, Kec. Kuala, Kab. Langkat Year 2021

Based on Table 4.2, it shows that the effect before giving katuk leaf vegetables to breast milk production in breastfeeding mothers in Raja Tengah Village, Kuala District, Langkat Regency in 2021, the majority of mothers who produce breast milk who do not experience an increase are 12 people (60%). The respondent did not experience an increase in breast milk production due to the low ability of the mother to produce breast milk.

The researcher's assumption regarding the level of knowledge of breastfeeding mothers about katuk leaf vegetables in Raja Tengah Village, Kuala District, Langkat Regency, the results showed that most of the mothers did not know the benefits of katuk leaves which of course can cause increased milk production. There is a need for outreach efforts to the community regarding the benefits of the katuk leaves so that by providing counseling the lack of milk production in breastfeeding mothers can be reduced.

3.2.3 Effect of After Giving Katuk Leaf Vegetable to Breast Milk Production in Breastfeeding Mothers in Raja Tengah Village, Kec. Kuala, Kab. Langkat Year 2021

Based on the results of the study, it showed that the effect after giving katuk leaf vegetables to breastfeeding mothers in Raja Tengah Village, Kuala District, Langkat Regency in 2021, the majority of mothers in producing breast milk increased by 14 people (70%).

Based on the results of the study, it was found that there was an increase in breast milk production in breastfeeding mothers, although the increase was not experienced by all breastfeeding mothers, this was caused by various things such as hormonal factors, or there was a possibility that during counseling about the consumption of katuk leaf vegetables there were respondents who were less concentration so that it becomes a limitation in the study.

3.2.4 The Effect of Giving Katuk Leaf Vegetables on Breast Milk Production to Breastfeeding Mothers in Raja Tengah Village, Kec. Kuala, Kab. Langkat Year 2021

Based on the results of data analysis showed that the effect of katuk leaf vegetables on breast milk production in breastfeeding mothers before and after being given changed. The effect of breast milk production before being given katuk leaf vegetables was 12 respondents who did not experience an increase in breast milk production and 14 respondents experienced an increase after being given katuk leaves.

Based on the results of statistical tests using the Wilcoxon test, it is known that the p value (0.002) $< \alpha$ (0.05) means H_0 is rejected, so there is a significant effect on giving katuk leaf vegetables on breast milk production for breastfeeding mothers in Raja Tengah Village, Kuala District, Langkat Regency in 2021. These results prove that katuk leaf vegetable can have a good effect on breast milk production for breastfeeding mothers in Raja Tengah Village, Kuala District, Langkat Regency in 2021.

3. Conclusion

Based on the results of research on the effect of giving katuk leaf vegetables to breast milk production in breastfeeding mothers in Raja Tengah Village, Kuala District, Langkat Regency in 2021 with a sample of 20 people, which can be classified based on their age and type of work. There are differ-

ences in milk production for mothers who breastfeed before and after being given katuk leaf vegetables. The number of respondents before being given vegetable katuk who did not experience an increase was 12 people (60%) and those who experienced an increase after being given vegetable katuk were 8 people (40%). Meanwhile, the effect of breast milk production on breastfeeding mothers after being given katuk leaf vegetables increased by 14 people (70%), and 6 people (30%).

Based on the results of research that has been described scientifically and shows the results that there is an effect on giving katuk leaf vegetables to breast milk production in breastfeeding mothers in Raja Tengah Village, Kuala District, Langkat Regency in 2021, it is recommended to: (1) To Midwife Independent Practice, it is recommended to utilize katuk leaf as a plant that is processed into herbs to increase milk production for mothers so that mothers give exclusive breastfeeding. (2) Health workers, need to conduct socialization in the community about the effect of giving katuk leaf vegetables to breast milk production in infants. Health workers need to monitor the accuracy of the selection of materials correctly. So as to produce traditional medicine in the form of katuk leaves. (3) For Mothers Who Are Breastfeeding, For mothers who are breastfeeding, must be diligent in seeking information about traditional plants that can have an effect on breast milk production. (4) Further researchers, further researchers are expected to use this research source as an additional reference. Further research on the effect of giving katuk leaf vegetables to breast milk production by adding other herbal ingredients according to the prescribed dose. (5) Institutions, It is hoped that the institution can add reference books so that researchers can easily conduct research as guidelines. In addition, the use of katuk plants can be developed in the institutional yard area as a first step in developing katuk plants and is supported by collaboration with cross-study programs to develop science and technology.

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