

THE EFFECT OF BREASTFEEDING ENGINEERING HEALTH EDUCATION ON THE BEHAVIOR OF POST PARTUM MOTHERS IN SISUMUT PUSKESMAS KOTAPINANG LABUSEL IN 2021

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ABSTRACT

The importance of supporting successful breastfeeding is the first time during pregnancy where a prospective mother must seek information about the advantages of breastfeeding, the benefits of breastfeeding for babies and good and correct breastfeeding techniques. This is inseparable from the importance of health education, especially health education in breastfeeding techniques. This study aims to determine the Effect of Breastfeeding Technical Health Education on the Behavior of Post Partum Mothers at the Sisumut Health Center Kotapinang Labusel in 2021. This research is a quasi-experimental research with one group pre-post test design. This research has been carried out from July 2021 to August 2021. The population is 40 people. Sampling using accidental sampling with a total sample of 28 people. The results showed that the behavior of postpartum mothers before the breastfeeding technique health education was mostly in the bad category as many as 19 people (67.9%) while the behavior of postpartum mothers after the breastfeeding technique health education was mostly well behaved as many as 26 people (92.9%). Based on the results of the Wilcoxon test, it was found that the average value before treatment was 3.39 with a standard deviation of 1.618 and after being given treatment there was an average increase to 6.54 with a standard deviation of 1.202. So it can be concluded that there is an influence of Breastfeeding Technical Health Education on the Behavior of Post Partum Mothers at the Sisumut Health Center Kotapinang Labusel in 2021. Suggestions in this study Sisumut Kotapinang Labusel improve postpartum maternal health education.

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1. Introduction

The birth of a new generation cannot be separated from the role of a mother. Mother is a woman who is most instrumental in a child's life. Birth is such a wonderful process that a new generation can be born from it. As a mother, of course, she has an obligation to her child, namely to guarantee the fulfillment of the baby's right to get breast milk (ASI) exclusively from birth to the age of six months by paying attention to its growth and development which is aimed at preparing a healthy, intelligent, and quality generation as well as to reduce the number of children. child mortality (Ministry of Health, 2014).

Breast milk is the main and most perfect food for babies. Where breast milk contains almost all nutrients with a composition according to the baby's needs to grow and develop optimally (Pollard, 2016).

Regarding the importance of breastfeeding, the international program carried out to reduce child morbidity and mortality by the United Nations Children's Fund (UNICEF) and the World

Health Organization (WHO) recommends that children only be breastfed with breast milk (ASI) for at least 6 months. Solid food should be given after the child is 6 months old and breastfeeding continues until the child is 2 years old (Kemenkes RI, 2012).

According to the World Health Organization (WHO, 2016), the number of exclusive breastfeeding in the world is around 38%. Nationally in Indonesia, the coverage of infants receiving exclusive breastfeeding is 61.33%, which has reached the target of the 2017 Strategic Plan (Renstra) which is 44% (Depkes RI, 2017). Data from the Ministry of Health (2018) noted that the rate of early breastfeeding initiation (IMD) in Indonesia increased from 51.8% in 2016 to 57.8% in 2017. Although it has increased, this figure is still far from the 90% target given the important role of breastfeeding in life. child. The data found from basic health research in Indonesia are 75% breastfeeding in the provinces of North Sumatra, Bangka Belitung, 65%, North Sulawesi 58% and the least in breastfeeding in East Nusa Tenggara is 25% (Risksedas, 2018).

To achieve the government's program in exclusive breastfeeding requires good cooperation between the government and the community, especially breastfeeding mothers. However, in fact there are still obstacles in the implementation of the exclusive breastfeeding program, including the mother's ignorance about breastfeeding techniques that will have an impact on breastfeeding. This situation causes breastfeeding techniques not to be applied properly and correctly so that it becomes the main cause of breastfeeding failure (Gadhavi, 2013).

The results of the Indonesian Demographic and Health Survey (IDHS) in 2017 showed the Neonatal Mortality Rate (AKN) of 15 per 1000 live births, the Infant Mortality Rate (IMR) of 24 per 1000 live births and the Toddler Mortality Rate (AKBA) of 32 per 1000 live births. The Toddler Mortality Rate (AKBA) has reached the Sustainable Development Target (TPB) in the 2030 Sustainable Development Goals (SDG's) which is 25/1000 live births and Indonesia expects the Neonatal Mortality Rate (AKN) to reach the target of 12/1000 live births (Ministry of Health, 2017).

The Sustainable Development Goals (SDG's) program starting from 2016 to 2030 consists of 17 main goals with 169 targets and 240 indicators, while the health sector in the SDG's has 4 goals, 19 targets and 31 indicators. The SDG's target in the health sector contains the 3rd goal, one of which is ending preventable infant and under-five mortality by reducing the Neonatal Mortality Rate (AKN) to 12 per 1000 live births and the under-five mortality rate from 25 per 1000 live births (Ministry of Health, 2003). 2019).

One of the factors that play a role in the high IMR is the low coverage of exclusive breastfeeding, because without exclusive breastfeeding babies are more susceptible to various diseases that increase morbidity and mortality (Roesli, 2013). Data from the Ministry of Health noted that there was an increase in the rate of exclusive breastfeeding, from 29.5% in 2016 to 35.7% in 2017. This coverage figure is very low considering the important role of breastfeeding in children's lives. The minimum target for exclusive breastfeeding in Indonesia is at least 50% according to the WHO target (Puput, 2019).

The Ministry of Health is targeting an increase in the target of exclusive breastfeeding to 80%. However, exclusive breastfeeding in Indonesia is in fact still low at only 74.5% (Balitbangkes, 2019). Indonesia's health profile data, the coverage of infants receiving exclusive breastfeeding in 2018 was 68.74% (Ministry of Health, 2019).

The percentage of children under 6 months of age who are exclusively breastfed has increased in the last five years, from 42% in the 2012 Demographic and Health Survey (IDHS) to 52% in the 2017 IDHS. However, the percentage of children who are not breastfed increased by 8 percent from the 2012 IDHS to 12 % in the 2017 IDHS. Nearly 60% of children under 6 months of age receive predominant breast milk (receiving breast milk, water or fluids other than breast milk) and 37% of children under 2 years use pacifier bottles (IDHS, 2017).

Based on the Health Profile of North Sumatra (2017), the percentage coverage of infants who were exclusively breastfed in 2016 decreased sharply compared to 2015 and did not reach the national target of approximately 40% by 28.5% Districts/Cities with approximately 40% for districts namely Labuhanbatu Utara 4,069 babies (97.90%), Samosir 659 babies (94.8%), Humbang Hasundutan 1,796 babies (84.0%), Simalungun 5,411 babies (60.6%), Dairi 1,576 babies (55.7 %), PakPak bharat 261 babies (50.5%), Deli Serdang 10,355 babies (47.1%), Asahan 3,317 babies (43.6%), Labuhan Batu 2,256 babies (40.9%) and for the City namely Gunung Sitoli 1,159 babies (84.5%), Sibolga 360 babies (46.7%). Meanwhile, areas with <10% achievement were Medan City with 1,589 babies (6,7%) and Tebing Tinggi with 119 babies (7,4%).

In line with Rinata's research (2015) which states that one of the important things that needs to be done during pregnancy is the preparation of exclusive breastfeeding. Preparing for breastfeeding in pregnant women can affect the success of breastfeeding. From the results of the study it was found that 21% of pregnant women had received antenatal counseling about breastfeeding, while 79% had not received such counseling and 4% who underwent breast care during antenatal visits could have an impact on the success of exclusive breastfeeding, this is due to a lack of confidence in the mother's ability to breastfeed. , problems with baby latch on while feeding, breast tenderness or pain, presumption of insufficient breast milk. However, some of these problems can be overcome, one of which is by providing information during the antenatal period about the benefits of breastfeeding and being mentally prepared to breastfeed.

Mother's knowledge about breastfeeding, the benefits of breastfeeding techniques, how long to breastfeed, and about breastfeeding techniques themselves are still relatively low. This is due to factors of low maternal education or knowledge, cultural factors prevailing in the community, socioeconomic level, and the lack of health workers who provide health education.

Comprehensive health education about breastfeeding is urgently needed. However, the provision of health education about breastfeeding has not been comprehensive so that when mothers experience difficulties, they will ask those who already have breastfeeding experience (Shafei, 2014).

Health education in the community is only given to certain problems and the problems experienced have not been given comprehensively. One hospital in Semarang, health education for breastfeeding mothers only conveys myths about breastfeeding (Hafil, 2014). Meanwhile, health education in one of the hospitals in Surabaya, the health education provided was in accordance with the problems experienced by the mother such as the baby not wanting to breastfeed and the health workers from the hospital teaching the correct breastfeeding technique (Dewi, 2015).

According to Wattimena (2015) the success of breastfeeding mothers depends on breastfeeding techniques for the patient's mother giving birth. The breastfeeding process that needs to be carried out and adhered to by breastfeeding mothers after giving birth, is at least six months. Breastfeeding mothers need strong self-management in self-awareness and self-determination. Knowledge and attitudes of breastfeeding mothers about lactation management greatly affect breastfeeding mothers in breastfeeding, where lactation is the entire breastfeeding process from breast milk produced to the baby sucking and swallowing breast milk (Woja, 2018).

The correct breastfeeding technique is how to give breast milk to the baby with the attachment and position of the mother and baby correctly. To achieve successful breastfeeding, knowledge of correct breastfeeding techniques is needed (Rinata, 2016).

The importance of supporting successful breastfeeding is the first time during pregnancy where a mother-to-be must seek information about the advantages of breastfeeding, the benefits of breastfeeding for babies and mothers and the negative impact of formula feeding. In addition, mothers check their health, pregnancy, nipple condition, perform breast care until they are ready to breastfeed. So that when the mother has given birth to her baby, it is hoped that the mother is ready to give breast milk to her baby (Astutik, 2014).

Based on the results of a preliminary study of 10 postpartum mothers who had babies, 6 of these postpartum mothers said they had never received health education about breastfeeding techniques, 2 postpartum mothers received information from books or electronic media (TV) and 2 more heard experiences from mothers who already have prior experience. Based on the above background, the authors are interested in conducting research on "The Effect of Breastfeeding Technical Health Education on the Behavior of Post Partum Mothers at the Sisumut Health Center Kotapinang Labusel in 2021".

General Purpose, To find out whether there is an Influence of Breastfeeding Technical Health Education on Post Partum Mother's Behavior at the Sisumut Health Center Kotapinang Labusel in 2021. Specific Objectives (1) To identify the behavior of postpartum mothers before being given breastfeeding technique health education at the Posyandu Desa Bangun Sari Tanjung Morawa. (2) To identify the behavior of postpartum mothers after being given health education on breastfeeding techniques at the Posyandu, Bangun Sari Village, Tanjung Morawa. (3) Knowing the Effect of Breastfeeding Technical Health Education on the Behavior of Post Partum Mothers at the Sisumut Health Center Kotapinang Labusel in 2021. Benefits of Research, (1) Researcher Place, As input or

information regarding health education on breastfeeding techniques for post partum mothers in order to know the importance of exclusive breastfeeding and the behavior of post partum mothers in breastfeeding their babies. (2) Educational Institutions. Information/input regarding the understanding of health education on breastfeeding techniques and behavior in post partum mothers. (3) Further Research, As information and development material for similar and ongoing research that can be used as a reference in increasing knowledge about health education on breastfeeding techniques and behavior in postpartum mothers.

2. Research Methods

2.1 Population and Sample

2.1.1 Population

The population in this study were all postpartum mothers who were breastfeeding at the Sisumut Public Health Center, Kotapinang Labusel, as many as 40 people.

2.1.2 Sample

The sample in this study was determined using the Slovin formula, namely:

$$n = \frac{N}{1 + N(e)^2} \quad (1)$$

Information :

n : Sample Size

N : Population Size

e : Percent leeway 1% inaccuracy

$$n = \frac{40}{1 + 40(0,1)^2}$$

= 28 people

So the research sample in this study amounted to 28 people and the sampling was carried out by accidental sampling technique, namely sampling was carried out for 2 weeks postpartum mothers who visited the puskesmas.

2.2 Data Collection Techniques and Research Instruments

2.3.1 Data collection technique

2.2.1.1 Primary data

Primary data were collected directly through interviews and observations including Health Education on Breastfeeding Techniques and Post Partum Mother Behavior at the Sisumut Health Center Kotapinang Labusel in 2021. Interview officers in this study were researchers themselves who were assisted by skilled workers who had been trained beforehand.

2.2.1.2 Secondary Data

Secondary data were obtained from medical records or patient history at the Sisumut Labusel Public Health Center regarding Health Education on Breastfeeding Techniques and Post Partum Mother Behavior at Sisumut Health Center Kotapinang Labusel, and reference books and research results related to the research.

2.3 Validity and Reliability Test

Before collecting primary data, the validity and reliability test of the questionnaire was conducted to determine the extent to which the questionnaire can be used as a measuring tool that represents exogenous and endogenous variables in a study.

2.3.1.1 Bivariate analysis

This analysis was conducted to determine the significance of the relationship between each independent variable and one dependent variable. Bivariate analysis was used with the aim of knowing the effect of health education on breastfeeding and extrinsic techniques on postpartum maternal behavior using the Chi Square X^2 formula, the Chi Square testing process is to compare the frequency that occurs (observed) with the value of the expected frequency (expected).

3. Result And Discussion

3.1 Research result

3.1.1 Characteristics of Respondents

Characteristics of respondents in this study include age, education and occupation. For more details can be seen as follows:

TABLE 1
DISTRIBUTION OF CHARACTERISTICS OF POSTPARTUM MOTHERS IN SISUMUT PUSKESMAS KOTAPINANG LABUSEL IN 2021

Characteristics of Respondents	Frequency (f)	Percentage (%)
Age		
35 years old	23	82.1
>35 years old	5	17.9
Amount	28	100.0
Education		
SD	0	0
JUNIOR HIGH SCHOOL	9	32.1
SENIOR HIGH SCHOOL	13	46.4
Diploma	4	14.3
Bachelor	2	7.1
Amount	28	100.0
Work		
Employee	2	7.1
Farmer	6	21.4
Self-employed	10	35.7
Housewife	6	21.4
Honorary	4	14.3
Amount	28	100.0

Table 4.1 shows that the majority of postpartum mothers age 35 years are 23 people (82.1%), the majority of postpartum mothers have high school education, 13 people (46.4%), and the majority work as entrepreneurs, namely 10 people (35.7 %).

3.1.2 Behavior of Postpartum Mothers Before Health Education Dilakukan

Based on the results of research conducted on postpartum mothers, the behavior before health education on breastfeeding techniques was obtained, as follows:

TABLE 2
DISTRIBUTION OF BEHAVIOR CATEGORIES OF POSTPARTUM MOTHERS BEFORE HEALTH EDUCATION IN BREASTFEEDING ENGINEERING AT SISUMUT PUSKESMAS KOTAPINANG LABUSEL 2021

Behavior	Frequency (f)	Percentage (%)
Well	9	32.1
Not good	19	67.9
Amount	28	100.0

The results of postpartum mother's behavior before breastfeeding technique health education was obtained that the majority of the bad category were 19 people (67.9%), while a few were in the good category there were 9 people (32.1%).

TABLE 3
POSTPARTUM BEHAVIOR SCORES BEFORE BREASTFEEDING ENGINEERING HEALTH EDUCATION AT SISUMUT PUSKESMAS KOTAPINANG LABUSEL, 2021

Behavior	n	Average	SD	Min	max
Prior to treatment	28	3.39	1.618	1	7

The results of the table above show that the behavioral score before carrying out health education on breastfeeding techniques obtained an average value of 3.39 with a standard deviation of 1.618, a minimum value of 1 and a maximum value of 7.

3.1.3 Behavior of Postpartum Mothers After Health Education is Donehatan

Based on the results of research conducted on postpartum mothers, the behavior after health education on breastfeeding techniques was obtained, as follows:

TABLE 4
DISTRIBUTION OF BEHAVIORAL CATEGORY OF POSTPARTUM MOTHERS AFTER BREASTING ENGINEERING HEALTH EDUCATION IN SISUMUT PUSKESMAS, KOTAPINANG LABUSEL, 2021

Behavior	Frequency (f)	Percentage (%)
Well	26	92.9
Not good	2	7.1
Amount	28	100.0

The results of postpartum mother's behavior after breastfeeding technique health education increased, namely the majority of the good category was 26 people (92.9%), while the bad category was 2 people (7.1%).

TABLE 5
POSTPARTUM BEHAVIOR SCORES AFTER BREASTFEEDING ENGINEERING HEALTH EDUCATION AT SISUMUT PUSKESMAS KOTAPINANG LABUSEL IN 2021

Behavior	n	Average	SD	Min	max
After the treatment	28	6.54	1,201	4	8

The results of the table above show that the behavioral score after the breastfeeding technique health education was carried out increased the average value of 6.54 with a standard deviation of 1.201, a minimum value of 4 and a maximum value of 8.

3.1.4 The Effect of Breastfeeding Technical Health Education on the Behavior of Postpartum Mothers at the Sisumut Health Center Kotapinang Labusel in 2021

To determine the effect of health education on breastfeeding techniques on the behavior of postpartum mothers, a bivariate analysis was carried out. However, before that, the data normality test was carried out first.

The normality test aims to determine whether the data used is normally distributed or not with $p > 0.05$. The normality test of the data used was the Shapiro Wilks test with sample reasons ($n < 50$).

TABLE 6
DATA NORMALITY TEST RESULTS

Variable	P	Information	Test
Behavior before treatment	0.026	Abnormal	Wilcoxon
Behavior after treatment	0.004	Abnormal	

Based on the table above, it was found that the behavioral variable before breastfeeding technique health education was obtained p value = 0.026 ($p < 0.05$), meaning that the data was not normally distributed, whereas after breastfeeding technique health education was carried out, p value = 0.004 ($p < 0, 05$), meaning that the data is not normally distributed, so it is permissible to continue using the Wilcoxon test.

TABLE 7

INFLUENCE OF HEALTH EDUCATION ON BREASTFEEDING ENGINEERING ON THE BEHAVIOR OF POSTPARTUM MOTHERS

Behavior	Average	Standard Deviation	P
Prior to treatment	3.39	1.618	<0.001
After the treatment	6.54	1,201	

Based on the table above, the average value of postpartum mother's behavior before treatment was 3.39 with a standard deviation of 1.618 and after being given treatment there was an average increase to 6.54 with a standard deviation of 1.201. It can be concluded that there is an effect of health education on breastfeeding techniques on the behavior of postpartum mothers at the Sisumut Health Center Kotapinang Labusel with a p value of <0.001.

3.2 Discussion

3.2.1 Behavior of Postpartum Mothers Before Giving Breastfeeding Technical Health Education at Sisumut Health Center Kotapinang Labusel

Behavior is the result of all experiences and interactions with the environment that is manifested in the form of knowledge, attitudes, and actions related to health problems (Sarwono, 2004). The behavior in this study is the behavior of postpartum mothers before being given health education regarding breastfeeding techniques at the Sisumut Public Health Center, Kotapinang Labusel.

Based on the results of the study, the mean value of behavior at the time of the pretest was 3.39 with a standard deviation of 1.618. Respondents with a good behavior category at the time of the pretest were 32.1% while the behavior in the bad category was 67.9%. It can be concluded that the behavior of postpartum mothers before being given health education on breastfeeding techniques most of the respondents behaved badly.

This study shows as many as 19 respondents (67.9%) have bad behavior, this condition can be caused by the work of the respondents who are mostly housewives and their experience, so that respondents have limitations in obtaining information including information related to proper breastfeeding technique. This is in accordance with Green's theory which concludes that one of the factors that influence behavior includes predisposing factors which include education (Sabulinda, 2012).

This study also showed that 9 respondents (32.1%) had good behavior regarding breastfeeding techniques. This good level of knowledge can be influenced by the age and education of the respondents. Characteristics of respondent's age result It shows that the majority of respondents are 35 years old and have high school education as many as 13 respondents, at which time a person's grasping power and mindset has reached maturity so that the ability to absorb information and make it a reality. a knowledge the better.

Knowledge of breastfeeding techniques is the respondent's understanding of breastfeeding which is obtained from information sources or their experiences obtained in the environment. When respondents find people around them breastfeeding, the behavior obtained from the situation becomes a source of information for postpartum mothers about the correct breastfeeding technique.

3.2.2 Behavior of Postpartum Mothers After Being Given Breastfeeding Technical Health Education at Sisumut Health Center Kotapinang Labusel

Based on the results of the study, the mean value of behavior at the time of the posttest was 6.54. Respondents with a good behavior category at the time of the posttest were 92.9% while the behavior in the bad category was 7.1%. The results of this study indicate that there is a significant difference between the behavior of postpartum mothers before and after being given treatment. This is due to changes in knowledge where respondents from not knowing to knowing.

Respondents with behavior before treatment obtained an average value of 3.39, there was an increase in behavior after treatment with an average value of 6.54 with p value = <0.001. The results of this study are in line with Nursita (2019) stating that there is an effect of health education on breastfeeding techniques using the explicit instruction method on the knowledge of pregnant

women in Ngeplak Kartasura Village with a p value = 0.0001, where there is a significant difference between the knowledge of pregnant women before (pretest) and after (posttest).

This result is also in line with research by Astuti and Anggarawati (2020) which states that there is a difference in the ability of primiparous postpartum mothers to breastfeed between before and after being given health education about breastfeeding techniques with a p value = 0.001. Also agrees with Munawarah's research (2018) which states that after being given education on breastfeeding techniques, most of the results of the effectiveness are good, as many as 21 respondents (91.3%).

Health education is a process of planned behavior change in individuals, groups, and communities from not knowing to knowing about the value of health to knowing, and from not knowing how to deal with their own health problems to being independent and seen from the score after knowing the pretest comparison score before being given an intervention. So it takes a long time to change a behavior and attitude.

3.2.3 The Effect of Health Education on Breastfeeding Techniques at the Sisumut Health Center, Kotapinang Labusel

The results of the analysis showed that there was an effect of health education on breastfeeding techniques at the Sisumut Public Health Center, Kotapinang Labusel with a p-value <0.001 ($p < 0.05$). Respondents with behavior before treatment obtained an average value of 3.39, an increase in behavior after treatment was carried out with an average value of 6.54.

The results of this study are in line with Wardiyah, Puspitasari, & Susmarini (2019) that there is an effect of health education on increasing the breastfeeding ability of primily postpartum mothers with p value = 0.0001. Also agree with Munawarah's research (2018) which shows that there is an effect of education on breastfeeding techniques on the effectiveness of postpartum mothers in breastfeeding with a p value of 0.0001.

Before conducting health education, researchers conducted a pretest first, then after conducting health education, researchers conducted a posttest with the aim of knowing the effect of health education on breastfeeding techniques on postpartum mothers. Therefore, with the changes that occur between before and after being given health education, there is an influence of health education on breastfeeding techniques on the behavior of postpartum mothers at the Sisumut Health Center Kotapinang Labusel.

Education aims to change knowledge/understanding, opinions, concepts, attitudes, and perceptions as well as instill new behavior or habits in low education and instill new behavior or habits in low education and increase sufficient/less knowledge (Wardiyah, 2011). Puspitasari, & Susmarini, 2019).

The education level of the respondents is mostly high school. Respondents with high school education have the ability to absorb information about breastfeeding techniques relatively better, so that their knowledge of correct breastfeeding techniques is also getting better. This is in accordance with the theory which explains that pregnant women with high education have the strength, intention, and willingness to breastfeed better than pregnant women with low education, because the higher a person's education, the easier it is to receive information, on the contrary if someone has a higher level of education. Low education will hinder the development of a person's attitude towards the recipient of information (Tiruye, et al., 2018).

Breastfeeding technique education is one of the efforts for health workers to be able to provide knowledge about how to breastfeed and the ins and outs of breastfeeding as well as steps in breastfeeding and proper latch on, so as to minimize the occurrence of personal problems that often occur in post partum mothers.

The ability of mothers to breastfeed properly, especially for primiparous mothers, greatly supports the success of mothers in breastfeeding with the correct technique. Proper breastfeeding techniques are often neglected, mothers do not understand the correct management of lactation, for example the importance of breastfeeding, how to give breast milk to babies and the correct breastfeeding position and good attachment of the baby's mouth to the breast so that the baby can suck effectively. Therefore, an adequate level of knowledge is the basis for developing one's way of thinking and a way to make it easier to receive motivation and subsequently provide changes to one's attitudes and behavior in breastfeeding (Himawati and Mawarti, 2019).

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The success of a health education can be influenced by several factors, namely the extension process. Health education is a health education activity, which is carried out by spreading messages, instilling faith, so that people are not aware, know and understand, but are also willing and able to make recommendations related to health. This is in accordance with the theory of knowledge which includes the cognitive domain (Notoatmodjo, 2012) namely: knowing (remembering a previously studied material) and understanding (the ability to explain correctly about known objects and be able to interpret the material correctly).

4. Conclusion

Based on research conducted at the Sisumut Public Health Center, Kotapinang Labusel in 2021, it was concluded: (1) The behavior of postpartum mothers before the majority of breastfeeding technique health education was not good. (2) The behavior of postpartum mothers after health education on breastfeeding techniques is mostly good. (3) There is an Effect of Health Education on Breastfeeding Techniques on the Behavior of Postpartum Mothers at the Sisumut Health Center Kotapinang Labusel in 2021. Suggestions: (1) Place of research, it is hoped that with this research the Sisumut Health Center Kotapinang Labusel will improve postpartum maternal health education, especially breastfeeding techniques by providing counseling to postpartum mothers so that postpartum mothers can know properly and correctly how to breastfeed their babies. (2) Research Institutions It is hoped that this research will add information in the development of science, especially regarding health education on breastfeeding techniques and postpartum maternal behavior. (3) Further researchers, it is hoped that future researchers can become an initial reference in continuing the same research and adding research variables so that the research can be more accurate.

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