



Relationship of Relactation with Mother's Breastfeeding in Sembung Village, Narmada District, West Lombok Regency

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Abstract

Exclusive breastfeeding can help babies achieve optimal growth, development and health. From the data obtained at the Indonesian Ministry of Health in 2017, the coverage of exclusive breastfeeding in the NTB region was 77%, still lagging behind the national coverage of 80%. The highest coverage is in the West Lombok Regency area of 95.8%. Relactation is an attempt to start breastfeeding again after some time has stopped. Relactation aims to change the attitude of mothers to breastfeed their babies again with breast milk. The purpose of this study was to determine the relationship between relactation and breastfeeding for breastfeeding mothers who have children aged 0-2 years in Sembung Village, Narmada District, West Lombok Regency, West Nusa Tenggara in 2020. The research design used in this study was descriptive-analytic with a cross approach. sectional. The population in this study were breastfeeding mothers, with the sample being breastfeeding mothers who had children aged 0-2 years. The number of samples is 30 people, and the sampling method is Purposive Sampling. The data analysis techniques used were univariate and bivariate using the Chi Square test. The results showed that most of the relactation of breastfeeding mothers who had children aged 0-2 years without tools was 24 respondents (80.0%) and breastfeeding was mostly disrupted by 16 respondents (53.3%). There is no statistically significant relationship between relactation and breastfeeding in breastfeeding mothers who have children aged 0-2 years (p value $0.855 > 0.05$). Health workers should be able to provide support and motivation on an ongoing basis to be able to achieve successful relactation in breastfeeding mothers.

Keywords : relactation, exclusive breastfeeding

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Introduction

According to WHO, exclusive breastfeeding is a process when a mother breastfeeds exclusively without giving any food other than breast milk except medicine for the first six months. Exclusive breastfeeding can help babies to achieve optimal growth, development and health because breast milk contains the most suitable and perfect nutrients for babies. Exclusive breastfeeding in Indonesia has been regulated in RI Government Regulation No. 33 of 2012, but the practice of breastfeeding is still relatively low. According to the results of Riskedsa (2018), the proportion of exclusive breastfeeding for infants aged 0-5 month in Indonesia by 37.5%. Meanwhile, the lowest proportion was in the Province of West Nusa Tenggara (NTB) at 20.3%. From the data obtained at the Indonesian Ministry of Health in 2017, the coverage of exclusive breastfeeding in the NTB region was 77%, still lagging behind the national coverage of 80%. The highest coverage is in the West Lombok Regency area of 95.8%. The results of a preliminary study in Sembung village, Narmada sub-district, West Lombok district, found that the number of children aged 0-2 years was 58 people.

The results of Mamonto's research in (2015), showed that the mother's attitude was a factor in providing exclusive breastfeeding. One of the efforts made to overcome this problem is relactation. Relactation is an attempt to start breastfeeding again after some time has stopped. Relactation aims to change the attitude of mothers to breastfeed their babies again with breast milk. The success of relactation is influenced by several factors including education,

education, mother's age, baby's age, stimulation and support from health workers (Sartika, 2012).

The natural disasters of the earthquake that hit Lombok in 2018 to 2019 had an impact on the success of breastfeeding to babies in the affected areas. In supporting the process of successful breastfeeding in emergency situations, especially in the presence of natural disasters, the government and all institutions must have the latest policies that can be adequate and discuss promotion and support for breastfeeding, management of artificial feeding, complementary foods, nutritional needs of pregnant and lactating women, meet the provisions of the International Code on Marketing of Breast Milk Substitute Products and the World Health Assembly Resolutions that follow it, prevention and management of donations of breast milk substitutes, and infant feeding in the context of public health in emergencies and extraordinary events of infectious diseases. One of the efforts made is lactation (Unicef, 2017). The results of Mary's research (2011), stated that lactation can increase the success of breastfeeding which was stopped due to emergency situations (Muresan, 2011).

According to Mehta's research (Salih, 2018). The success of lactation is influenced by several factors including the level of maternal understanding of lactation, the motivation of various parties, especially families and health workers (Muresan, 2011) (Susanto & Rahmawati, 2015)(Cazorla-Ortiz et al., 2020). In addition, most of the mothers who do lactation are mothers in the lower middle class and with a low level of education (Montoya et al., 2020). The level of stress experienced by the mother will also affect the success rate of lactation (Claudine Prudhon, 2016). Research study no. 8 proves that more research is needed on

lactation efforts carried out by the method of administering drugs for lactation efforts. However, from the content of carbohydrates and calcium, it is proven that there is an increase in the amount of levels of breast milk. (Campbell-Yeo et al., 2010)(Lommen et al., 2015) The need for a loving relationship between mother and baby can support the success of breastfeeding.

Method

The research design used in this research is descriptive analytic with a cross sectional approach (Sastroasmoro, 2014). The population in

this study were breastfeeding mothers in the village of Sembung, Narmada District, West Lombok. Total population of 58 people. The sample in this study were breastfeeding mothers who had children aged 0-2 years in Sembung Village, West Lombok Regency. The sampling technique was purposive sampling. The sample size was 30 people. According to Sugiyono (2012), in experimental research, the appropriate sample size in research is 30 to 500 with a minimum sample standard of 30 samples.

Result and Discussion

1. Relactation Mother breastfeeding children aged 0-2 years in Sembung Village, Narmada District, West Lombok Regency

Table 1. Relactation Mothers who have children aged 0-2 years in Sembung Village, Narmada District, West Lombok Regency

Relactation	Amount	Percentage (%)
With Tools	6	20.0
No Tools	24	80.0
Total	30	100.0

Based on table 1, the distribution of respondents based on the results of relactation, the majority of mothers chose relactation without tools as many as 24 respondents (80.0%) and relactation with tools as many as 6 respondents (20.0%). According to Unicef (2018), relactation techniques consist of use with and without aids. Techniques that use assistive devices such as using dropper drops and feeding tubes. Meanwhile, the relactation technique without aids is the use of drugs to increase milk

production. Relactation with assistive devices will require knowledge of the mother, motivation and that support strong for success. The stages of relaxation with tools require several steps to be carried out. Meanwhile, relactation without tools does not require many stages, just following the rules of taking medication. So that more samples choose relactation without tools.

Based on research conducted by Sartika (2012),states that the factors that influence the

success of relactation include mother's knowledge, mother's motivation and the support of health workers. The use of the relactation method with assistive devices for

breastfeeding can increase prolactin levels in nursing mothers who experience problems with breastfeeding (Cluet de Rodríguez et al., 2014).

2. Relactation Mother breastfeeding children aged 0-2 years in Sembung Village, Narmada District West Lombok Regency

Table 2. Breastfeeding for breastfeeding mothers who have children aged 0-2 years in Sembung Village, Narmada District, West Lombok Regency

Breastfeeding	Amount	Percentage (%)
Disturbed	16	53.3
Not distrubed	14	46.7
Total	30	100.0

Based on table 2, the distribution of respondents based on the results of breastfeeding, the majority of mothers who breastfeed were disturbed by 16 respondents (53.3%) and breastfeeding was disrupted by 14 respondents (46.7%). According to Maryunani (2015), problems in breastfeeding that cause breastfeeding to be disrupted include stress factors on the mother, flat or immersed nipples, small amounts of milk, blocked milk ducts, sore nipples, swollen breasts and mastitis. To be able to increase the success of breastfeeding is influenced by several factors, namely the mother's knowledge, physical and psychological

condition of the mother, family support, health service support, and environmental support.

Based on Fahriani research's (2016), factors that influence breastfeeding are maternal psychological factors, family support, knowledge about exclusive breastfeeding, and breastfeeding counseling. This research is in line with research by Astuti (2013), which states that the role of parents is the most dominant factor in exclusive breastfeeding after being controlled by the variables of education, work, attitudes, the role of officers, media exposure and the role of the husband.

3. The Relationship between Relactation and Breastfeeding in Sembung Village, Narmada District, West Lombok Regency

Table 3. The Relationship between Relactation and Breastfeeding in Sembung Village, Narmada District, West Lombok

Relactation	Breastfeeding _				Total	P-value
	Disturbed		Not distrubed			
	N	%	N	%		
With Tools	3	50.0	3	50.0	6	0.855
No Tools	13	54.2	11	45.8	24	
Total	16	53.3	14	46.7	30	

Table 3 shows that 13 samples (54.2%) of relactation without breastfeeding equipment were disrupted, with the results of the chi square analysis which stated that there was no statistically significant relationship between relactation and breastfeeding in breastfeeding mothers who had children aged 0-2 years (p value 0.855 > 0.05). Relactation is one of the efforts made to overcome problems that occur in the breastfeeding process which results in disrupted breastfeeding. Factors that influence the success of relactation are maternal factors, baby's age, motivation, breast stimulation, baby separation period, medication and support that is carried out continuously (Unicef, 2018).

Based on the results of Masita's research (2019), states that the success of relactation is determined by continuous assistance from health workers. In addition, sufficient knowledge is needed for breastfeeding mothers to carry out relactation (Dwi Masita & Maimunah, 2019). This research is in line with Sartika (2012), stating that the success of relactation is influenced by the knowledge, motivation and support of health workers. Breastfeeding mothers who experience problems in breastfeeding, the success of relactation is not determined by relactation

techniques either with tools or using drugs, but it is necessary to provide proper counseling by trained personnel and support from both family and health workers (Mehta et al., 2018).

Conclusion

Relactation of mothers breastfeeding children aged 0-2 years is mostly without tools as many as 24 respondents (80.0%) and breastfeeding for breastfeeding mothers is mostly disturbed by 16 respondents (53.3%). There is no statistically significant relationship between relactation by breastfeeding mothers who have children aged 0-2 years (p value 0.855 > 0.05). Thus, it is necessary for health workers to be able to provide support and motivation on an ongoing basis to be able to achieve successful relactation in breastfeeding mothers.

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