

SUMMARY

EFFECT OF BECOMING-A-MOTHER LACTATION METHOD ON THE SUCCESS OF EARLY BREASTFEEDING INITIATION, BREASTFEEDING TECHNIQUE AND BREASTMILK DISCHARGE AT RUMAH SAKIT IBU ANAK KENDANGSARI SURABAYA

A Pre-Experimental Study

By:

Aben Bahagia Yuyoster Harsi Romana

The success of breastfeeding in post-partum mothers is affected by early breastfeeding initiation (EBI) at delivery since it has been proved that it has a role in the success of further breastfeeding process (Suradi, 2010). Early breastfeeding initiation (EBI) is the capability of infants to suckle immediately after birth, within the first 60 minutes or 1 hour after being born, and skin contact occurs between newborn and the mother (Suradi, 2010).

The success of lactation is also affected by the mother's preparedness and appropriate breastfeeding technique. Immediate and frequent breastmilk provision after birth has been proved to increase breastmilk production to further meet the needs of the baby. Appropriate suckling by the baby may result in optimum breastmilk discharge, leading to optimum stimulation of the hypophysis. In addition, it is also psychologically able to deepen affection between the mother and the baby (Roesli, 2008).

Current existing problem is that breastfeeding in Indonesia has not been optimum. Data from Indonesian health demographic survey in 2003 showed reduction in exclusive breastfeeding range up to 5 months, from 42.4% (1997) to 39.5% (2002). Breastfeeding in one-hour post-partum decreased from 8% (1997) to 3.7% (2002). The primary reason of the mothers not to breastfeed is that the breastmilk production is less. However, biologically, it is only found in 2.5%, while the other 95-98% of the mothers are able to produce sufficient breastmilk (Roesli, 2004). This is due to the mothers' lack of knowledge on breastmilk benefit and appropriate breastfeeding method, insufficient lactation counseling and support of health providers, sociocultural perception against the provision of breastfeeding, insufficient condition for working mothers, and aggressive marketing by formula milk companies, which is not only affecting the mothers, but also the health providers (Baskoro, 2008).

Rumah Sakit Ibu Anak Kendangsari Surabaya is one of mother and child health care center that has applied early breastfeeding initiation. The result of interview with the hospital's management revealed that pregnant women joining lactation class mostly had a wish to be able to provide breastmilk to their babies as early as possible and to find the appropriate method of breastfeeding so that the baby may have further exclusive breastmilk.

This study used maternal role attainment - Becoming-a-Mother nursing model, developed by Ramona T. Mercer, as the research framework to test the intervention of becoming-a-mother lactation module. The application of this theory describes the process of maternal role attainment and the process to become a mother. This theory is emphasized at antepartum phase (pre-delivery) in attaining maternal role. The objective of the care is to support during pregnancy to improve mothers' self-confidence. Maternal role attainment can be reached if they are close to their babies and obtaining support from their partners, including the expression of satisfaction and respect to the subsequent role after delivery (Alligood, 2002).

Population in this study comprised all pregnant women joining lactation class with pregnancy age of trimester III at Rumah Sakit Ibu Anak Kendangsari Surabaya from May 1 to June 30, 2012. Samples comprised two groups, control group consisting of 14 respondents who received becoming-a-mother lactation model, and intervention group consisting of 14 respondents joining lactation class at the same hospital who met inclusion criteria, such as primigravides and multigravides, age 20-45 years, pregnancy age 34-40 weeks, minimum education of senior high school, giving birth at Rumah Sakit Ibu Anak Kendangsari Surabaya, normal or sectio caesarean delivery, and visiting Rumah Sakit Ibu Anak Kendangsari Surabaya for medical control after discharge. Sampling was done using consecutive sampling.

Results revealed there was no difference in husband support between both groups after the provision of becoming-a-mother lactation module ($p = 0.06$). There was no difference in mothers' knowledge in both groups after the provision of becoming-a-mother lactation module ($p = 0.324$), no difference in EBI time in both groups after the provision of becoming-a-mother lactation module ($p = 0.549$), no difference in breastfeeding technique in both groups after the provision of becoming-a-mother lactation module ($p = 0.979$), and there was no difference in breastmilk discharge in both groups after the provision of becoming-a-mother lactation module ($p = 0.453$).

In conclusion: lactation module becoming-a-mother has no impact for successful initiation of early breastfeeding, breastfeeding technique and breastmilk discharge.