

ABSTRACT

THE EFFECT OF HEALTH EDUCATION ABOUT LACTATION MANAGEMENT ON THE BEHAVIOUR OF POST PARTUM MOTHERS IN GIVING EXCLUSIVE BREASTFEEDING

A pre experimental study
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Lactation management was needed for the succes of exclusive breastfeeding. The main problem is the scope of exclusive breastfeeding reduce gradually. Lactation process is often impeded by many factors, one of that factors is lack of lactation management knowledge and mother's skill in lactating. This condition is commonly found among primiparous post partum mothers. This problem can be overcome by providing health education of lactation management for the success of exclusive breastfeeding (0-6 months). The purpose of this study was to analyze the effect of health education towards the behavior of post partum mothers in giving exclusive breastfeeding and mothers are able to conduct lactation process appropriately.

This study was one group *pretest-posttest design* with one subject group with total sample consisting of 14 respondents. Data were collected using quistionnaire and observation was analyzed statistically using *wilcoxon signed rank test* with significant level of $p < 0.05$.

The result of statistical showed effect between health education of lactation manajemen and behaviour (knowledge, attitude, skill) of post partum mothers in giving eksklusive breastfeeding with $p = 0.003$ for knowledge, $p = 0.046$ for attitude, $p = 0.003$ for skill.

In conclusion, there is significant effect between of health education about lactation management and behaviour of post partum mothers in giving exclusive breastfeeding. It is suggested to have further research with more respondents and control of confounding variable and using audio visual methode in health education of management lactation to gain better result of research.

Key words: health education, lactation management, behaviour in giving breast feeding