

The Relationship Of Breast Care And Interest In Breastfeeding With The Smoothness Of Breast Milk Production In Breastfeeding Mother At Integrated Health Service Work Area Mopah New Health Center, District Merauke In 2023

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ABSTRACT

One of the causes of insufficient breast milk production is the lack of implementation of breast care and the mother's low interest in breastfeeding regularly. This study aims to determine the relationship between breast care and interest in breastfeeding with the smooth production of breast milk (ASI) in breastfeeding mothers at posyandu in the Mopah Baru Community Health Center Working Area, Merauke Regency in 2023. This research uses an analytical observational research design with a cross sectional approach. Using a purposive sampling technique, a sample of 36 respondents was obtained, the independent variable (the relationship between breast care and interest in breastfeeding) and the dependent variable (the smooth production of breast milk (ASI)) using a questionnaire. The Chi-Square statistical test was used to determine the relationship between the two variables. The results of research from 36 respondents showed that the majority of respondents did not perform breast care, namely 24 respondents (66.7%), the majority had a high interest in breastfeeding, namely 23 respondents (63.9%), and the majority of respondents had milk production. There were 21 respondents (58.3%) who were breastfeeding smoothly. Analysis using the Chi-Square statistical test found that there was a relationship between breast care and the smooth production of breast milk (ASI) in breastfeeding mothers at the posyandu in the Mopah Baru Community Health Center Working Area, namely $p \text{ value} = 0.000 < 0.05$, and there was a relationship between interest in breastfeeding and the smooth production of water. Mother's milk (ASI) in breastfeeding mothers at the posyandu in the Mopah Baru Community Health Center Working Area is $p \text{ value} = 0.001 < 0.05$. Proper breast care and a high interest in breastfeeding are related to the smooth flow of breast milk so that in order to produce breast milk more smoothly, it is necessary to carry out routine breast care and it is necessary to foster a high interest in breastfeeding. Therefore, it is hoped that breastfeeding mothers can routinely apply breast care and can foster a high interest in breastfeeding so that breast milk production runs smoothly.

Keywords: Breast Care, Interest in Breastfeeding, Smooth Breast Milk Production

INTRODUCTION

A problem that often arises during breastfeeding is insufficient breast milk syndrome, this is caused by the baby's adequate supply of breast milk not being met so that the baby experiences dissatisfaction after breastfeeding, the baby often cries or is fussy, the baby's stools are hard and the breasts feel enlarged. Basically, breast milk is not lacking, breastfeeding mothers can easily produce 600 ml of breast milk per day. Adequacy can be assessed from the baby's weight gain regularly, the frequency of urinating at least 6 times a day (Widiastini, Sugianti and Lutfiana, 2020).

The World Health Organization (WHO) in 2021 reported data on exclusive breastfeeding globally, namely that around 44% of babies aged 0-6 months worldwide received exclusive breastfeeding during the 2015-2020 period, this has not yet reached the target for coverage of exclusive breastfeeding in world, namely 50% (WHO, 2021).

Data from the Central Statistics Agency for 2023 shows that in Indonesia, the coverage of babies receiving exclusive breast milk in 2020 was 69.62%. Coverage of exclusive breastfeeding increased in 2021, namely by 71.58%, and continued to increase in 2022, namely by 72.04% (Central Statistics Agency, 2023).

Data from the Central Statistics Agency for 2023 shows that the percentage of exclusive breastfeeding coverage in Papua Province in 2020 was 74.56%, and decreased slightly in 2021 during Covid-19, namely 74.08%. In 2022 the coverage of exclusive breastfeeding will again increase by 0.1%, namely from 74.08% to 74.18% (Central Statistics Agency, 2023).

Based on data obtained from the Merauke District Health Service in 2023, it shows that the coverage of exclusive breastfeeding in Merauke District in 2021 is 56%, and in 2022 it is 65.9%. Mopah Baru Community Health Center is one of the Community Health Centers in Merauke Regency. Exclusive breastfeeding coverage at the Mopah Baru Health Center in 2021 is 9.39%, and in 2022 it is 5.26%. This data is still far from being compared to Jagebob Community Health Center which has reached 100%, Ilwayab Community Health Center 91.9% and Kaptel Community Health Center 91.7%. Apart from that, the Mopah Baru Community Health Center's exclusive breastfeeding data coverage is still below the target set by the Indonesian Ministry of Health, namely 80% (Merauke District Health Service, 2023).

The United Nations Children's Fund (UNICEF) states that the deaths of around 30 thousand children in Indonesia each year can be prevented through exclusive breastfeeding for 6 months from the birth of the baby. In dealing with this, the Government has established government regulation No. 33 of 2012 concerning exclusive breastfeeding. Apart from that, there is also Minister of Health Regulation number 15 of 2013 concerning Procedures for Providing Special Facilities for Breastfeeding and/or Expressing Breast Milk, Minister of Health Regulation number 39 of 2013 concerning Baby Formula Milk and other Baby Products, Minister of Health Regulation number 41 of 2014 concerning Guidelines for Balanced Nutrition, and policies regarding exclusive breastfeeding are contained in Law number 36 of 2019 concerning Health article 128 paragraph 1. Several provinces also have policies regarding exclusive breastfeeding through regional regulations, regent regulations, and others of the same nature (Nurliza and Imelda Diana Marsilia , 2020).

Even though various efforts have been made to implement an exclusive breastfeeding program, it turns out that there are still many factors that cause a lack of breast milk production, such as anatomy and physiology, psychology and social support. These obstacles have an impact on the risk of failure to achieve exclusive breastfeeding. One way to facilitate the breastfeeding process is to carry out regular breast care (Eichi Septiani, 2020).

Breast care is caring for the breasts after a mother gives birth and breastfeeding, which is a method used to care for the breasts so that milk comes out smoothly. Breast care is very important during pregnancy and breastfeeding. This is because the breast is the only producer of breast milk, which is the staple food for newborn babies, so it must be done as early as possible (Emilda, 2020).

Apart from breast care, in order for breast milk production to increase, the mother needs to be interested in breastfeeding the baby. Interest is a desire that is driven after needs are seen, observed, compared and considered. Respondents' interests ranged from predisposing factors (knowledge, attitudes and beliefs), supporting factors (health facilities or availability of facilities), to strengthening or motivational factors (family support, peers, roles) achieved (Rachmawati, 2019).

Based on a preliminary study conducted at the integrated health center in the Mopah Baru Community Health Center Working Area in March 2023 with 10 breastfeeding mothers, it was found that 4 breastfeeding mothers (40%) had less breast milk production, and 6 breastfeeding mothers (60%) had normal breast milk production. Mothers who have less breast milk production are caused by mothers not knowing how to care for their breasts so they don't do it, and mothers' low interest in breastfeeding regularly. In fact, regular breast care and a high interest in breastfeeding will increase breast milk production.

In research conducted by Damanik with the title "The Relationship between Breast Care and Smooth Breastfeeding in Postpartum Mothers" shows that there is a relationship between breast care and smooth breastfeeding in postpartum mothers with a value of $p = 0.030$ ($p.value < 0.05$) (Damanik, 2020).

It is hoped that health workers, especially midwives, can participate more in promotive and preventive actions for breastfeeding mothers, such as providing breast care training to breastfeeding mothers and providing information on the importance of having a high interest in breastfeeding so that breast milk production runs smoothly.

Based on the background above, the author is interested in conducting research on "The Relationship between Breast Care and Interest in Breastfeeding with the Smooth Production of Breast Milk in Breastfeeding Mothers at the integrated health service in the Working Area of the Mopah Baru Community Health Center, Merauke Regency in 2023".

METHOD

This research uses an analytical observational research design with a cross sectional approach. With purposive sampling technique, a sample of 36 respondents was obtained, the independent variable (relationship between breast care and interest in breastfeeding) and the dependent variable (smooth production of breast milk) using a questionnaire. The Chi-Square statistical test was used to determine the relationship between the two variables. Data analysis found that there was a relationship between breast care and the smooth production of breast milk (ASI) among breastfeeding mothers in the integrated health service in the Mopah Baru Community Health Center Working Area, namely $p\text{ value} = 0.000 < 0.05$, and there was a relationship between interest in breastfeeding and the smooth production of breast milk (ASI). in breastfeeding mothers at the integrated health service in the Mopah Baru Community Health Center Working Area, namely $p\text{ value} = 0.001 < 0.05$.

RESULTS

Table. 1 Distribution of Respondent Characteristics and Variables

Research result	Frequency (f)	Percent (%)
Age		
<25 Years	22	61,1
>25 Years	14	38,9
Parity		
Primigravida	25	69,4
Multigravida	11	30,6
Breast Care		
No	24	66,7
Of	12	33,3
Interest in Breastfeeding		
Low	13	36,1

Height	23	63,9
Smooth breast milk production		
Not smooth	15	41,7
Fluent	21	58,3
Amount	36	100

Source: Research Questionnaire, January 19, 2024

Table 2. Cross Tabulation Between Variables

				Criteria Breastfeeding	for Smooth	Total
				Not smooth	smooth	
Breast Criteria	Care	No	Frequency	15	9	24
			%	100%	42,9%	66,7%
	Of		Frequency	0	12	12
			%	0%	57,1%	33,3%
Total			Frequency	15	21	36
			%	100%	100%	100%
Criteria Interest Breastfeeding	for in	Low	Frequency	13	0	13
			%	86,7%	0%	36,1
	Height		Frequency	2	21	23
			%	13,3%	100%	63,9%
Total			Frequency	15	21	36
			%	100%	100%	100%

Source: Research Questionnaire, January 19, 2024

Based on table 2 above, it is known that respondents who did not perform breast care were found to have poor breast milk production, namely 15 respondents (100%), and respondents who had a high interest in breastfeeding were found to have low breast milk production. smoothly, namely 21 respondents (100%).

Analysis of Research Statistical Test Results

		Value	Approx. Sig
Nominal by Nominal	Contingency Coefficient	102.857	.000
N of valid Cases		36	

The results of research analysis regarding the relationship between breast care and the smooth production of breast milk based on statistical tests using the Chi-Square test showed that $p = 0.000 < 0.05$, so H_0 was rejected and H_1 was accepted, which means there is a relationship between breast care and the smooth production of milk. Mothers in the Mopah Baru Community Health Center Working Area.

		Value	Approx. Sig
Nominal by Nominal	Contingency Coefficient	28.487	.001
N of valid Cases		36	

The results of the research analysis regarding the relationship between interest in breastfeeding and the smooth production of breast milk (ASI) based on statistical tests using the Chi-Square test showed that $p = 0.001 < 0.05$, so H_0 was rejected and H_1 was accepted, which means there is a relationship between interest in breastfeeding and the smooth production of milk. Mothers in the Mopah Baru Community Health Center Working Area.

DISCUSSION

Identify Breast Care

Based on table 1, it is known that of the 36 respondents, the majority of respondents who did not perform breast care were 24 respondents (66.7%), and those who did breast care were 12 respondents (33.3%).

The results of this study are in line with research conducted by (Wahyuni et al., 2022) that the majority of respondents who did not have breast care were 19 respondents (63.3%), and those who did breast care were 11 respondents (36.3%). %).

Massage techniques and stimulation of the mother's nipples are carried out as breast care which is useful for triggering the release of breast milk. Breast care for postpartum mothers is very important in preparing the breasts in good condition when breastfeeding. Breast care for postpartum mothers includes breast hygiene both before and after breastfeeding as well as caring for the mother's nipples so that they do not get sore, the nipples become limp and not hard or dry so that the baby can feel comfortable when given breast milk (Widiastini, Sugiartini and Lutfiana, 2020).

Breast care that is not carried out properly often causes cases that are detrimental to the mother and baby, including: breast milk not coming out, nipples not protruding so the baby has difficulty sucking, little milk production so it is not sufficient for the baby's needs, infections in the breast so the breasts become swollen and festering, appear. lump in the breast (Mutianingsih, Wathaniah and Mariani, 2018).

According to the researchers' opinion, the majority of respondents who did not carry out breast care, namely 24 respondents (66.7%), were because the respondents did not know how to carry out breast care properly. Of the 7 steps for breast care, what most respondents knew was only the second step, namely the mother sitting in a chair and the seventh step, namely drying the breasts with a dry towel and after that wearing a bra and clothes.

According to the researcher's opinion, there were 12 respondents (33.3%) who carried out breast care because the mother already knew the correct way or steps to carry out breast care, including: washing hands before cleaning the breasts, the mother sitting in a chair, put a towel on the back and under the breasts, clean the breasts with cotton wool soaked in oil, do the massage in 3 movements for 20-30 times on both breasts alternately, compress the mother's breasts with a washcloth, and dry the breasts with a dry towel after that wearing a bra and shirt.

Identify Interest in Breastfeeding

Based on table 1, it is known that of the 36 respondents, it was found that the majority had a high interest in breastfeeding, namely 23 respondents (63.9%), and those who had a low interest in breastfeeding, namely 13 respondents (36.1%).

The results of this research are in line with research conducted by (Yulianto et al., 2022) that the majority of respondents who had a high interest in breastfeeding were 40 respondents (71.4%), and those who had a low interest in breastfeeding were 16 respondents (28.6%).

Several factors influence a mother's interest in breastfeeding, including knowledge factors, imitation of friends, socio-cultural factors, psychological factors, physical factors of the mother, behavioral factors, and health worker factors. A person will have high interest if the information they have is strong enough to convince them that breastfeeding behavior is worth doing. The interest that a person already has should be strengthened by increasing knowledge about breast milk, its advantages, composition, benefits and virtues. Knowledge is needed to strengthen the mother's interest in providing breast milk (Koten, 2021).

According to the researcher's opinion, the majority of respondents who have a high interest in breastfeeding, namely 23 respondents (63.9%) are because mothers already know the benefits of breast milk so that mothers have a strong desire and enthusiasm to breastfeed their babies, mothers try to be happy and remain calm when breastfeeding. breastfeeding so that the mother's psychological condition does not affect the amount of breast milk that comes

out, and the mother is willing to sacrifice her time, money and energy to be able to express breast milk for her baby.

According to the researcher's opinion, the number of respondents who had low interest in breastfeeding, namely 13 respondents (36.1%) was caused by a decrease in maternal satisfaction with breastfeeding, mothers not breastfeeding regularly every one and a half hours or every 2 hours, and when mothers experienced problems in breastfeeding. breastfeeding, the mother does not try to buy a breast pump or does not try to carry out breast care but immediately buys formula milk as a substitute for breast milk.

Identify the Smooth Production of Mother's Milk (ASI)

Based on table 4.5, it is known that of the 36 respondents, it was found that the majority of respondents had smooth breast milk (ASI) production, namely 21 respondents (58.3%), and those who had non-smooth breast milk (ASI) production were 15 respondents (41.7%).

The results of this research are in line with research conducted by (Yulianto et al., 2022) that the majority of respondents who had smooth breast milk (ASI) production were 37 respondents (66.1%), and those who had breast milk production (breast milk) is not smooth, namely 19 respondents (33.9%).

Several things that can influence breast milk production include: food, mental and mental peace, use of contraceptives, breast care, interest in breastfeeding, physiological factors, rest patterns, the child's sucking factor or breastfeeding frequency, the baby's birth weight, and gestational age at delivery (Ulina Br Warinangin Race, 2023).

According to the researcher's opinion, the majority of respondents who had smooth breast milk (ASI) production, namely 21 respondents (58.3%), was because the mother's breast milk flowed out without the mother squeezing the breasts, the mother's breasts often felt full or tense before breastfeeding, and The mother's breast milk comes in as soon as the baby starts breastfeeding.

According to the researcher's opinion, there were respondents whose breast milk (ASI) production was not smooth, namely 15 respondents (41.7%) because the mother felt that her breast milk production was not sufficient for the baby's needs, the mother's breast milk did not come out when the areola was squeezed so the mother needed to squeeze. with energy, after breastfeeding the mother's baby is sometimes still fussy, and the mother's baby urinates less than 8 times per day.

Analysis of the Relationship between Breast Care and the Smooth Production of Mother's Milk in the Mopah Baru Community Health Center Work Area

The research results showed that of the 36 breastfeeding mothers, the majority of those who did not perform breast care were found to have poor breast milk production, namely 15 respondents (100%). The results of the chi square test show that $p\text{ value} = 0.000 < 0.05$, so H_0 is rejected and H_1 is accepted, which means there is a relationship between breast care and the smooth production of breast milk in the Mopah Baru Community Health Center Working Area.

The results of this research are in line with research conducted by (Damanik, 2020) which showed that of 30 breastfeeding mothers, the majority of those who underwent breast care were found to have smooth breast milk production, namely 13 respondents (72.2%). The results of the chi square test show that $p\text{ value} = 0.030 < 0.05$, so H_0 is rejected and H_1 is accepted, which means there is a relationship between breast care and the smooth production of breast milk in postpartum mothers.

Good and correct breast care has an important role in increasing breast milk production. Breast care should be started as early as possible, namely 1-2 days after the baby is born and done twice a day. Breast care includes breast massage, breast emptying, breast compression and nipple care (Utari and Desvira, 2021).

According to the researcher's opinion, the majority of respondents who did not undergo breast care were found to have poor breast milk production, namely 15 respondents (100%)

because breast care can affect the smooth flow of breast milk. There are often cases that mothers experience due to not taking care of their breasts which has an impact on breast milk production. These cases include: breast milk not coming out, nipples not protruding so the baby has difficulty sucking, little milk production so it is not sufficient for the baby's needs, and infection in the breast so the breast swells and becomes inflamed (mastitis). Breast care is related to the smooth flow of breast milk so that breast milk production runs smoothly, it is necessary to carry out routine breast care.

According to the researchers' opinion, 9 respondents who did not perform breast care were found to have smooth breast milk production because the respondents had a high interest in breastfeeding and did not experience disturbances or problems when breastfeeding. Apart from that, even though respondents did not take breast care steps properly, respondents still routinely cleaned their breasts with a dry towel and additionally wore clean bras and clothes.

Analysis of the Relationship between Interest in Breastfeeding and the Smooth Production of Mother's Milk in the Mopah Baru Community Health Center Working Area

The research results showed that of the 36 breastfeeding mothers, the majority of those who had a high interest in breastfeeding were found to have smooth breast milk production, namely 21 respondents (100%). The results of the chi square test show that $p \text{ value} = 0.001 < 0.05$, so H_0 is rejected and H_1 is accepted, which means there is a relationship between interest in breastfeeding and the smooth production of breast milk in the Mopah Baru Community Health Center Working Area.

The results of this study are in line with research conducted by (Yulianto et al., 2022) which showed that of 56 breastfeeding mothers, the majority who had a high interest in breastfeeding were found to have smooth breast milk production, namely 35 respondents (62, 5%). The results of the chi square test show that $p \text{ value} = 0.000 < 0.05$, so H_0 is rejected and H_1 is accepted, which means there is a relationship between interest in breastfeeding and the smooth production of breast milk .

Promotion of exclusive breastfeeding from an early age can increase mothers' interest in providing exclusive breastfeeding to babies. A high interest in breastfeeding can affect breast milk production. It is recommended to all midwives to promote exclusive breastfeeding by using the child and mother health book at every class for pregnant women. Apart from that, midwives are also expected to follow up on the mother's interest in providing exclusive breastfeeding until the baby is born and successfully receive exclusive breastfeeding (Taqwin, Linda and Ifda, 2022).

The more frequently a child sucks on the mother's nipple, the more breast milk production will occur, and conversely, if the child stops breastfeeding, the breast milk production will decrease. If a baby sucks on the nipple, the hormone prolactin will be produced which regulates the cells in the alveoli to produce milk. A good breastfeeding frequency is 10-12 times per day or at least 8 times per day and 10 to 20 minutes for each breast. The distance between breastfeeding is one and a half hours or every 2 hours. Increasing the frequency of breastfeeding will also speed up the onset of lactation. Postpartum mothers are expected to breastfeed their babies as often as possible to prevent delays in the onset of lactation. Breastfeeding with a frequency of more than 6 times in the first 24 hours after the baby is born can guarantee adequate breast milk in the following days (Yulianto et al., 2022).

According to the researcher's opinion, the majority of respondents who had a high interest in breastfeeding were found to have smooth breast milk production, namely 21 respondents (100%) because interest in breastfeeding can influence the smooth flow of breast milk. Mothers who already know the benefits of breast milk will have a strong desire and enthusiasm to breastfeed their babies, mothers try to be happy and remain calm when breastfeeding so that the mother's psychological state does not affect the amount of breast milk that comes out, and mothers are willing to sacrifice their time, money and energy to be able to

express breast milk. for the baby. Interest in breastfeeding is related to the smooth flow of breast milk, so that in order to produce breast milk more smoothly, mothers need to develop a high interest in breastfeeding.

According to the researcher's opinion, there were 2 respondents who had a high interest in breastfeeding who were found to have poor breast milk production because the respondents did not regularly care for their breasts and therefore experienced problems or problems when breastfeeding. Even though the mother's interest is high, if it is not balanced with good breast care behavior, it can affect the smooth flow of breastfeeding.

CONCLUSION

1. Most respondents did not perform breast care, namely 24 respondents (66.7%).
2. The majority had a high interest in breastfeeding, namely 23 respondents (63.9%).
3. Most respondents had smooth breast milk (ASI) production, namely 21 respondents (58.3%).
4. There is a relationship between breast care and the smooth production of breast milk (ASI) in breastfeeding mothers at the integrated health service in the Mopah Baru Community Health Center Working Area, namely $p \text{ value} = 0.000 < 0.05$
5. There is a relationship between interest in breastfeeding and the smooth production of breast milk (ASI) in breastfeeding mothers at the integrated health service in the Mopah Baru Community Health Center Working Area, namely $p \text{ value} = 0.001 < 0.05$

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