

IMPLEMENTATION OF SOCIALIZATION OF BANANA HEART EXTRACT AND PAPAYA LEAVES TO BREASTFEEDING MOTHERS AS AN EFFORT TO PROVIDE EXCLUSIVE BREASTFEEDING

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Abstract

The living environment influences increasing the volume of breast milk in addition to family income and mother's knowledge. The problem in this study is the lack of volume of breast milk in breastfeeding mothers so it has a negative impact on the coverage of exclusive breastfeeding. The purpose of this study was to analyze the implementation of socialization of banana heart extract and papaya leaves on breastfeeding mothers as an effort to provide exclusive breastfeeding. This research method is an observational cross-sectional and pre-experimental design in the form of a one-group pre-post test design conducted in December 2021 in Aceh Barat with a sample of 45 mothers who have babies. The results of the study were based on before the implementation of the socialization test was carried out, the score was 17.8% for breastfeeding mothers, but after the implementation of the socialization test, the score was 48.9% for breastfeeding mothers. Where the mean value is 6.91 and the SD value is 1.345, while the P-value is $0.000 < \alpha < 0.05$. Conclusion The changes that occurred to breastfeeding mothers were initially only 17.8%, but after socialization, it increased to 48.9% of mothers who breastfeed. If mothers regularly consume this extract from the beginning of pregnancy to breastfeeding, it is possible that all breastfeeding mothers will have their baby's needs met, so that the coverage of exclusive breastfeeding will be even better. Suggestions make it a habit for mothers to always breastfeed by regularly consuming foods that are high in nutritional value, such as extracts of Banana Heart and Papaya leaves which are easily available in the environment around the place of residence, from the beginning of pregnancy to the end of breastfeeding.

Keywords: *Breastfeeding, Environment, Family Income, Knowledge*

1. INTRODUCTION

Mother's Milk is an emulsion of fat in a solution of protein, lactose, and inorganic salts secreted by the mother's mammary glands, which is useful as food for her baby. Mother's milk as natural food is the best food that a mother can give to her child. Breast milk also contains protective substances that can prevent babies from various infectious diseases. Breastfeeding also has a tremendous emotional impact that affects the inner relationship of mother and child, and also the psychology of the child. Breast milk also contains high-quality nutrients that are useful for the growth and development of the intelligence of infants/children (Rahmawati, A., & Prayogi, B, 2017)

Breastfeeding is a natural way to maintain good nutrition, increase endurance and maintain emotions during the baby's growth and development. According to (Aldy, O. S., Lubis, et al, 2016). Breast milk contains the necessary nutrients as well as anti-bacterial and anti-viral factors that protect the baby against infection. Several studies have shown that breast milk can reduce the incidence of various infections during infancy and toddlerhood such as gastroenteritis, respiratory infections, otitis media, neonatal sepsis, and urinary tract infections. P Zainuddin, Z., & Munadhir, M. (2020), The role of parents is very important in raising and nurturing children from the womb,

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birth, to adulthood. One of the important roles of mothers is to provide good nutrition for babies, such as giving breast milk (ASI), but there are still many mothers who ignore exclusive breastfeeding for reasons of substandard milk production, this is a physiological change that occurs in postpartum Among them is the smooth production of Mother's Milk.

Mother's milk contains nutrients according to the baby's needs for growth, immunity, preventing various diseases, and for the baby's intelligence. However, many mothers experience difficulty with milk coming out. This causes the baby to not get enough milk and the mother decides to give formula milk. Some mothers are afraid to breastfeed, so there is a dam of breast milk which can reduce the baby's sucking at the breast, causing the amount of milk to be small and not sufficient for the baby's needs (Boang Manalu, A., et al, 2021).

Nutrition is one of the factors that affect the production of breast milk (ASI). Insufficient breast milk is one of the factors causing the failure of exclusive breastfeeding. Previous research said that the banana flower (*Musa balbisiana* L.A.Colla) is a local Indonesian plant that contains galactagogue and has the potential to increase breast milk volume. the Banana heart can be an alternative snack with high nutritional value for breastfeeding mothers (Okinarum, G. Y, et al, 2020). The low understanding of mothers, families, and communities about the importance of breast milk (ASI) for babies and the absence of support or regulations at the Regency/City level has resulted in the Exclusive Breastfeeding program not running well.

According to previous research, papaya leaf is a supplement that is a traditional plant and has the potential to increase milk production. about the benefits of papaya leaves as a breast milk promoter (Nafiâe TMah, R., et al, 2019). One solution to deal with this is by consuming papaya leaves which contain laktagogum so that it is useful to help smooth out breast milk. (Putri, R. N. A., et al, 2020). Papaya leaf is a galactagogue that contains quercetin which can activate the prolactin hormone and help increase breast milk (Ikhlasih, M. I., & Winarni, L. M, 2020). Papaya leaves contain several important nutrients, several studies have been carried out, Entin (2002) proves that papaya leaf is a supplement that is a traditional plant and has the potential to increase breast milk production (Widianto, D. A., et al, 2020).

According to the WHO in 2017 only 36% in the world received exclusive breastfeeding, while in 2018 the exclusive breastfeeding rate was 23% to 28% per year, but in 2019 all over the world and only 45% of children were breastfed for 2 years and two out of five children under 6 months are exclusively breastfed (WHO, 2019). In Indonesia in 2017 it was only 29.5%, in 2018 it increased slightly to 68.74%, in 2019 it was only 50% and in 2020 it was 66.06%. The province of Aceh has an exclusive breastfeeding coverage rate in 2019 which is only 55%. In 2020 slightly increased to 59%. One of them includes the West Aceh district, namely in 2019 only 65% while in 2020 it decreased to 44% (Aceh Health Profile, 2020), this shows that the National target planned by the government is 80%.

From this data, including the Pantan Reuh sub-district where the coverage of exclusive breastfeeding is only 13% according to the Health Service Report 2021, January-June. Based on direct observations, the causes of failure of exclusive breastfeeding to infants are due to lack of knowledge, due to the lack of understanding of mothers about breastfeeding, insufficient family income to get nutritious food, and the environment where they live is difficult to get food ingredients. So based on the problems and recommendations of the previous research above, it is necessary to conduct research on "Implementation of Socialization of Banana Bleeding and Papaya Leaf Extracts in breastfeeding mothers as an effort to provide exclusive breastfeeding".

2.RESEARCH METHODS

The research used was observational cross-sectional and Pre Experiment Design in the form of a one-group pre-post test design. The population of this research is mothers who have babies as many as 45 samples which will be held in December 2021 in Pantan Reuh District, West Aceh. Before carrying out the implementation of the socialization of banana heart and papaya leaf extracts, the researcher gave a test related to the state of stress, breastfeeding intensity, and living environment

that had an impact on the volume of breast milk as a pretest to breastfeeding mothers who then-new researcher, carried out further socialization implementation, the subject was given a questionnaire as a post-test. test to see the changes after the implementation of the outreach by means of observation conducted 2 times for 1 month after the implementation of the outreach.

3.RESEARCH RESULT

Table 1. Before the implementation of socialization

Variable	Frequency	%
Family Income		
Tall	28	62,2
Low	17	37,8
Knowledge		
Good	29	64,4
Not enough	16	35,6
Living environment		
Good	30	66,7
Not enough	15	33,3
Exclusive Breastfeeding		
Yes	8	17,8
Not	37	82,2

Based on the table prior to the socialization above, it is known that the majority of respondents' family income before counseling was in the high category with a total of 28 people (62.2%), while the knowledge of respondents who were categorized as good with a total of 29 people (64.4%). Furthermore, it can be seen that the majority of respondents are in the good category with a total of 30 people (66.7%) and it is known that the majority are not breastfeeding with a total of 37 people (82.2%).

Table 2. After the implementation of the socialization

Variable	Frequency	%
Family Income		
Tall	44	97,8
Low	1	2,2
Knowledge		
Good	43	95,6
Not enough	2	4,4
Living environment		
Good	44	97,8
Not enough	1	2,2
Exclusive Breastfeeding		
Yes	22	48,9
Not	23	51,1

According to the table after the socialization above, it can be seen that the majority of respondents with high family incomes amounted to 44 people (97.8%), while the majority of respondents with poor knowledge were 43 people (95.6%). live big with a total of 44 people (97.8%) and it is known that the majority of respondents who do not give exclusive breastfeeding with a total of 23 people (51.1%).

Table 3. Measurement results after the implementation of socialization of Banana Heart and Papaya Leaf extract in increasing the volume of breast milk as an effort to provide exclusive breastfeeding

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Variable	Mean	SD	SE	P.Value	N
Family Income					
Measurement I	14,18	4,697	0,700		
Measurement II	18,33	6,139	0,915	0,001	45
Mother's Knowledge					
Measurement I	12,73	4,261	0,635		
Measurement II	17,02	2,554	0,381	0,000	45
Living environment					
Measurement I	13,82	5,069	0,756		
Measurement II	17,31	2,521	0,376	0,000	45
Exclusive Breastfeeding					
Measurement I	5,29	1,902	0,284		
Measurement II	6,91	1,345		0,000	45

The table of measurement results above can be seen, the average family income in the first measurement is 14.18 with a Standard Deviation (SD) of 4.697, in the second measurement the average knowledge is 18.33 with an SD of 6.139. The mean value of the difference between the first measurement and the second measurement is -4.156 with an SD of 7.453. The results of statistical tests obtained p-value = 0.001, it can be concluded that there is a significant difference between family income from the first measurement and the second measurement. Furthermore, it is known that the average knowledge in the first measurement is 12.73 with a Standard Deviation (SD) of 4.261, in the second measurement the average attitude is 17.02 with an SD of 2.554. The mean value of the difference between the first measurement and the second measurement is -4.289 with an SD of 4.693. According to the results of statistical tests, p-value = 0.000, it can be concluded that there is a significant difference between knowledge of the first measurement and the second measurement.

The average living environment in the first measurement is 13.82 with a Standard Deviation (SD) of 5.069, in the second measurement an average attitude is 17.31 with an SD of 2.521. The mean value of the difference between the first measurement and the second measurement is -3.489 with an SD of 5.053. From the results of statistical tests obtained p-value = 0.000, it can be concluded that there is a significant difference between the attitude of the first measurement and the second measurement. According to the measurement results, it is known that the average breastfeeding rate in the first measurement is 5.29 with a Standard Deviation (SD) of 1.902, in the second measurement the average attitude is 6.91 with an SD of 1.345. The mean value of the difference between the first measurement and the second measurement is -1.622 with an SD of 1.874. From the results of statistical tests obtained p-value = 0.000, it can be concluded that there is a significant difference between the attitude of the first measurement and the second measurement.

4.DISCUSSION

4.1.Family income before and after implementation of socialization

Based on the research that has been done, there is a significant difference between family income from the first measurement and the second measurement. Family income is an important factor to meet the daily needs of the family, from the results of the study it is proven that family income has the opportunity to determine whether or not breastfeeding is given to babies, where high family income will have an impact on breastfeeding. On the other hand, if the family income is low, it will likely not give breast milk. This is in line with the results of the Basic Health Research (Risksedas) on breastfeeding which states that there is a clear difference between breastfeeding and the level of

expenditure per capita.²² The higher the per capita household expenditure, the lower the exclusive breastfeeding.

Family income is the amount of income received by members of the community for a certain period of time as remuneration for the production factors that they contribute in participating in forming national products. According to Reksoprayitno, income is money received by a person and company in the form of salaries, wages, interest rent, and profits including various benefits, such as health and pensions. (Reksoprayitno, 2009)

The opinion of the researcher, respondents who have high family income will have the opportunity to give breast milk than respondents who have low family income. This is proven by the results of the research that has been done and in accordance with the results of the analysis in the field directly on the respondents being studied. So respondents with high family incomes are easier to get high-quality food ingredients compared to respondents with low family incomes.

According to previous research, it has been shown that there is an influence of socio-economic factors on exclusive breastfeeding, wherewith a high family income the mother can fulfill food that contains the high nutritional value for consumption which has an impact on breastfeeding. Furthermore, research (Shofiya, D., et al, 2020) also said that there was an effect of family income with breastfeeding, of course, mothers could consume foods with high nutritional value. research (Zulniati, M., et al, 2021) shows that there is a relationship between family income and breastfeeding.

4.2. Knowledge Before and After Implementation of socialization

According to the results of the study, it is known that there is a difference in knowledge before the measurement of socialization is carried out with after the measurement of socialization. According to (Notoatmojo, 2014), it is said that knowledge has six components, namely problems (problems), attitudes, methods, activities, conclusions, and effects. A person can change if he already understands something he knows, Knowledge, and the tendency to act but the condition of knowledge at the pretest still does not meet the knowledge component, it can be seen from the majority of knowledge that tends not to breastfeed where in this knowledge problem there is a potential danger due to do not know about the importance of breastfeeding for infants. In socialization, it is also conveyed as a stimulus to give breast milk to babies.

According to the researcher's opinion, another reason that causes negative knowledge is that mothers do not understand that breastfeeding is important for a baby's growth and development and one of the reasons is reducing the occurrence of malnutrition. In addition, there is a lack of knowledge and lack of clear information and socialization about breastfeeding their babies. Mothers think that they are lazy to give insufficient breast milk when the baby is breastfed. Mothers can breastfeed their babies if they understand the importance of this. This situation can be improved by providing good education and information in terms of increasing this knowledge.

Good knowledge of mothers and positive attitudes play a key role in the process of breastfeeding practice, where there is a relationship between knowledge and breastfeeding, namely good knowledge is more likely to breastfeed their babies and vice versa (Dukuzumuremyi, J. P. C. et al, 2020). Jordanian women are very knowledgeable about the benefits of breastfeeding, and they show such a positive attitude towards breastfeeding that a very high percentage intend to breastfeed their babies. Limited counseling about breastfeeding represents a major gap in antenatal care. Since intentions may not reflect actual practice after delivery, gaps and barriers that affect the determinants of successful breastfeeding should be identified, and corrective tools should be applied accordingly (Khasawneh, W., , et al, 2020). The study focuses on nursing students' or other health professional students' knowledge, attitudes, or experiences related to breastfeeding (Yang, S. F, et al, 2018).

Therefore, it is expected that health workers and other related parties often provide socialization about the importance of breastfeeding for babies. Knowledge of mothers who are still hesitant in giving breast milk to babies by providing stability and confidence to mothers by reducing the risk of exclusive breastfeeding.

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4.3. Environment Before and After Implementation of socialization

The results showed that there was a significant difference between the first measurement environment and the second measurement environment. The environment around the individual is not necessarily manifested in a good environment. Talking about the ideal place to live is not always fixated on the area of occupancy, the concept being carried, or other things. The environment in which you live can be a very influential external factor for the comfort of the occupants of the house. A house with a good living environment will certainly create a healthy, conducive, and ideal life. In this article, we will discuss the influence of the living environment on people's lifestyles. In addition, there are also interesting tips for choosing a residence with a good environment. In order not to be curious, let's look at the following reviews

Environmental management education is a strategy or concept that can be understood by the community personally to protect the environment, take prevention, improve environmental quality and be careful of threats to human health and the environment (Aldino, P., Safitri, R., & Antoni, 2020). The environment is a factor that greatly influences the incidence of disease, according to testing it was stated that there was an influence of environmental factors with a disease (Marniati, et al, 2021).

Providing working mothers with a supportive environment helps them work with greater stability, motivation, and satisfaction (Wolde, F. B., et al, 2021). In Indonesia, the state has regulated the enforcement of environmental administrative sanctions so that the state can regulate every activity and/or business in the environmental field (Thahira, A, 2020). To achieve a fair working environment and equitable nutritional opportunities for infants of working mothers, interventions should focus on three ecological layers – individual, interpersonal and organizational. (Vilar-Compte, M., et al, 2021). Furthermore, according to research (Becerra-Bulla, F., et al, 2015), The quality of the study can be improved Marniati., et al, 2021), considering that the mother's environment is very important in planning programs and projects that promote breastfeeding

The results of this study are in line with Kaur's research (2018) in India which shows that there is an effect of consuming processed banana blossoms on increasing breast milk production, with the results of statistical tests obtained by Sig. (2-tailed) = 0.000 (Rosita, I., et al, 2020). According to previous research, one of the factors that influence the low rate of exclusive breastfeeding is the lack of encouragement and support from family and the environment (Verawati, B., et al, 2020). Ernawati, D, et al, (2019), said that breastfeeding that is not optimal causes delays in infant growth and development and is one of the factors that trigger stress in breastfeeding mothers.

5.CONCLUSION

After the implementation of the socialization test, it turned out that there were significant changes, where even though the family income was low, mothers could provide breast milk by utilizing extracts of banana heart and papaya leaves in their neighborhood and at the same time increasing knowledge in maintaining baby growth and development by consuming foods. high in nutritional value. The changes that occurred were that mothers routinely gave ASO which was initially only 17.8%, but after socialization, it increased to 48.9. If mothers regularly consume this extract from the beginning of pregnancy to breastfeeding, it is possible that all breastfeeding mothers will be provided with the breast milk needed by their babies, so that the coverage of exclusive breastfeeding will be better.

6.SUGGESTION

So that mothers always maintain breastfeeding by regularly consuming this extract from the beginning of pregnancy until the end of breastfeeding, and have a better understanding of choosing foods that have high nutritional value and take advantage of food ingredients that are around the house such as banana heart and papaya leaves.

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