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THE EFFECT OF SOY MILK GIVING TO INCREASE BREAST MILK PRODUCTION IN PUBLIC MOTHERS

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ABSTRACT

Low milk production is a major problem for new mothers, apart from drowning or flat nipples, swollen breasts, babies who are reluctant to breastfeed because of improper technique or babies with short tongues. The purpose of this study was to determine the effect of giving soy milk on increasing breast milk production in post-partum mothers at the Pratama Sehati Husada clinic, Blu-Biru District, Deli Serdang Regency in 2020. This study used a quasi experimental method with a One Group Pretest-Posttest design. Sampling was done by total sampling method. The respondents used are postpartum mothers. The bivariate analysis used in this study was the nonparametric difference test with the Wilcoxon test. The results of statistical tests give a p value of 0.000 smaller than 0.05 ($0.655 < 0.05$), so it can be concluded that H_a is accepted and H_o is rejected, which means that there is an effect of giving soy milk on increased milk production in postpartum mothers. His suggestions can add insight and knowledge for researchers about Soymilk Feeding on Increasing Breast Milk Production in Postpartum Mothers. And for mothers and families who already know how to consume soy milk and its benefits can be disseminated in society to support government programs to promote the reduction of breastfeeding that is not smooth. As well as providing knowledge to the community about the application of consuming soy milk in overcoming unsanitary milk production in postpartum mothers, so as to help postpartum mothers to facilitate the smooth production of breast milk.

Keywords: Soy milk, Breast milk productio.

1. INTRODUCTION

Breast milk (ASI) is the best baby food and can meet the nutritional needs of infants during the first three to six months of WHO (World Health Organization, 2014). Breast milk is the best food for newborns up to 6 months of age. Breast milk has many contents such as vitamins, minerals, fats, carbohydrates, and proteins so it has a very important role untuk melindungi anak dari infeksi seperti

pneumonia dan diare (Prihatiningtyas, 2014).

Low milk production is a major problem for mothers who have just given birth, in addition to the problem of sinking or flat nipples, swollen breasts, babies are reluctant to suckle because of improper technique or babies with short tongues (Dewi, 2013). This has a bad effect on the baby because mothers usually look for alternatives by giving formula milk to their babies This causes the

intensity of the baby's sucking to decrease because they take turns using formula milk which makes less milk come out (Budiasih, 2008). Decree of the Minister of Health No. 450 of 2004 concerning Exclusive Breastfeeding for Babies in Indonesia (Widjaya, 2007). At the 2010 World Breastfeeding Week, the Indonesian Ministry of Health also launched the Breastfeeding Program; Ten Steps to Love Babies, with the slogan Love Babies, and Give Breastfeeding. Therefore, breastfeeding mothers need help so that the breastfeeding process is more successful, one of which is by consuming foods that can stimulate milk production. Breast milk production can be carried out by consuming several drugs that facilitate breast milk from katuk leaf extract, and powdered or liquid milk specifically for breastfeeding mothers. Ironically, in rural areas, katuk leaves are hard to find, let alone breast-feeding drugs, while special milk for breastfeeding mothers is too expensive for villagers, and not all mothers like milk. Another alternative to support the nutritional needs of mothers during the puerperium is the consumption of soy milk. The effect of soy milk on increasing breast milk production showed a positive effect where all respondents experienced an increase in breast milk production. Soy milk which is a beverage processed from soy bean starch has many nutritional and beneficial properties. Soy milk contains many ingredients such as alkaloids, polyphenols, steroids,

flavonoids and other substances that are effective in stimulating oxytocin and prolactin hormonally to produce breast milk, when the baby sucks the mother's nipples, neurohormonal stimulation occurs in the nipples and areolas of the mother. Isoflavones contained in soy milk are amino acids that have vitamins and nutrients in soybeans that form flavonoids. Flavonoids are pigments, such as leaf green substances that usually smell. Green leaf substance has many benefits for the health of the body. Broadly speaking, the benefits of isoflavones contained in soy milk are to increase metabolism in the body, are nutrients needed by the body, prevent constipation, boost the immune system, strengthen bones and teeth, control blood pressure, control cholesterol levels, prevent the risk of obesity and diabetes. relieves symptoms of ulcer disease. Isoflavones or phytoestrogen hormones are estrogen hormones which is produced naturally by the body and can help the mammary glands of nursing mothers to produce more milk Based on the results of an initial survey conducted by researchers by looking at the data or book records of postpartum mothers' visits at the Pratama Sehati Husada clinic, Biru-Biru District, it was found that 50% of postpartum mothers experienced non-fluent breastfeeding.

2. METHOD

This study uses an experimental method (quasi experiment). The design of this

study used the One Group Pretest-Posttest design. Where there is no comparison group (control), but the first observation (pre-test) has been carried out which allows researchers to test the changes that occur after the experiment (program) (Notoatmodjo, 2015). The normality test of the data was carried out before the bivariate analysis was carried out. The results of the Shapiro Wilk test ($n < 50$) obtained $p = 0.002$, it can be concluded that the distribution of numerical data from the difference between pretest and posttest scores is not normal. Furthermore, non-parametric bivariate analysis was carried out with the Wilcoxon test.

3. RESULT

Table 3.1.

Characteristics	Respondent	
	F	(%)
Age :		
< 25 year	6	60%
> 25 year	4	40%
Total:	10	100%
education:		
SD	2	20%
SMP	4	40%
SMA	4	40%
Total:	10	100%
Work :		
entrepreneur IRT	6	60%
Total:	4	40%
	10	100%
Parity:		
Primipara	6	60%
Multipara	4	40%
Total:	10	100%
Type of delivery:		
Normal	7	70%
SC	3	30%
Total:	10	100%

Based on table 3.1, the age characteristics of respondents with

age less than 25 years are 4 respondents (40%) and above 25 years 6 respondents (60%). For the educational characteristics of respondents with elementary education level as many as 2 respondents (20%), junior high school education levels as many as 4 respondents (40%) and at high school education level as many as 4 respondents (40%). For the job characteristics of respondents who work as IRT as many as 4 respondents (40%) and respondents who work as entrepreneurs as many as 6 respondents (60%). For parity characteristics of respondents who are Primipara as many as 6 respondents (60%) and respondents with Multipara as many as 4 respondents (40%). For the characteristics of the type of delivery in respondents with normal delivery as many as 7 respondents (70%) and with SC delivery as many as 3 respondents (30%).

Table 3.2

No.	Category	N	Presentase (%)
1.	Category Mother With Smooth Milk Production	10	100%
2.	Category of Mothers with Non-Smooth Milk Production	-	-

Based on table 4.3, it can be concluded that after giving soy milk to postpartum mothers at the

Pratama Sehati Husada Clinic, Kec. Blue-Blue District. Deli Serdang, the production of breast milk in 10 postpartum mothers from 10 mothers experienced changes in the smoothness of breast milk production. Based on the output of the Test Statistics above, the Asymp value is known. Sig. (2-tailed) of 0.002. Because the value is $0.002 < 0.05$, then H_0 is rejected and H_a is accepted. This means that there is an effect of giving soy milk to the increase in breast milk production in mothers Nifas.

4. DISCUSSION

The results obtained from the frequency distribution and percentage based on age are the majority aged >25 years as many as 6 people, based on education are the majority of junior high and high school students as many as 4 people, based on work who work as entrepreneurs as many as 6 people and based on parity at the Pratama Sehati Husada clinic mostly Primipara respondents as many as 6 people, based on the type of labor who gave birth normally as many as 7 people. Based on table 4.1. The results of the research conducted on 10 respondents found that the majority response age was <25 years as much as 60%. This is in accordance with Murtiana's research (2014) with the results showing that most of the respondents in the healthy reproductive age range (25-35 years) were 34 people (85%) and the remaining 6 people (15%) belonged to the high risk age group. Based on table 4.1, the results of the research conducted

on 10 respondents found that the majority had junior high and high school education, namely 80%. According to researchers, the level of education of a mother has something to do with the mother's knowledge of breastfeeding. As according to Notoadmodjo who said that the more highly educated mothers will give a more rational response to the available information, on the contrary, mothers who have low education will give an indifferent response to information. Based on table 4.1 the results of research conducted on 10 respondents obtained the majority of jobs by working as entrepreneurs, namely as much as 60%. Based on table 4.1 the results of research conducted on 10 respondents obtained the majority of primiparas 60%. According to Murtina (2014) the relationship between parity and smooth bleeding of breast milk was found, mothers who had parity 1 tended to have a relationship with bleeding smooth breast milk due to not knowing how to breastfeed properly. Parity 2-3 is a safe parity in terms of smooth breastfeeding, parity 1, which is parity of the mother's unpreparedness for the first breastfeeding, is a factor in the mother's inability to face changes in breasts. And the results of research conducted on 10 respondents obtained the majority of types of labor that are normal as much as 70%. Based on tables 4.2 and 4.3, the results of research conducted by 10 respondents found that the smooth production of breast milk in postpartum mothers before giving

soy milk was 10%, while the smooth production of breast milk in postpartum mothers after giving soy milk was 100%

5. CONCLUSION

- 1) Based on the results of the study, it can be seen that the respondents are postpartum mothers who have problems with milk production as many as 10 respondents
- 2) Based on the results of the Willcoxon test data analysis, a significance value (p) of 0.655 is obtained, if p is less than 0.05 then the hypothesis is accepted and if p is greater than 0.05 then the hypothesis is rejected. The results of the statistical test gave a p value of 0.000 less than 0.05 ($0.655 < 0.05$) so it can be concluded that H_a is accepted and H_o is rejected, which means that there is an effect of soy milk feeding on increasing breast milk production in postpartum mothers.

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