

# Analysis of Knowledge and Skills about Breast Care Towards the Following of Breast Milk in Primary Mothers in Ambunten Public Health Center, Sumenep Regency

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## ABSTRACT

The nutritional content of breast milk provides protection for the baby's immune system, so that the baby can grow and develop very well. The purpose of this study is to analyze influence knowledge and skills about breast care for smooth breastfeeding in primiparous mothers at the Ambunten Health Center, Sumenep Regency. The design of this research is an observational quantitative research with a cross sectional approach with the focus of the research being directed at analyzing influence knowledge and skills about breast care for smooth breastfeeding in primiparous mothers at the Ambunten Health Center, Sumenep Regency. The total population of 145 respondents and a sample of 106 respondents were taken using the Simple Random Sampling technique. Data analysis using Linear Regression test. The results of the study show that some Majority of respondents as many as 63 respondents (59%) have knowledge in the category of less. Most of the respondents are not skilled in breast care as many as 73 respondents (69%). Most of the respondents did not experience breast milk dam as many as 57 respondents (54%). Based on the results of Multiple Linear Regression analysis shows that with a p-value of  $0.000 < 0.05$  then H1 is accepted, so it can be concluded that simultaneously there is an influence of knowledge and skills about breast care on the smoothness of breastfeeding in primiparous mothers at the Ambunten Health Center, Sumenep Regency with a magnitude of 75% effect. . It is expected that respondents can carry out breast care independently and routinely to facilitate breastfeeding.

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## INTRODUCTION

Breast milk is a very good staple food for babies, because breast milk contains nutrients that can prevent babies from infectious diseases: diarrhea, acute otitis media, allergies and acute lower respiratory tract. The nutritional content of breast milk provides protection for the baby's immune system, so that the baby can grow and develop very well. According to WHO (World Health Organization) states that babies should only be given breast milk until the age of at least 6 months, and after that they are given additional food followed by breastfeeding for two years. How important is breastfeeding for babies, especially Indonesian babies who are candidates for the nation's next generation who will later be in their hands the success of the nation. Breastfeeding for at least six months is referred to as exclusive breastfeeding.

Based on a report from the Indonesian Demographic and Health Survey (IDHS, 2017) at the age of more than 25 years, a third of women in the world (38%) are found not to breastfeed their babies

because of breast swelling, and in Indonesia the exclusive breastfeeding coverage rate reaches 32.3%. In East Java Province in the performance indicators of efforts to improve community nutrition in 2010-2014, it is stated that the target for exclusive breastfeeding coverage in 2011 is 67%.

According to Riskesdas in 2015, exclusive breastfeeding is breastfeeding since a new baby is born, and is breastfed for 24 hours without giving any food and drink other than breast milk. Currently, the coverage of exclusive breastfeeding is for infants aged 0-6 months, in Indonesia there are 19 provinces whose coverage is above the national average (54.3%). Meanwhile, in East Java, the coverage of exclusive breastfeeding reached 58.4% in 2018 (Infodatin, 2018). This figure is a good number because it is already above the national figure. However, this figure has not been able to reach 100%, therefore a way is needed to increase the coverage rate of exclusive breastfeeding for infants 0-6 months. (Ministry of Health RI, 2015).

The results of a preliminary study conducted on October 7, 2020 at the Ambunten Health Center, Sumenep Regency, showed that there were at least 15 of 45 mothers who experienced breast milk damming so that they were in pain when breastfeeding their babies. After the interview, 5 respondents (25%) had sufficient knowledge and 13 respondents (65%) had less knowledge. Finally, because of this lack of knowledge, the skills to do breast care are also lacking where out of 20 respondents only 4 respondents (20%) usually do breast care, while the remaining 16 respondents (80%) do not usually do it because they do not know about breast care. correct.

Breast milk is a type of food that meets all the elements of a baby's physical, psychological, social and spiritual needs. Breast milk is an ideal source of nutrition with a balanced composition and in accordance with the needs of the baby's growth, because breast milk is the most perfect baby food both in quality and quantity. Breast milk as a single food will be sufficient to meet the needs of normal baby growth and development until the age of 4-6 months. Breast milk contains nutrients, hormones, growth immune elements, anti-allergic and anti-inflammatory. One of them is colostrum which contains a lot of white blood cells, proteins and antibodies that can provide protection for babies until the age of 6 months (Herlambang, 2014).

Mothers who breastfeed will not experience difficulties in breastfeeding if from the start they know how to properly and correctly breast care. If during breastfeeding the mother does not perform breast care and the treatment is only carried out while in the hospital, it will cause several problems, such as breast milk does not come out or breast milk comes out after a few days, the nipples do not protrude so that the baby is difficult to suck, little milk production, and not enough consumed by the baby, infection in the breast, swollen breasts, pus, and lumps appear in the breast. (Saryono and Pramitasari, 2014 in Nur, 2012).

And as a result, babies don't want to breastfeed or drink their mother's milk, even though breastfeeding is the best method of feeding babies, especially for babies less than 6 months old, but it is also beneficial for mothers. Breast milk contains all the nutrients and fluids needed to meet all infant nutrition in the first 6 months of life. At the age of 6 to 12 months, breast milk is still the baby's main food, because it contains more than 60% of the baby's needs. In order to meet all the needs of babies, it is necessary to add complementary foods to breast milk (MP-ASI). If the baby does not want to drink breast milk, then the baby's nutritional needs will not be met properly and the baby will be susceptible to disease (Nur, 2012).

According to Tasya 2013, in order to be successful in breastfeeding, mothers need to know the factors that affect the quality and quantity of breast milk so as to prevent a decrease in breastfeeding rates. The decline in breastfeeding rates is due to the low knowledge of mothers about the benefits of breastfeeding and the correct way of breastfeeding, lack of lactation services, lack of support from health workers, socio-cultural perceptions that oppose breastfeeding, working mothers, and marketing of formula milk affects the thinking of mothers and health workers. health. In addition, according to Roseli, several factors that affect the quality are maternal nutritional intake, lifestyle, and the environment, and the factors that influence the quantity of breast milk are peace of mind, mind, the effect of childbirth, and policies of health workers, use of contraception.

One of the solutions to prevent problems that often occur in breastfeeding mothers is breast care, knowledge and skills in breast care are very necessary to become a mother, breast care aims to improve blood circulation and prevent blockage of milk ducts, so that breastfeeding is smooth and breast care before Pregnancy has begun to be carried out in addition to facilitating breastfeeding, it can also form an ideal breast (Proverwati, 2015).

Based on the above conditions, the authors are interested in researching the analysis of knowledge and skills about breast care on breastfeeding smoothness in primiparous mothers at the Ambunten Health Center, Sumenep Regency.

## METHODS

In this study, the researcher used an observational quantitative design with a cross sectional approach, which is a study to study the dynamics of the correlation between risk factors and effects, by approaching, observing or collecting data all at once (point time approach), that is, each subject The study was observed only once and measurements were made on the status of the character or variable of the subject at the time of examination. This does not mean that all research subjects are observed at the same time (Soekidjo, 2012). This research will analyze influence knowledge and skills about breast care for smooth breastfeeding in primiparous mothers at the Ambunten Health Center, Sumenep Regency. The total population is 145 respondents and a sample of 106 respondents is taken by using Simple Random Sampling technique. Data analysis using Linear Regression test. This research has gone through the ethical test phase with the SK number: 2304/KEPK/III/2021.

## RESULTS

Table 1 Analysis Results *Linear Regression* analysis of knowledge and skills about breast care on the smoothness of breastfeeding in primiparous mothers at the Ambunten Health Center, Sumenep Regency, which was conducted on 1-27 June 2021 with a total of 106 respondents

No	Variable	Sig	$R^2$	Sig
1	Constant	0.000		
2	Knowledge	0.008	0.750	0.000
3	Skills	0.006		

### Partial

The Effect of Knowledge on Breast Milk Smoothness

Based on the results of the Linear Regression analysis, it showed that the p-value was  $0.008 < 0.05$ , so H1 was accepted, so it was concluded that partially there was an effect of knowledge about breast care on the smoothness of breastfeeding in primiparous mothers at the Ambunten Health Center, Sumenep Regency.

The Effect of Skills on Breast Milk Smoothness

Based on the results of the Linear Regression analysis, it showed that the p-value was  $0.006 < 0.05$ , so H0 was rejected and H1 was accepted, so it was concluded that partially there was an effect of skills on breast care on the smoothness of breastfeeding in primiparous mothers at the Ambunten Health Center, Sumenep Regency.

### Simultaneous

Based on the results of Multiple Linear Regression analysis shows that with a p-value of  $0.000 < 0.05$  then H1 is accepted, so it can be concluded that simultaneously there is an influence of knowledge and skills about breast care on the smoothness of breastfeeding in primiparous mothers at the Ambunten Health Center, Sumenep Regency with a magnitude of 75% effect.

## DISCUSSION

### Knowledge of Breast Care in Primiparous Mothers at Ambunten Health Center Sumenep

The results showed that most of the respondents as many as 63 respondents (59%) had knowledge in the category of less. While a number of 43 respondents (41%) have knowledge in the good category.

Knowledge is an impression in the human mind as a result of using the five senses. Knowledge is the result of human sensing, or the result of someone knowing about objects through their senses (eyes, nose, ears, and so on) (Notoatmodjo, 2013). According to Hendra (2013) knowledge is also influenced by sources of information. Information can be obtained from various sources, namely the mass media, health workers as well as from friends and family.

Factors that influence knowledge are socio-economic, culture (culture, religion), education, experience. Education is an effort to provide knowledge so that positive behavior changes occur. The higher a person's knowledge, the better his behavior will be (Notoatmodjo, 2012).

According to Roesli (2011), breast milk is the most perfect food for babies, where the content of the main nutritional source has superior properties that need not be doubted according to the need for optimal growth and development, breast milk is an ideal source of nutrition with a balanced composition and adapted to growth needs. baby. However, not all mothers give breast milk to their babies. Perhaps due to inadequate knowledge, or erroneous perceptions about breasts and breastfeeding, and a lack of understanding of the mother's role and function, the breast is not always seen as a device for feeding her baby.

This study is in line with research conducted by Atmawati (2010) entitled the relationship between the level of mother's knowledge about breastfeeding and post partum breast care behavior at the An Nissa Maternity Home, Surakarta. 50%.

Breastfeeding is correct and successful requires an effort including breast care. Breast care will be successful if the mother has knowledge about the benefits of breast care in increasing milk production which is very good for improving the quality of babies and efforts to reduce infant morbidity and mortality. During the postpartum period, knowledge about breast care is very important for mothers to know, this is useful for maintaining the beauty of the breasts and avoiding problems in the breastfeeding process (Suradi, 2014).

Basically, mothers who have given birth are instinctively able to carry out the task of breastfeeding their babies. However, to practice how to breastfeed properly and correctly, every mother needs to learn it. Not only mothers who are pregnant for the first time and give birth, but also mothers who have just given birth to their second child and so on. Because every baby born is a separate individual, which has its own variations and specifications. Thus, mothers need to learn to interact with this newborn, in order to be successful in breastfeeding. For this reason, high motivation is needed from an early age and optimal support and guidance from families, the environment and health workers who care for mothers during pregnancy, childbirth and the postpartum period (Nita, 2010).

According to researchers, knowledge is the basis for a person to be able to determine the right direction in choosing something. Mothers who have good knowledge tend to do everything well because they know the risks and benefits of these activities. As with breast care activities, if primiparous mothers know how to do breast care and its benefits on the breast, then the mother will do breast care routinely. However, in the study, it was found that many primiparous mothers did not know about breast care, this was due to the lack of information obtained by primiparous mothers. Another factor that causes mothers to have less knowledge is due to the lack of health education provided by health workers so that young mothers are still unfamiliar with it. Based on the cross tabulation, it was found that some respondents who had sufficient knowledge did not experience breast milk dams, this was due to the respondent's physical condition and hereditary history, none of them had breast milk dams.

#### **Skills About Breast Care in Primiparous Mothers at Ambunten Health Center Sumenep**

The results showed that most of the respondents were unskilled in performing breast care as many as 73 respondents (69%). Meanwhile, 33 respondents (31%) are skilled in breast care.

Skills can refer to the specific action performed or to the nature in which the skill is performed. Many activities are considered as a skill, consisting of several skills and the degree of mastery achieved by a person describes the level of his skill. This is because of the generally accepted practice of stating that one or more extended patterns of movement or behavior can be called skills. Skill comes from the word skilled which means capable, capable, and agile. Iverson (2011) says that skills require training and that everyone's basic abilities can help produce something more valuable more quickly.

The term skilled is usually used to describe a person's varying levels of ability. Skill is the ability to operate work easily and carefully (Sri Widiastuti, 2010). Meanwhile, according to Hari Amirullah (2013) the term skilled is also defined as an act or task, and as an indicator of a level of proficiency.

One of the factors to get sufficient milk production is that mothers routinely carry out breast care. In breast care there are two ways that can be done simultaneously. This method is massage and breast watering. Sequencing or massage is done to provide stimulation to the mammary glands to produce milk. Sorting can be done in the morning and evening, preferably before bathing, and continued with watering which is carried out at the same time as bathing Bahiyatun (2008). In term infants, the frequency of breastfeeding should be 10 times per day for the first 2 weeks after delivery. While breastfeeding at least 8 times per day in the early period after giving birth. Because the more often the baby breastfeeds, the more milk production and expenditure will be (Ambarwati & Wulandari, 2010). This research is in line with the research conducted by Firdausi (2016), entitled the relationship between



knowledge and mother's attitude towards breast care with the smooth production of post-partum milk at dr. Zainoel Abidin (RSUDZA) Banda Aceh, showed that there is a relationship between knowledge and attitude of breast care with the smooth production of breast milk. In this study, researchers assumed that postpartum mothers who already had good breast knowledge and carried out routine and regular breast care would obtain sufficient breast milk production. In addition, post partum mothers are encouraged to eat nutritious foods so that nutritional needs can be met properly.

According to the researcher, to achieve a good level of skill, it is necessary to pay attention to the following, firstly the individual/personal factor, namely the willingness and seriousness of the individual himself in the form of great motivation to master the skills being taught. Second, the teaching and learning process factor refers to how learning conditions can be adapted to individual potential, and the environment plays a very important role in mastering skills. Third, situational factors refer to the methods and techniques of the exercise or practice being carried out. In the study, it was found that only a few were skilled in doing breast care independently, this was due to good knowledge, primiparous mothers already knew about the ways and benefits of breast care. Meanwhile, mothers who are not skilled in breast care can be caused by various factors, one of which is a less supportive environment, knowledge and sources of information. Based on the cross tabulation, it was found that there were some respondents who were unskilled in breast care but did not experience breast milk dams, which was due to the respondent's physical condition and history of descent, none of which had breast milk dams.

### **Breastfeeding Smoothness in Primiparous Mothers at Ambunten Health Center, Sumenep Regency**

The results showed that most of the respondents did not experience breast milk dam as many as 57 respondents (54%). While a number of 49 respondents (46%) experienced breast milk dams.

Inconsistency or damming of breast milk is the damming of milk due to narrowing of the lactiferous ducts or by the glands not being emptied completely or because of abnormalities in the nipples (Manuaba, 2010). Breast milk dam is the occurrence of swelling in the breast due to increased venous and lymph flow, causing milk damming and pain accompanied by an increase in body temperature (Sarwono, 2010).

According to Prawirohardjo (2010), maternal complaints are swollen, hard, hot and painful breasts. Treatment should begin during pregnancy with breast care to prevent abnormalities. If it also occurs, then give symptomatic therapy for the pain (analgesic), empty the breast, before breastfeeding, massage or pump, so that the blockage disappears. If necessary, give stilbestrol or lynoral tablets 3 times a day for 2-3 days to temporarily stem milk production.

Physiological fullness according to Rustam (2012), is from the third day to the sixth day after delivery, when breast milk is normally produced, the breast becomes very full. This is physiological and with effective suckling and expulsion of milk by the baby, the feeling of fullness recovers quickly. But it can develop into a dam. In dams, the breasts are filled to the brim with breast milk and tissue fluid. Lymphatic venous outflow is blocked, milk flow is obstructed and the pressure in the milk ducts with the alveoli increases.

According to Tyfani, Utami and Susmini (2017), good breastfeeding can be seen from the frequency factor of good breastfeeding mothers where if the mother gives breast milk 8-12 times a day. Things that can affect breast milk production include food, peace of mind and mind, breast care, physiological factors, rest factors and child sucking factors (Rini & Kumala, 2016).

This is in line with the research conducted by Tyfani, Utami & Susmini (2017) entitled the relationship of breast care to the smooth production of breast milk in post partum mothers in Tlogomas Village, Lowokwaru District, Malang City, showing that most mothers give breast milk to their babies smoothly. In this study, researchers assumed that the production of breast milk in post partum mothers was smooth.

According to researchers, the lack of breast milk is caused by a lack of breast care by the mother. So that the breast muscles can not relax to push the milk out smoothly. Breast milk dams can cause sensations of pain, heat and itching in the mother's breast, which is caused by the accumulation of breast milk in the mother's breast which should be issued periodically to breastfeed the baby. Based on the results of the study, it was found that the incidence of breast milk dams was still found in primiparous mothers.

### **The Effect of Knowledge About Breast Care on Breast Milk Smoothness in Primiparous Mothers at Ambunten Health Center, Sumenep Regency**

Based on the results of the Linear Regression analysis, it showed that the p-value was  $0.008 <$

0.05, so H1 was accepted, so it was concluded that partially there was an effect of knowledge about breast care on the smoothness of breastfeeding in primiparous mothers at the Ambunten Health Center, Sumenep Regency.

Mothers who breastfeed will not experience difficulties in breastfeeding if from the start they know how to properly and correctly breast care. If during breastfeeding the mother does not perform breast care and the treatment is only carried out while in the hospital, it will cause several problems, such as breast milk does not come out or breast milk comes out after a few days, the nipples do not protrude so that the baby is difficult to suck, little milk production, and not enough consumed by the baby, infection in the breast, swollen breasts, pus, and lumps appear in the breast (Nur, 2012).

And as a result, babies don't want to breastfeed or drink their mother's milk, even though breastfeeding is the best method of feeding babies, especially for babies less than 6 months old, but it is also beneficial for mothers. Breast milk contains all the nutrients and fluids needed to meet all infant nutrition in the first 6 months of life. At the age of 6 to 12 months, breast milk is still the baby's main food, because it contains more than 60% of the baby's needs. In order to meet all the needs of babies, it is necessary to add complementary foods to breast milk (MP-ASI). If the baby does not want to drink breast milk, then the baby's nutritional needs will not be met properly and the baby will be susceptible to disease (Nur, 2012).

According to Tasya 2013, in order to be successful in breastfeeding, mothers need to know the factors that affect the quality and quantity of breast milk so as to prevent a decrease in breastfeeding rates. The decline in breastfeeding rates is due to the low knowledge of mothers about the benefits of breastfeeding and the correct way of breastfeeding, lack of lactation services, lack of support from health workers, socio-cultural perceptions that oppose breastfeeding, working mothers, and marketing of formula milk affects the thinking of mothers and health workers. health. In addition, according to Roseli, several factors that affect the quality are maternal nutritional intake, lifestyle, and the environment, and the factors that influence the quantity of breast milk are peace of mind, mind, the effect of childbirth, and policies of health workers, use of contraception.

Breast care will be successful if the mother has knowledge about the benefits of breast care in increasing milk production (Atmawati, 2010). Nainggolan (2014), said that the success of a mother in giving exclusive breastfeeding cannot be separated from the factors that affect the quality and quantity of breast milk because with good knowledge, one's behavior can be directed to better things.

This study is in line with research conducted by Atmawati (2010) entitled the relationship between the level of mother's knowledge about breastfeeding and post partum breast care behavior at the An Nissa Maternity Home, Surakarta. 50%. In this study, the researchers assumed that post partum mothers who often watched television, listened to the radio and received counseling about health during the puerperium to breastfeeding tend to understand more about breast care.

According to researchers, factors that affect the smooth production of breast milk include breast care. Breast care is an activity that is carried out consciously and regularly to maintain breast health. Breast care is very important for mothers because it is an act of care carried out by the patient or assisted by others, usually starting from the first or second day after giving birth. The purpose of breast care is to promote blood circulation and prevent blockage of the milk ducts, so that milk is released smoothly. One of the factors that influence breast care is mother's knowledge. The higher the mother's level of knowledge about breast care, it will affect the mother's mindset and attitude so that it fosters positive behavior for breast care.

### **The Effect of Skills About Breast Care on Breast Milk Smoothness in Primiparous Mothers at Ambunten Health Center, Sumenep Regency**

Based on the results of the Linear Regression analysis showed that the p-value was  $0.006 < 0.05$ , then H0 was rejected and H1 was accepted. So it was concluded that partially there was an effect of skills on breast care on the smoothness of breastfeeding in primiparous mothers at the Ambunten Health Center, Sumenep Regency.

Breast milk is a very good staple food for babies, because breast milk contains nutrients that can prevent babies from infectious diseases: diarrhea, acute otitis media, allergies and acute lower respiratory tract. The nutritional content of breast milk provides protection for the baby's immune system, so that the baby can grow and develop very well. According to WHO (World Health Organization) states that babies should only be given breast milk until the age of at least 6 months, and after that they are given additional food followed by breastfeeding for two years. How important is breastfeeding for babies, especially Indonesian babies who are candidates for the nation's next

generation who will later be in their hands the success of the nation. Breastfeeding for at least six months is referred to as exclusive breastfeeding.

Breast milk is a type of food that meets all the elements of a baby's physical, psychological, social and spiritual needs. Breast milk is an ideal source of nutrition with a balanced composition and in accordance with the needs of the baby's growth, because breast milk is the most perfect baby food both in quality and quantity. Breast milk as a single food will be sufficient to meet the needs of normal baby growth and development until the age of 4-6 months. Breast milk contains nutrients, hormones, growth immune elements, anti-allergic and anti-inflammatory. One of them is colostrum which contains a lot of white blood cells, proteins and antibodies that can provide protection for babies until the age of 6 months (Herlambang, 2014).

Mothers who breastfeed will not experience difficulties in breastfeeding if from the start they know how to properly and correctly breast care. If during breastfeeding the mother does not perform breast care and the treatment is only carried out while in the hospital, it will cause several problems, such as breast milk does not come out or breast milk comes out after a few days, the nipples do not protrude so that the baby is difficult to suck, little milk production, and not enough consumed by the baby, infection in the breast, swollen breasts, pus, and lumps appear in the breast. (Saryono and Pramitasari, 2014 in Nur, 2012).

And as a result, babies don't want to breastfeed or drink their mother's milk, even though breastfeeding is the best method of feeding babies, especially for babies less than 6 months old, but it is also beneficial for mothers. Breast milk contains all the nutrients and fluids needed to meet all infant nutrition in the first 6 months of life. At the age of 6 to 12 months, breast milk is still the baby's main food, because it contains more than 60% of the baby's needs. In order to meet all the needs of babies, it is necessary to add complementary foods to breast milk (MP-ASI). If the baby does not want to drink breast milk, then the baby's nutritional needs will not be met properly and the baby will be susceptible to disease (Nur, 2012).

One of the solutions to prevent problems that often occur in breastfeeding mothers is breast care, knowledge and skills in breast care are very necessary to become a mother, breast care aims to improve blood circulation and prevent blockage of milk ducts, so that breastfeeding is smooth and breast care before Pregnancy has begun to be carried out in addition to facilitating breastfeeding, it can also form an ideal breast (Proverwati, 2015).

According to researchers, the skills of a mother in caring for her baby are needed, mothers who are skilled in baby care will tend to be able to give the best love for their children. In this study, breast care skills became an important factor in relation to the smoothness of breastfeeding in primiparous mothers. Primiparous mothers who are skilled in breast care tend not to experience breast milk dams or even the milk that is produced smoothly comes out from the first day of birth, but many primiparous mothers are not skilled in breast care and tend to experience breast milk dams or the milk produced is not smooth so that in the early days breast milk tends not to come out or even for the next few days it doesn't come out in sufficient quantities for the baby.

## CONCLUSION

1. Part large respondents as many as 63 respondents (59%) have knowledge in the category of less.
2. Most of the respondents are not skilled in breast care as many as 73 respondents (69%).
3. Most of the respondents did not experience breast milk dam as many as 57 respondents (54%).
4. There is an effect of knowledge about breast care on the smoothness of breastfeeding in primiparous mothers at the Ambunten Health Center, Sumenep Regency.
5. There is an effect of skills regarding breast care on the smoothness of breastfeeding in primiparous mothers at the Ambunten Health Center, Sumenep Regency.

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