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The Relationship of Primipara's Post Partum Mother's Anxiety Level and Expenditure Breast Milk in The Postpartum Room at Rskd Mother and Child Siti Fatimah Makassar

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Abstract

Problem breast milk production by day First after give birth to can caused by a reduction stimulation hormone oxytocin. Anxiety that occurs during periods postnatally caused Because exists transition process in the process of becoming parent. Objective study is for connection level worry Mother post-partum primipara with expenditure Breastfeeding in the Postpartum Room at RSKD Mother and Child Siti Fatimah Makassar. Type study This is non-experimental research with analytical methods, using a cross-sectional design. Population in study This is the average number of post mothers' partum primiparas within one month who were cared for in the Postpartum Room at RSKD Mother and Child Siti Fatimah Makassar, namely 38 people. Sample studied is post mom partum primipara as much 34 people use technique accidental sampling, which was carried out starting date 11 to 17 April 2016. Data collected with questionnaire Then done analysis statistics using the chi square test with alternative tests Fisher 's exact test with levels meaning $\alpha < 0.05$. The research results showed that of the 34 respondents studied, the majority of respondents did not experience anxiety, namely 22 people (64.7%) and the majority of respondents with smooth breast milk production, namely 24 people (70.6 %). Based on results study concluded that there is a relationship level worry Mother postpartum primipara with breast milk production, with p value = 0.00 1 < 0.05. Recommended for institutional institutions Service, expected For can provide counseling to primiparous mother about method maintenance baby and way correct breastfeeding , so that mothers know more about the breastfeeding process and the factors that cause breast milk to not flow smoothly.

Introduction

Postpartum or postpartum period Partum is the period after giving birth to the baby and placenta for up to 6 weeks or 40 days. The postpartum period is very important for a woman because it is a recovery period to return the mother's womb and body to the condition they were in before pregnancy. It is possible for 6 weeks after delivery for all of the mother's body systems to recover from the effects of pregnancy and return to the condition they were in before pregnancy (Donnelly et al., 2022; Wadhwa et al., 2020).

The postpartum phase is a critical part of the life of the mother and her baby. It is estimated that around 60% of maternal deaths are due to childbirth and 50% of postpartum deaths occur within the first 24 hours after delivery (Tesfay et al., 2022; Dol, et al., 2022; Chin et al., 2022). In providing services during the postpartum phase, a midwife uses care in the form of monitoring the mother's physical, psychological, spiritual and social well-being, as well as providing continuous education and counseling (McCauley et al., 2022; Lambermon et al., 2022).

Based on the 2012 Indonesian Demographic and Health Survey (SDKI), MMR was 359 per 100,000 live births. In 2011, when the MMR in Indonesia reached 228, the MMR in Singapore

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was only 6 per 100,000 live births, Brunei 33 per 100,000 live births, the Philippines 112 per 100,000 live births, and Malaysia and Vietnam both reached 160 per 100,000 live births.

In Makassar City, the Maternal Mortality Rate (MMR) has decreased fluctuation for 3 years final namely in year 2013 increased from year previously that is amounting to 16.27 per 100,000 births life (MMR: 16.27/100,000 KH) compared year 2012 that is amounting to 8.32 per 100,000 births life (AKI: 8.32/100,000 KH). In 2011 it was 11.48 per 100,000 births life, (MMR = 11.48/100,000 KH).

The good and correct way to feed babies is to breastfeed the baby exclusively from birth until the age of 6 months and continue breastfeeding the child until the age of 24 months (Sari, 2022; Huggins, 2022; Meek et al., 2022). Starting at the age of 6 months, babies receive nutritious complementary breast milk food according to their growth and development needs. Based on Government Regulation Number 33 of 2012, breast milk is given to babies from birth for six months, without adding and/or replacing it with other foods or drinks (except medicines, vitamins and minerals) Meek et al. (2022).

Intake The breast milk a baby needs will increase with the baby's age. In babies 1 day old only need 5-7 ml or One spoon eat breast milk once drink , baby 3 days old need 22-27 ml of breast milk at a time drink or almost One glass measure water a day , baby 1 week old need 45-60 ml of breast milk per session suckling, stepping on age One month the need for breast milk increases so 80-150 ml in very drink (Nisa & Qudriani, 2022; Anggraeni et al., 2022). In the moon First, baby will breastfeed 8 to 12 times a day or every 1.5 hours to 3 hours. 6 months old , though baby Already know MPASI , he Still still You need around 720 ml of breast milk per day. 12 months old, baby's breast milk needs decrease become about 550 ml per day (Mitchell et al., 2020).

The percentage of exclusive breastfeeding for babies 0-6 months in Indonesia in 2013 was 54.3%, a slight increase compared to 2012 which was 48.6%, and in 2014 it was 80%, so nationally the coverage of breastfeeding exclusive of 52.3% has not reached the target (Ministry of Health of the Republic of Indonesia, 2015).

exclusive breastfeeding for babies 0-6 months in the Puskesmas area throughout Makassar City in 2011 was 36.8%, in 2012 it was 63.7 and in 2013 it increased to 67.8% (Dinkes Makassar City Government , 2014).

For support Mother breast-feed in a way exclusive, government arrange about internal breastfeeding Constitution Number 33 of 2012 concerning Exclusive breastfeeding Regulation This state obligation Mother For breast-feed the baby in a way exclusive since born until aged six month. Effort government This so get welcome positive from the international world. But in fact, realization from regulation government the Still not enough (Olifiani & Elyta, 2023). Failure in the breastfeeding process often caused Because emergence a number of factors, including factors mother, factor baby, factor psychological, factors power health, factors social culture (Indonesian Ministry of Health, 2015).

Factor mother who became problem in breastfeeding is breast milk production (Septianingrum et al., 2020; Babakazo et al., 2022; Sandhi et al., 2020). Breast milk production is a release process hormone oxytocin for Drain the existing milk produced through channel in breast. In part Mother can produce breast milk happen from pregnancy and some happen after labor (Waldby et al., 2023). Problem early milk production This give impact bad for life baby. Whereas precisely mark highest breast milk nutrition there are in the days First life babies, that is colostrum. The use of formula milk is the alternative considered most appropriate for replace breast milk (Sánchez et al., 2021).

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Problem breast milk production by day First after give birth to can caused by a reduction stimulation hormone oxytocin. Factor psychology is necessary thing noticed. After give birth, mother experience changes physical and physiological causes change his psychology. Condition This can affect the lactation process. The facts show that method Work hormone oxytocin influenced by conditions psychological. Preparation Mother in a way psychological before breast-feed is factor important influences success breast-feed. Stress, excessive worry, and unhappiness in the mother play a big role in succeed exclusive breastfeeding (Saghooni et al., 2021).

Conception water milk Mother very influenced by factor mental. Always the mother in circumstances restless, lacking believe self, feelings of stress and variety form tension emotional, perhaps will fail in breast-feed the baby. One of factor psychology also influences it is anxiety (Ren et al., 2020).

Worry appears at the moment somebody No capable adapt to incident or the circumstances that caused it change in life somebody. In mothers who give birth, influencing factors adaptation the is exists feeling no comfort and fatigue, knowledge about need baby, indeed support, hope to birth baby, experience before, temperament mother, characteristics babies, and events that don't allegedly related with the birth process baby (Olza et al., 2020).

Anxiety that occurs during periods *postnatally* caused Because exists transition process woman and man in the process of becoming parents, happens adjustment big self between connection them and others. Parents who have experienced nurse children previous This feels more Certain in carry out role parent than those who do not have experience like That. One of factor affecting adaptation by experience previously, *multiparas* would feel more comfortable and doing more *attachments* beginning If compared to with *primipara*. Initial survey carried out at RSKD Mother and Child Siti Fatimah Makassar, obtained data from mother post partum in the last 3 months, namely from January to March 2016 as many as 114 people (Medical Records RSKD Mother and Child Siti Fatimah Makassar, 2016).

Method

This study used a non-experimental research design with an analytical approach, specifically adopting a cross-sectional design to examine the relationship between the anxiety levels of postpartum primiparous mothers and their breast milk production.

The study population included all postpartum primiparous mothers treated in the postpartum room at RSKD Mother and Child Siti Fatimah Makassar in 2016. The average monthly number of postpartum primiparous mothers was 38. From this population, 34 respondents were selected as the study sample using the accidental sampling technique, where participants were chosen based on their availability and willingness to participate during the data collection period.

Data collection for this study was carried out from April 11 to April 17, 2016, using a structured questionnaire as the primary data collection instrument. The questionnaire was designed to gather comprehensive information from respondents and consisted of three main sections. The first section focused on demographic information, capturing baseline characteristics of the postpartum primiparous mothers.

The second section assessed anxiety levels using a standardized scale specifically tailored to measure anxiety in postpartum conditions, ensuring relevance and accuracy. The third section collected data on breast milk production, which was obtained through self-reporting by the mothers and validated through direct observation of breastfeeding practices. This multi-faceted approach to data collection ensured that the study captured detailed and reliable information relevant to the research objectives.

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The collected data were analyzed using statistical methods. Relationships between anxiety levels and breast milk production were tested using the Chi-square test. For situations where the assumptions for the Chi-square test were not met, the Fisher's exact test was used as an alternative. A significance level of $\alpha < 0.05$ was applied to determine the statistical significance of findings.

Result and Discussion

Anxiety during the postpartum period, especially among primiparous mothers, can significantly affect physiological responses such as the release of oxytocin, which is vital for milk production. Understanding this relationship helps in identifying necessary interventions that promote both maternal mental health and breastfeeding success. The findings presented below aim to illustrate how varying anxiety levels among postpartum primiparous mothers are associated with differences in the smoothness of breast milk production at RSKD Mother and Child Siti Fatimah Makassar.

Univariate Analysis

Age Mother Introduction

Table 1. Distribution Respondent Based on Mother's Age in the Postpartum Room at RSKD Mother and Child Siti Fatimah Makassar

Age Mother (Years)	n	%
< 20	2	5, 9
20-25	9	26 .4
26-30	19	55, 9
>30	4	11, 8
Amount	34	100, 0

Source: Primary Data

Table 1 shows that the largest age group of respondents was the 26–30-year age group that is, as much as 19 people (55.9 %), and the least was in the age group < 20 years that is, as much as 2 people (5, 9%).

Mother's Education

Table 2. Distribution Respondent Based on Education Mother in the Postpartum Room at RSKD Mother and Child Siti Fatimah Makassar

Mother's Education	n	%
Elementary School	1	2, 9
Junior High School	12	35 .2
Senior High School	18	52, 9
College	3	8, 8
Amount	34	100, 0

Source: Primary Data

In table 2 show that education last respondent The most were high school students, namely 1.8 people (52.9 %) , and the least were elementary school students , namely 1 person (2.9 %).

Worry

Table 3. Distribution Respondent Based on Anxiety in the Postpartum Room at RSKD Mother and Child Siti Fatimah Makassar

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Worry	n	%
Worried	12	35, 3
Not Anxious	22	64, 7
Amount	34	100, 0

Source: Primary Data

In table 3 show that There were 12 respondents who experienced anxiety (35.3%), and 22 respondents who did not experience anxiety (64.7%).

Breast milk production

Table 4. Distribution Respondent Based on Expenditure of breast milk in the Postpartum Room at RSKD Mother and Child Siti Fatimah Makassar

Breast milk production	n	%
Not smooth	10	29, 4
Fluent	24	70, 6
Amount	34	100, 0

Source: Primary Data

In table 4 show that There were 10 respondents with non - smooth breast milk production (29.4 %), while there were 24 respondents with smooth breast milk production (70.6 %) .

Bivariate Analysis

Correlation between Anxiety Levels of Post Partum Primiparous Mothers and Breast milk production

Table 5. Correlation between Anxiety Levels of Post Partum Primiparous Mothers and Excretion of breast milk in the room Postpartum RSKD Mother and Child Siti Fatimah Makassar 2016

Anxiety Level	Breast milk production				Amount		pValue
	Not smooth		Fluent				
	n	%	n	%	n	%	
Worried	8	66.7	4	33.3	12	100.0	0.001
Not Anxious	2	9.1	20	90.9	22	100.0	
Amount	10	29.4	24	70.6	34	100.0	

Source: Primary Data

On table 5 show that 12 respondents experienced anxiety, 8 people (66.7%) with non-smooth breast milk production, and 4 people (33.3%) with smooth breast milk production. Meanwhile, 22 people did not experience anxiety, 2 people (9.1%) had non-smooth breast milk production, and 20 people (90.9%) had smooth breast milk production.

After done *chi* test *square* with alternative tests *Fisher 's exact test* was obtained p value = 0.00 1 < 0.05, which means that there is connection significant relationship level worry Mother post-partum primipara with breast milk production.

Respondent Characteristics

The results of research involving 34 respondents, showed that respondents in the age group < 20 years were 2 people (5.9%), the age group 20-25 years were 9 people (26.5 %), the age group > 30 years were 4 people (11 , 8 %), and most were in the age group > 30 years, namely

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19 people (55 , 9 %). Age is very determining maternal and related conditions with condition pregnancy, childbirth, and breastfeeding baby. Old mother not enough from 20 years considered Not yet ripe scar physical and psychological in face role new as a parent whereas Mother aged over 35 years old considered dangerous Because his physique Already Far reduce.

Meanwhile, based on education, 1 person had an elementary school education (2, 9 %), 12 people had a junior high school (35 , 3 %), 3 people had a tertiary education (8 , 8 %), and the most were high school, namely 18 people (52). , 9 %). The higher a person's education, it is hoped that the knowledge they have will also be better. Somebody Those who don't know much about the birthing process will feel worried about what they will face, giving rise to feelings of anxiety during the postpartum period.

Correlation between Anxiety Levels of Post Partum Primiparous Mothers and Breast milk production

Worry appears at the moment somebody No capable adapt to incident or the circumstances that caused it change in life somebody. The research results show that There were 12 respondents who experienced anxiety, the majority of respondents whose breast milk production was not smooth, namely 8 people (66.7%), but there were 4 respondents with smooth milk production, namely 4 people (33.3%). This is because respondents have received previous information from the family that breast milk will flow smoothly after the 2nd day after delivery, and the mother always applies a regular eating pattern for intake. good nutrition so that breast milk production is good generated there will also be more. Food Which consumed Mother breast-feed very influential to production breast milk . If food Which Mother Eat Enough will nutrition And pattern Eat Which regular , so production breast milk will walk with fluent. Meanwhile, there were 22 respondents who did not experience anxiety, the majority of respondents with smooth breast milk production, namely 20 people (90.9%), although there were also 2 respondents with non-smooth breast milk production, namely 2 people (9.1%). This is due to the mother's irregular breastfeeding frequency and inadequate nutritional intake, which causes breast milk production to not run smoothly. Mothers with irregular breastfeeding frequency can be caused by various reasons, for example; Afraid fat, Busy, breast saggy And etc.

Statistical test results use the *chi test square* with alternative tests *Fisher 's exact test* was obtained p value = 0.00 1 < 0.05 , which means that there is connection significant relationship level worry Mother post-partum primipara with breast milk production. This is in accordance with the theory put forward by Ramaiah S (2010) , stating that anxiety is feelings experienced when somebody too worrying possibility a frightening event occurred in Century the front is not Can controlled and if That happen will assessed as “ horrible ”.

This is in accordance with research conducted by Iin (2011), with title study " Connection Level Worry On Primipara With Smoothness Expenditure breast milk On 24 Day Post Partum In Region Work Public health center Subdistrict Lubuk Refinery” with research results showing that there is meaningful relationship with strength medium and direction correlation positive (p = 0.019 and r = 0.426) between level worry with smoothness breast milk production in primiparous postpartum mothers.

This research is also in line with research conducted, with title research "The Relationship between Post- Mother's Anxiety Levels Partum Primipara with the smooth delivery of breast milk in the postpartum room at RSD dr. Soebandi Jember" shows that the results of statistical test calculations with Lambda correlation obtained a value of p= 0.000, which means Ho is rejected, so it is concluded that there is a relationship between the level of maternal anxiety *post partum primipara* with the smooth production of breast milk in the Postpartum Room at RSD dr. Soebandi Jember.

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Worry appears at the moment somebody No capable adapt to incident or the circumstances that caused it change in life somebody. In mothers who give birth, influencing factors adaptation the is exists feeling No comfort and fatigue, knowledge about need baby, indeed support, hope to birth baby, experience before, temperament mother, characteristics babies, and events that don't allegedly related with the birth process baby.

Anxiety that occurs during periods *postnatally* caused Because exists transition process woman and man in the process of becoming parents, happens adjustment big self between connection them and others. Worry can arise when individual face experiences new like enter school, start work new or give birth to baby. Parents who have experienced nurse children previous This feels more Certain in carry out role parent than those who do not have experience like That. One of factor affecting adaptation bye experience previously, *multiparas* would feel more comfortable and doing more *attachments* beginning If compared to with *primipara* (Lederman et al., 2020; Deng et al., 2021).

Based on discussion that has been explained above, researcher conclude that mothers who experience anxiety will experience physical problems that will make the mother pay less attention to the needs needed to increase breast milk production, as a result, the milk that comes out during breastfeeding will not flow smoothly.

Conclusion

Based on results study about connection level worry Mother postpartum primipara with breast milk production in the Postpartum Room at RSKD Mother and Child Siti Fatimah Makassar, concluded that there is a relationship level worry Mother postpartum primipara with breast milk production, with p value = 0.00 1 < 0.05.

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