

# THE EFFECT OF CONSUMPTION OF BANANA BLOSSOM ON INCREASING PRODUCTION OF BREAST MILK IN POST PARTUM MOTHERS IN THE WORKING AREA OF SIBONGBONG SUBDISTRICT COMMUNITY HEALTH CENTERS YEAR 2022

Nurhayati<sup>1</sup>, Elliyana Nasution<sup>2</sup>

<sup>1</sup>Akademi Kebidanan Sentral Padang Sidempuan, <sup>2</sup>UPT. Puskesmas Simarpinggan  
Email : [nurhayatihasiswa77@yahoo.com](mailto:nurhayatihasiswa77@yahoo.com), [Elliyanaelliyana1973@gmail.com](mailto:Elliyanaelliyana1973@gmail.com)

## ABSTRACT

*Breast milk contains various important substances needed for the growth and development of the baby. The purpose of this study was to determine the effect of banana heart consumption on increasing breast milk production in nifah mothers before and after consuming banana heart in the Sibongbong Simarpinggan Health Centre Working Area. This type of research is quasi experimental with one group pretest-posttest design. Based on the data obtained and tested using paired sample test statistics obtained  $p = 0.02 < 0.005$ . This shows that there is an effect of giving banana heart to the quality of breast milk of mothers, therefore it is recommended for health workers to knowledge of mothers who breastfed with efforts to increase breast milk production with foods that are easily accessible.*

*Keywords: Influence, Banana Flower, Breast Milk Production*

## 1. PRELIMINARY

Breast milk is the best liquid of life that babies need. Breast milk contains various substances that are important for the growth and development of the baby and in accordance with its needs. The United Nation Childrens Fund (UNICEF) and the World Health Organisation (WHO) recommend that children should only be breastfed from birth for six months, without adding and/or replacing with other foods or drinks (except medicine, vitamins and minerals). This is done in order to reduce child morbidity and mortality rates.

The results of research conducted in developed countries, namely Europe 2007, showed that children aged 9.5 years who were exclusively breastfed had a higher IQ than children who were not breastfed (Graharti, 2018).

Exclusive breastfeeding coverage in developing countries in ASEAN 2017 such as India has reached 46%, in the Philippines 34%, in Vietnam 27%, and in Myanmar 24%, while in Indonesia it has reached the World Health Organization (WHO) in 2017 still shows the average exclusive breastfeeding rate in the world is only around 48%. According to SDKI data in Indonesia, the coverage of exclusive breastfeeding in Indonesia in 2017 is still low at only around 35%, which is still far below the WHO recommendation of around 50%.

One of the goals of the Sustainable Development Goals (SDG) program is to end all forms of malnutrition with a strategic plan to increase the percentage of infants less than 6 months who are exclusively breastfed from 42% to 50% by 2019 (SDG Ditjen BGKIA, 2015).

Nationally, the coverage of exclusively breastfed infants was 61.33%. This figure has exceeded the 2017 Strategic Plan target of 44%. The highest percentage of exclusive breastfeeding coverage is in West Nusa Tenggara (87.35%), while the lowest percentage is in Papua (15.32%), and North Sumatra at a percentage of (45.74%). Five provinces have not reached the 2017 Strategic Plan target (Kemenkes RI, 2018).

Breastfeeding in Indonesia has become a culture, but breastfeeding practices are still far from what is expected. According to the 2015 Indonesian Demographic Health Survey (IDHS), only 10% of infants were breastfed on the first day, 73% were breastfed for 2 months, 53% were breastfed for 2 to 3 months, 20% were breastfed for 4 to 5 months and 49% were exclusively breastfed until 6 months of age (Rukiyah, 2016).

Exclusive breastfeeding is also one of the efforts to improve the nutritional status of children in the first 1000 days of birth (HPK). This is supported by government policy on exclusive breastfeeding in Indonesia, which was established in 2004 through the Indonesian Minister of Health Decree No. 450/Menkes/SK/IV/2004 and strengthened through Government Regulation No. 33/2012. However, this support is not accompanied by a high percentage of exclusive breastfeeding (Ratna Ayu, 2016).

The 2017 achievement of 45.31% has reached the national target of 40%. There were 16 out of 33 districts/cities with achievements  $\geq$  40%, namely Asahan (96.61%), South Labuhanbatu (89.41%), West Pakpak (75.11%), Padangsidempuan (72.05%), Batu Bara (67.77%), Tebing Tinggi (62.44%), Simalungun (61, 86%), Langkat (58.93%), Humbang Hasundutan (53.52%), Dairi (47.29%), Karo (47.05%), South Tapanuli (45.97%), South Nias (45.90%), Deli Serdang (43.93%), Padang

Lawas (42.73%), and Mandailing Natal (40.28%). There are 2 districts with achievements  $<$ 10%, namely North Padang Lawas (9.30%), and North Nias (7.86%) (DinKes Provinsi Sumut, 2017).

As for ways that can be done to

The purpose of this study is to determine the effect of banana heart consumption on increasing breast milk production in post-partum mothers in the Sibongbong Sub-District UPT Puskesmas Simarpinggan in 2022.

## 2. RESEARCH METHODS

This type of research is a quasy experiment with a one Group Pretest-Postest design. This research was conducted from January to May 2021. The population in this study were all mothers who had babies aged  $\leq$ 6 months in the Sibongbong Assistant Health Centre Working Area of UPT Puskesmas Simarpinggan. The number of post partum mothers during the period January-May 2022 was 15 mothers. Intake was taken by purposive sampling method and using a questionnaire as a measuring instrument which was then processed by editing, coding, data entry, scoring and tabulating.

## 3. RESULT

### 3.1. Univariate Analysis Results

Table 1 Frequency Distribution of Respondents Based on Age and Parity

Variable	Frequen	Percen
<b>Age</b>		
25-30	13	86%
>30	2	14%
<b>Parity</b>		
1-2	11	73,3%
3-4	4	26,7%
<b>Total</b>	<b>15</b>	<b>100%</b>

Based on table 1, it shows that the majority of mothers aged 25-30 years amounted to 13 respondents (86%) and the minority aged >30 years amounted to 2 respondents (14%). Parity shows that the majority of parity 1-2 mothers amounted to 11 respondents (73.3%) and the minority parity mothers amounted to 4 respondents (26.7%).

**Table. 2 Frequency Distribution of Respondents based on Pretest Breast Milk Production**

<b>Breast milk production</b> <i>Pre test</i>	<b>Frequency (f)</b>	<b>Percentage (%)</b>
Good	10	67
Not good enough	5	33
<b>Total</b>	<b>15</b>	<b>100</b>

Based on shows that breast milk production before giving banana blossom or pre test was good at 10 people (67)% and less at 5 people (33)%.

**Table 3. Frequency Distribution of Respondents based on Post-test Breast Milk Production**

<b>Quality of Breast Milk Post test</b>	<b>Frequency</b>	<b>Percentage</b>
Good	13	86
Not good enough	2	14
<b>Total</b>	<b>15</b>	<b>100%</b>

Based on shows that breast milk production after giving banana blossom or post test was good at 13 people (86%) and less at 2 people (14%).

### 3.2. Bivariate Analysis Results

**Table 4. Frequency Distribution of Maternal Breast Milk Production Before And After Being Given Banana Blossoms**

<b>Quality of breast milk before giving banana blossom</b>	<b>Quality of Breast milk after banana blossom</b>				<b>Amount</b>		<b>P</b>
	<b>Both</b>		<b>Less</b>		<b>Total</b>	<b>F %</b>	
	<b>F</b>	<b>%</b>	<b>F</b>	<b>%</b>			
Good	10	67	0	0	13	87	
Not Good Enough	3	20	2	13	2	13	<b>0,02</b>
<b>Total</b>	<b>13</b>	<b>87</b>	<b>2</b>	<b>13</b>	<b>5</b>	<b>100</b>	

## 4. DISCUSSION

### 4.1. Post Partum Mother's ASI Production Before Consuming Banana Blossom

Based on it shows that breast milk production before giving banana blossom or pre-test was good at 10 people (67)% and less at 5 people (33)%. According to researchers, breastfeeding is something instinctive that all women can do, but sometimes the process can be influenced by several things so that the breastfeeding process can experience obstacles.

According to Sitti Hubaya's research of Kepok Banana Heart on Increasing Milk Production in Breastfeeding Mothers in the Gambesi Health Centre Working Area, Ternate City stated that as a country located in the tropics, in Indonesia there are many banana hearts or flowers on banana trees. The nutritional content of the banana heart includes protein, carbohydrates, fiber, fat, calcium, phosphorus, iron, copper, potassium, magnesium, and vitamin E.

The results showed that respondents who consumed kepok banana heart tended to

experience an increase in breast milk production as many as 22 people (86%), while respondents who did not consume kepok banana heart tended not to experience an increase in breast milk production as many as 2 people (14%).

In order for mothers to be successful in providing exclusive breast milk, so mothers who are breastfeeding their babies must receive additional food to avoid setbacks in the production of breast milk. If the mother's diet consistently does not meet adequate nutritional intake, of course the milk-making glands in the mother's breasts will not work perfectly and will ultimately affect breast milk production. Breastfeeding mothers must pay attention to several things to increase the quality and volume of breast milk produced. There are several suggestions that mothers who are breastfeeding their babies need to pay attention to, namely: consuming vegetables and fruit which can increase the volume of breast milk. Mothers can overcome small amounts of breast milk by consuming banana blossoms. These vegetables have been proven to increase the volume of breast milk.

#### **4.2. Effect of Breast Milk Production after consuming Banana Blossom**

Based on table shows that breast milk production after giving banana blossom or post test was good at 13 people (75)% and less at 2 people (25)%. Based on the researchers' assumptions, this indicates an increase in breast milk production in mothers after consuming banana blossoms.

Many people have found uses of banana blossoms in the community, such as healing abrasions on the feet, providing a longer feeling of fullness, being used to make vegetables because of the protein and vitamin content, and being eaten to facilitate and increase breast milk production.

Vitriлина Hutabarat's research as outlined in the Deli Husada Journal entitled The Effect of Consuming Banana Blossoms on Increasing Breast Milk Production in Postpartum Mothers at the Delitua Community Health Center stated that the average respondent's breast milk production in postpartum mothers before consuming banana blossoms was 17 (85%), after consuming banana blossoms; breast milk production increased smoothly by 20 (100%). There was an effect of consuming banana blossoms on increasing breast milk production in postpartum mothers at the Delitua Community Health Center.

Rilyani and Wulandari's research in the Holistic Journal of Health Journal, Volume 13, No. 4, December 2019 concerning Consumption of banana blossoms vegetables on increasing breast milk production in postpartum mothers. The Sumur Batu Community Health Center, Bandar Lampung City stated that the average mother's breast milk before giving banana blossoms vegetables to the mother to 30 breastfeeding mothers, with a mean of 4.90, standard deviation, 0.854, standard error of 0.1554 and a min-max value of 4-7. 37 standard deviation 0.765 standard error 0.140 and min-max value 4-8. The results of statistical tests using dependent tests obtained a p-value of 0.000 ( $\alpha < 0.05$ ), which means that there is an influence of consumption of banana blossoms vegetables on increasing breast milk in mothers.

Siti Hubbaya and Karimah's research entitled The Effect of Consuming Kepok Banana Blossoms on Increasing Breast Milk Production in Breastfeeding Mothers in the Gambesi Health Center Working Area, Ternate City shows that mothers who consume Kepok Banana Blossoms are 30 (50.0%) higher than mothers who don't. 30 people (50.0%) consumed Kepok banana

blossoms. The result of calculating the  $p$  value is  $0.02 < \alpha$  (0.05). This shows that  $H_a$  accepts that there is an influence of giving Banana Blossoms on the quality of maternal breast milk in the Simarpinggan Community Health Center UPT Work Area in 2022.

## 5. CONCLUSIONS

Based on the results and discussion of research on the Effect of Consuming Banana Blossoms on Increasing Breast Milk Production in Post Partum Mothers in the working area of the Sibongbong Sub-Public Health Center UPT Simarpinggan Community Health Center in 2022, it can be concluded that: Breast milk production before giving banana blossoms or pre test was good at 10 people and less at 5 people.

Breast milk production after giving banana blossom or post test was 13 people and less than 2 people.

There is an effect of giving 15 post-partum mothers the consumption of banana blossomss on maternal breast milk production, namely 13 good and 2 poor at the Sibongbong Simarpinggan Sub-district Health Center in 2022 with a probability value of (0.02) much lower than the significant standard of 0.05 or ( $p < \alpha$ ), then  $H_0$  data is rejected and  $H_a$  is accepted.

As for the suggestions for the Head of UPT Simarpinggan Community Health Center; it is hoped that this research can become a benchmark in the work area of Sibongbong Simarpinggan Community Health Center in providing services to post partum mothers and it is hoped that this research can be used by health workers to increase knowledge, especially regarding breastfeeding and breast milk.

And suggestions for respondents that it is hoped that parents of babies will know the benefits of plants around our environment, especially the use of banana blossom in

increasing breast milk production for breastfeeding mothers.

For further researchers, it is hoped that future researchers can develop research related to the effect of giving banana blossoms on breast milk production and can further develop the research variables.

## 6. REFERENCES

- Graharti, R. *Et Al.* (2018) ‘Pengaruh Pemberian Jantung Pisang ( Carica Papaya L .) Terhadap Kelancaran Produksi Air Susu Ibu (Asi) Pada Ibu Menyusui The Effect Of Banana Blossom (Musa Paradisiaca) Towards Breast Milk Production In Breastfeeding Mothers’, 8(April), Pp. 39–43
- Kementerian Kesehatan RI (2018) Profil Kesehatan Republik Indonesia Tahun 2017.
- Napitupuluh. (2019) ‘Pengaruh Pemberian Jantung Pisang (Musa Paradisiaca) Terhadap Kelancaran Asi Ibu Nifas’, Jurnal Darul Azhar, 7(1), Pp. 45–53.
- Notoatmodjo, S. (2017) Metodologi Penelitian Kesehatan. Jakarta: Pt. Rineka Cipta.
- Ratna Ayu. (2016) Asi Asuhan Berbasis Bukti. Jakarta: Buku Kedokteran Egc.
- Rilyani, Renda Wulandasari Holistik Jurnal Kesehatan, Volume 13, No.4, Desember 2019: 358-364 Konsumsi sayur jantung pisang terhadap peningkatan produksi ASI pada ibu masa nifas
- Rukiyah, A. Y. (2016) Asuhan Kebidanan III (Nifas). Jakarta Timur: Cv. Trans Info Media.
- Puskesmas Pembantu Sibongbong UPT Puskesmas Simarpinggan (2020). Pencatatan Capaian ASI

- Eksklusif bulan Januari-Maret (2020).  
SDG's ditjen BG-KIA (2015).Kesehatan Dalam Kerangka Sustainable Development Goals.
- .SittiHubaya, Pengaruh Konsumsi Jantung Pisang Kepok Terhadap Peningkatan Produksi Asi Pada Ibu Menyusui Di Wilayah Kerja Puskesmas Gambesi KotaTernate <http://ejournal.poltekkesternate.ac.id/ojs/index.php/juke/article/view/62>
- Vitriлина Hutabarat, Pengaruh Konsumsi Jantung Pisang Terhadap Peningkatan Produksi Asi Pada Ibu Nifas Di Puskesmas Delitua, <http://ejournal.delihusada.ac.id/index.php/JPk2R> Received: 21 September 2020.