

Providing Breastfeeding Techniques Counseling Towards Improvement Knowledge And Practices For Postpartum Mother



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ABSTRACT

Improper breastfeeding technique will cause the baby to not be able to breastfeed optimally and the mother to experience nipple blisters after breastfeeding. The key to successful breastfeeding is the breastfeeding technique by placing the baby in the correct position and attachment. The purpose of this study was to determine the effect of breastfeeding technique counseling on increasing knowledge and breastfeeding practices in postpartum women.

This type of research used quasi quasi-experimental method with a nonequivalent control group design approach. The population in this study were postpartum women (primipara) and KF1 (6 hours - 2 days) totaling 90 respondents. Sampling using accidental sampling with two research groups divided, namely 45 people in the intervention group and 45 people in the control group. The test used in this study was WhitnMann-Whitneyey because the data were not normally distributed.

The results of this study indicate the level of knowledge between the intervention group and the control group with a mean value of 43.8 ($p = 0.000$), while the level of practice between the intervention group and the control group with a mean value of 45 ($p = 0.000$), so there is a significant difference.

This study concludes that there is an effect of providing breastfeeding technique counseling on increasing knowledge and breastfeeding practices in postpartum women. So that it can be applied to mothers who have just given birth to their first child

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INTRODUCTION

Breast milk (ASI) is the perfect and best food that mothers give to their newborn babies. Breast milk contains the nutritional elements needed by babies for the growth and development of babies to achieve optimal growth and development of babies until the age of 6 months. Breast milk has other long-term health benefits for children, such as reducing the risk of overweight and obesity in childhood and adolescence, and also has benefits for



mothers, namely providing spacing in future pregnancies, preventing bleeding, reducing the risk of breast cancer, and as an expression of love. mother to her baby (IDAI, 2013) [1]

The benefits of breastfeeding have been documented around the world, but according to data from the United Nations Children's Fund (UNICEF) in 2018 [2], only 42% of children under 6 months received exclusive breast milk. This data is still below UNICEF's target of 50% by 2025. According to the results of Basic Health Research (RISKESDAS) [3] in 2018, breastfeeding in Indonesia for babies 0 months is 81.0%, for babies 1 month is 78.4%, for babies 2 months 79.7%, for babies 3 months 74.7%, in babies 4 months 72.7%, in babies 5 months it is 62.2%. The older the baby gets, the lower the presentation of breast milk. Meanwhile, the results of the 2017 Indonesian Demographic and Health Survey [4] show that coverage of exclusive breastfeeding under 6 months of age has increased since 2012, from 42% to 52%.

According to the 2019 Central Java Province Health Profile [5], the percentage of exclusive breastfeeding in the district. Semarang's exclusive breastfeeding coverage rate is 55.4%. District Health Office Health Profile. Semarang in 2021 [6] the achievement of coverage of babies given exclusive breastfeeding is 57.6%. This is because education, outreach, advocacy and campaign activities related to breastfeeding are not yet optimal, and not all hospitals have implemented the 10 steps toward successful breastfeeding.

The correct breastfeeding technique is how to give breast milk to a baby with the correct attachment and position of the mother and baby. To achieve successful breastfeeding, knowledge of correct breastfeeding techniques is required. The benefits of correct breastfeeding techniques are that the nipples do not get sore, the baby's attachment to the breast is strong, the baby becomes calm and spitup does not occur (Putri et al, 2020) [7].

In a study conducted by Krisdiana Wijayanti (2019)[8] regarding audio-visual media in breastfeeding health education related to knowledge and attitudes of lactation women in the Blora area, Central Java which aims to improve the knowledge and attitudes of breastfeeding mothers using audio-visual media, the results of health education research using audiovisual media are more effective in improving the knowledge and attitudes of breastfeeding mothers.

Another similar study conducted by Yuni Astuti (2021) [9] to know the effect of health education on correct breastfeeding techniques in postpartum Sectio Caesaria mothers at the Bhakti Wira Tamtama Army Hospital Semarang, states that there is an effect of health education on breastfeeding techniques on increasing the knowledge of postpartum sectio caesaria mothers. In a similar study conducted by Widya Anggraeni (2021)[10] the study aimed to explain the relationship between the correct breastfeeding technique and the success rate of lactation in Porong, Sidoarjo, which stated that there was a relationship between the correct breastfeeding technique and the success of lactation in breastfeeding mothers. In this study, counseling on correct breastfeeding techniques using audio-visual media was conducted for pregnant women in the 3rd trimester, providing health education on correct breastfeeding techniques for postpartum section cesarean mothers, but no counseling on breastfeeding techniques for primiparous pregnant women.

Based on the results of preliminary study data, it was found that the number of birthing patients with a history of primiparas who were treated in the Gardenia Room (Postpartum Room) in October 2022 reached 36 patients. The number of patients in November 2022 will reach 28 patients. The number of patients in December 2022 will reach 29 patients. Based on observations of the number of postpartum patients being treated in the Gardenia ward at RSUD dr. Gondo Suwarno Ungaran said that within one month the patient gave birth at RSUD dr. Gondo Suwarno Ungaran can reach 100 maternity patients. Of the total number of postpartum patients with a history of primiparas from October-December 2022, There were 93 of them with a history of post-SC (Caesar section), namely

35 patients, and the number of spontaneous deliveries was 58 patients. Every month the number of births at RSUD dr. Gondo Suwarno is uncertain, and from the data obtained the number of postpartum patients with a history of primiparas from October-December 2022 has decreased. In postpartum care, patients with normal birth are only hospitalized one day after giving birth, and SC (Caesarean section) patients receive postpartum care for 2-3 days. This is because the number of patients is large, while the patient bed capacity is limited, namely 20 beds, so human resources cannot provide maximum education regarding lactation due to the short treatment time.

The purpose of this study was to determine the effect of breastfeeding technique counseling on increasing knowledge and breastfeeding practices in primiparous postpartum mothers at RSUD dr. Gondo Suwarno Ungaran.

METHOD

This research uses a *quasi-experimental method* with a *nonequivalent control group design*. The research design used two groups, namely the intervention group and the control group. The intervention group was given breastfeeding technique counseling while the control group was not given any treatment. The population in this study were postpartum mothers (*primiparous*) and KF1 (6 hours – 2 days) totaling 90 respondents. The sampling technique used *accidental sampling* with a total of 90 people divided into two research groups, namely 45 people in the intervention group and 45 people in the control group.

The research was conducted in February-May 2023. Data was collected using a knowledge questionnaire and practice checklist. The data obtained was then analyzed using the data normality test using the *Shapiro Wilk* because the sample was <50 . The results showed that the data was not normally distributed with a significant value of <0.05 . Then a statistical test was carried out using the *Mann-Whitney* test to determine the difference in the average value of each group. The result was a *p-value* of 0.000, which shows that there is an influence of providing counseling on breastfeeding techniques on increasing knowledge and practice. This research was declared ethical by the Semarang Ministry of Health Polytechnic Research Ethics Committee with number 0181/EA/KEPK/2023.

RESULTS

1. Univariate analysis

Table 1 Frequency Distribution Based on Respondent Characteristics

Category	Intervention		Control	
	F	%	F	%
Age				
< 20 years	6	13.3%	1	2.2%
20-35 years	39	86.7%	44	97.8%
>35 years	-	-	-	-
Education				
elementary school	1	2.2%	1	2.2%
JUNIOR HIGH SCHOOL	9	20.0%	11	24.4%
SMA/SMK	25	55.6%	27	60%
PT	10	22.2%	6	13.3%
Total	45	100%	45	100%

Based on the results of Table 1, shows the age characteristics of the respondents, namely the majority aged 20-35 years, namely 83 postpartum mothers, and the education

of the respondents, namely the majority of SMA/SMK education with the number of respondents being 52 postpartum mothers.

Table 2 Frequency Distribution of Knowledge Levels of Postpartum Mothers before being given Breastfeeding Technical Counseling

No	Knowledge level	Intervention		Control	
		F	%	F	%
1	Good	2	4.3%	-	-
2	Enough	40	87%	19	42.2%
3	Not enough	3	6.5%	26	57.8%
	Total	45	100%	45	100%

Based on Table 2, shows that in the intervention group level of knowledge before being given counseling on breastfeeding techniques, the majority of respondents had a sufficient level of knowledge, namely 40 postpartum mothers (87%). In the control group, the level of knowledge of postpartum mothers was 26 (57.8%).

Table 3 Frequency Distribution of Knowledge Levels of Postpartum Mothers after being given Breastfeeding Technical Counseling

No	Knowledge level	Intervention		Control	
		F	%	F	%
1	Good	36	78.3%	-	-
2	Enough	9	19.6%	19	42.2%
3	Not enough	-	-	26	57.8%
	Total	45	100%	45	100%

Based on Table 3, it can be seen that the level of knowledge after being given counseling on breastfeeding techniques in the intervention group has increased. The majority of respondents had a good level of knowledge, namely 36 respondents (78.3%). The control group, which was not given any treatment, did not experience an increase or decrease in the level of knowledge.

Table 4 Frequency Distribution of Mothers' Breastfeeding Practices Before Being Given Breastfeeding Technical Counseling

No	Practice Level	Intervention		Control	
		F	%	F	%
1	Good	-	-	-	-
2	Enough	12	26.7%	34	75.6%
3	Not enough	33	73.3%	11	24.4%
	Total	45	100%	45	100%

Based on Table 4, it can be seen that in the intervention group before being given counseling on breastfeeding techniques, the majority of respondents had a low level of practice, 33 respondents (73.3%). In the control group, the level of breastfeeding practice was 34 (75.6%) and the level of breastfeeding practice was 11 (24.4%).

Table 5 Frequency Distribution of Mothers' Breastfeeding Practices After Being Given Breastfeeding Technical Counseling

No.	Practice Level	Intervention		Control	
		F	%	F	%
1	Good	45	100%	-	-
2	Enough	-	-	37	82.2%
3	Not enough	-	-	8	17.8%
	Total	45	100%	45	100%

Based on Table 5, it can be seen that after being given counseling on breastfeeding techniques in the intervention group, the majority of respondents experienced an increase in breastfeeding practices, namely having a good practice level of 45 respondents (100%). In the control group without treatment or counseling on breastfeeding techniques, 37 (82.2%) postpartum mothers had a sufficient level of practice.

2. Bivariate Analysis

Data Normality Test

Table 8 Normality Test Results for Knowledge Variable Data with the *Shapiro-Wilk Test*

Knowledge Variable	P-Value	Information
Intervention Group Pre-test	0,000	Abnormal
Intervention Group Post-test	0,000	Abnormal
Control Group Pre-test	0,000	Abnormal
Control Group Post-test	0,000	Abnormal

Based on Table 8, the results of the normality test for research variables show that the variables have a significance value of less than 0.05 ($p<0.05$) so the variables are not normally distributed

Table 9 Results of the Normality Test for Practice variable data using the *Shapiro-Wilk test*

Practice Variables	P- Value	Information
Intervention Group Pre-test	0.020	Abnormal
Intervention Group Post-test	0,000	Abnormal
Control Group Pre-test	0.012	Abnormal
Control Group Post-test	0.012	Abnormal

Based on Table 8, the results of the normality test for research variables show that the variables have a significance value of less than 0.05 ($p<0.05$) so the variables are not normally distributed.

Mann Whitney Test Results of the Effect of Breastfeeding Technical Counseling on the Level of Knowledge of Postpartum Mothers Before and After Being Given Breastfeeding Technical Counseling

Knowledge Variable	N	Mean	P- Value

Intervention <i>pre-test</i> scores	45	51.03	0.038
Control <i>pre-test</i> score	45	39.97	
Knowledge Variable	N	Mean	P- Value
Intervention <i>post-test</i> scores	45	67.24	
Shoe <i>post-test</i> control	45	23.76	0.000

Based on the table above, the results of the Mann Whitney U Test in both groups, namely the intervention group and the pre-test control group, obtained a Sig (2- 2-tailed) probability value of 0.038 ($p<0.05$) with a mean value in the intervention group of 51.03 and control group 39.97, post-test obtained a Sig (2- tailed) probability value of 0.000 ($p<0.05$) with a mean value in the intervention group 67.24 and the control group 23.76 So it can be concluded that between the intervention and control groups there is an influence of breastfeeding technique counseling on the level of knowledge of postpartum mothers about correct breastfeeding techniques.

Mann Whitney Test on the Effect of Breastfeeding Techniques Counseling on the Level of Knowledge of Postpartum Mothers Before and After Being Given Breastfeeding Techniques Counseling

Practice Variables	N	Mean	P- Value
Intervention <i>pre-test</i> scores	45	32.48	0,000
Control <i>pre-test</i> score	45	58.52	
Practice Variables	N	Mean	P- Value
Intervention <i>post-test</i> scores	45	68.0	
Shoe <i>post-test</i> control	45	23.0	0.000

Mann Whitney U Test in both groups, namely the intervention group and the pre-test control group, obtained a Sig (2- 2-tailed) probability value of 0.000 ($p<0.05$) with the mean value in the intervention group being 32.48 and the control group was 58.52, the post-test obtained a Sig (2- tailed) probability value of 0.000 ($p<0.05$) with a mean value in the intervention group of 68.0 and the control group of 23.0 so it can be concluded that between groups intervention and control influence breastfeeding technique counseling on the practice of postpartum mothers in carrying out correct breastfeeding techniques.

DISCUSSION

1. Univariate Analysis

- Respondent Character

The frequency distribution and presentation of characteristics of respondents in the intervention group and control group found that the majority of respondents were 20-35 years old, 86.7% in the intervention group and 97.8% in the control group.

Age 20-35 years is the ideal age for pregnant women, childbirth, postpartum, and lactation because it is supported by reproductive organs. According to the results of research conducted by Krisdiana Wijayanti (2019)[8] women over 20 years old usually face psychological problems, while women over 35 years old tend to experience complications of pregnancy, childbirth, and postpartum. Women aged 20-35 years are already physically and mentally pregnant psychologically, laboring and caring for babies.

So it can be concluded that the productive age greatly affects the effectiveness of exclusive breastfeeding with the correct technique in primiparous postpartum mothers.

While the characteristics of the education category, the majority of respondents' education was SMA / SMK, in the intervention group as much as 55.6% and in the control group as much as 60%.

According to research conducted by Yeni Lestari (2020)[11] a person who has higher knowledge will easily accept the information he gets, so that he will also receive more knowledge from other people or his environment. Conversely, lack of education will affect the development of a person's attitude toward new information or values that are introduced.

So it can be concluded that this affects the level of knowledge and practice in the correct breastfeeding technique, because the higher a person's education, the higher the level of absorption of information and behavioral responses provided by the researcher.

b. Knowledge level before and after being given breastfeeding technique counseling

The results showed the level of knowledge in the group before being given counseling on breastfeeding techniques obtained the results of good knowledge 2 (4.3%) mothers, sufficient knowledge 40 (87%) mothers, and less knowledge 3 (6.5%) mothers. Maternal knowledge before breastfeeding technique counseling is the mother's ability to understand the correct breastfeeding technique.

After breastfeeding technique counseling, the results showed that the majority of respondents experienced an increase in knowledge. Respondents with good knowledge as many as 36 (78.3%) mothers, sufficient knowledge as many as 9 (19.6%), while for less knowledge there is none.

According to Musriah in the journal, Nia Widia Aprilia Keni (2020)[12] experience can affect a person's knowledge. Experience is the most valuable source of knowledge and is used by people as a reference or basis for further action. A mother also needs to know breastfeeding techniques, if the mother does not know breastfeeding techniques, it will hurt the mother and baby.

According to research conducted by Windatania Mayasari (2021), [13] low maternal knowledge is influenced by maternal ignorance of the correct breastfeeding technique. This can cause mothers to fail to fulfill nutrition for their babies.

So it can be concluded that the mother's knowledge about the correct breastfeeding technique is very important because, from the experience and research that has been done, it is proven that the behavior based on the correct breastfeeding technique is very important.

c. Practice level before and after breastfeeding technique counseling

The results showed that the level of practice in the group before breastfeeding technique counseling was obtained from the results of the level of practice Good no, the level of practice is sufficient for 12 (26.7%) mothers, and the level of practice is less 33 (73.3%) mothers.

After being given breastfeeding technique counseling, the results showed that the majority of respondents experienced an increase in breastfeeding practices, including the level of good breastfeeding practices of 45 (100%) mothers, while the level of adequate and insufficient practice did not exist.

Previous research, research conducted by Aprilia Wahyu Utami Dewi (2021)[14] entitled The Effect of Health Education on Breastfeeding Techniques with Video Media on Knowledge and Practices of Breastfeeding Mothers, the results of this study showed that before being given a health education intervention

on breastfeeding techniques, the majority of respondents had a sufficient level of practice as many as 21 (91.3%) and a good level of practice as many as 2 (8.7%). The level of practice increased after being given the intervention of counseling education on breastfeeding techniques to as many as 17 respondents (73.9%) at the level of good practice. So the results showed that the intervention group had a higher percentage than the control group.

2. Bivariate Analysis

- a. The Effect of Breastfeeding Technical Counseling on the Level of Knowledge of Postpartum Mothers before and after being given Breastfeeding Technical Counseling

The results of the Mann Whitney U Test for both groups, namely the intervention group and the control group, pre-test obtained a Sig (2-tailed) probability value of 0.038 ($p < 0.05$), post-test obtained a Sig (2-tailed) probability value of 0.038 ($p < 0.05$). 0.000 ($p < 0.05$), then H_a is accepted and H_0 is rejected, so it can be concluded that there is an influence of breastfeeding technique counseling on the level of knowledge of postpartum mothers about correct breastfeeding techniques.

The increase in maternal knowledge was due to the increased knowledge of mothers who received information through counseling on correct breastfeeding techniques. One of the pieces of information is obtained from two-way counseling and directly implementing breastfeeding steps for the newborn baby.

In line with previous research conducted by Aprilia Wahyu Utami Dewi (2021) [14] entitled The Effect of Health Education on Breastfeeding Techniques with Video Media on Mothers' Breastfeeding Knowledge and Practices, the results of this research show that mothers' knowledge about health education on breastfeeding techniques before being given intervention was the majority of respondents. 17 respondents (73.9%) had a sufficient level of knowledge 5 respondents (21.7%) had a good level of knowledge, 1 respondent had a poor level of knowledge (4.3%), and the respondent's level of knowledge improved after receiving educational intervention. health of breastfeeding techniques using video media, namely the majority had a good knowledge level of 21 respondents (91.3%) and a sufficient level of knowledge of 2 respondents (8.7%).

The provision of breastfeeding counseling has been carried out by researcher Zeiniyetus Sofiya (2023)[15] from the results of his research entitled The Effect of Breastfeeding Techniques Video Education on Breast Milk Production in Postpartum Mothers at the Kwanyar Bangkalan Madura Health Center that there is an effect of breastfeeding technique video education methods on postpartum mothers, namely most mothers experience that breast milk becomes smooth after being given the education.

So it can be concluded that from the research that has been done, there is an effect of providing breastfeeding technique counseling on increasing knowledge in postpartum mothers who breastfeed their babies, this can help mothers provide nutrition to their babies optimally without worrying about improper positioning and attachment.

- b. The Influence of Breastfeeding Technique Counseling on the Practices of Postpartum Mothers before and after being given Breastfeeding Technique Counseling

The results of the Mann Whitney U Test in both groups, namely the intervention group and the control group, pre-test obtained a Sig (2-tailed)

probability value of 0.000 ($p<0.05$), post-test obtained a Sig (2-tailed) probability value of 0.000 ($p<0.05$). 0.000 ($p<0.05$), then H_a is accepted and H_0 is rejected, so it can be concluded that there is an influence of breastfeeding technique counseling on the practice of postpartum mothers in carrying out correct breastfeeding techniques.

This is also in line with research conducted by Septi Kurniawatai (2021)[16] entitled The Relationship between Breastfeeding Techniques and Breast Milk Production in Primiparous Mothers at BPM X Glenmore, which showed that there was a relationship between breastfeeding techniques and breast milk production in primiparous mothers. The mother's milk production became smooth after being given an understanding of the correct breastfeeding technique. These results are by the theory of Lawrence Green [17] which states that factors in the formation of behavior or practice are obtained from predisposing factors manifested in knowledge, attitudes, beliefs, beliefs, values, and so on. The formation of this behavior is due to the mother getting calm knowledge of breastfeeding techniques through counseling on correct breastfeeding techniques.

The information provided through breastfeeding counseling can change the mother's way of breastfeeding which has been inappropriate so that the mother is more attentive to the nutritional needs of her baby so that her baby can grow and develop properly and at the same time can also maintain her health by paying more attention to nutritional needs during breastfeeding. The results of research conducted by Saadia Matdoan (2020)[18] showed that there was an effect of providing counseling on correct breastfeeding techniques on attitudes in postpartum mothers in the working area of the Rijali Ambon Health Center, namely 28 respondents had a good attitude after being given counseling.

So postpartum women need to be facilitated in the form of providing counseling or education on proper breastfeeding techniques to achieve good knowledge and ability to practice breastfeeding which can reduce the incidence of nipple blisters, breast milk dams, lack of nutrition in infants, and confused nipples.

The results of this study reveal a significant improvement in both knowledge and practice of breastfeeding techniques among primiparous postpartum mothers who received counseling compared to those who did not. This finding supports the theoretical concepts related to health education, which suggest that targeted interventions can enhance knowledge and behavior. According to health behavior theories, such as the Health Belief Model and Social Cognitive Theory, providing structured education and practical demonstrations can lead to improved health practices. The observed increase in correct breastfeeding techniques among the intervention group aligns with these theories, demonstrating that educational counseling can effectively bridge the gap between theoretical knowledge and practical application.

Theoretical Implications: The study's outcomes reinforce the importance of incorporating practical demonstrations into health education programs. By showing that tailored counseling can significantly enhance both knowledge and breastfeeding practices, the research supports the notion that educational interventions should focus not only on imparting knowledge but also on facilitating behavioral change.

Applied Implications: Practically, the results underscore the need for integrating breastfeeding technique counseling into postpartum care. The substantial improvement in breastfeeding practices among those who received counseling highlights the value of such educational interventions. Healthcare providers should consider implementing similar counseling programs to better support new mothers and improve breastfeeding outcomes.

Limitations and Future Research Directions: Despite these positive results, the study has limitations. The research was conducted at a single hospital, which may affect the generalizability of the findings. Expanding the sample size and including diverse settings in future studies could provide more broadly applicable results. Additionally, the short-term nature of the follow-up limits the ability to assess the long-term impact of the counseling. Future research should include longer follow-up periods to evaluate the sustainability of the improvements in breastfeeding practices. The study also focused solely on breastfeeding techniques, without addressing other factors that may influence breastfeeding success. Future investigations could explore more comprehensive interventions that consider psychological, social, and additional support factors. Finally, while the study used questionnaires and checklists for data collection, these tools may not fully capture the complexities of breastfeeding practices. Incorporating qualitative methods or more detailed assessments could offer deeper insights into the factors influencing breastfeeding success.

CONCLUSION

This study demonstrates that counseling on correct breastfeeding techniques significantly enhances both the knowledge and practices of primiparous postpartum mothers. The intervention led to a marked improvement in the mothers' understanding and application of breastfeeding methods, as evidenced by the higher levels of knowledge and better breastfeeding practices observed in the intervention group compared to the control group. These findings underline the importance of integrating structured educational programs into postpartum care to support new mothers effectively. By addressing both theoretical knowledge and practical skills, such programs can bridge gaps in breastfeeding practices and contribute to better health outcomes for both mothers and their infants. Future research should consider expanding the scope and duration of such interventions to assess their long-term impact and explore additional factors influencing breastfeeding success.

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