




Effect of Mahabbah Package to Increase Breast Milk Production in Postpartum Mothers after The Covid-19 Pandemic: A Case Study in Indonesia

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Abstract. Postpartum mothers in the Covid-19 era have greater challenges in the case of early prevention. Birth mothers experience a difficult adaptation process from pregnancy to delivery and the breastfeeding period. Unsuccessful adaptation can cause anxiety and the production of breast milk needed by the baby as the main food in early life. Non-optimal breast milk production will pose a risk to the baby's health, especially to the body's immunity to prevent infection. This study aims to determine the effect of the *Mahabbah* package intervention on the increase of breast milk production in postpartum mothers. The study is a quasi-experiment designed with a pre-post test with a control group. 33 postpartum mothers on the first day were the sample. Instruments for increasing breast milk production are measured using standardized measuring cups, educational media, standard operating procedures for oxytocin massage, breast care, and breast milk measurement observation sheets. The *Mahabbah* package tool was designed by combining the three methods, namely breast care, oxytocin massage using an electric device, and education on how to breastfeed properly. The intervention results showed a difference in breast milk production before and after the treatment of the *Mahabbah* package. The results of the analysis with the t-test showed a significance value ($p=0.001$). Thus, the *Mahabbah* package intervention is recommended as an easy and inexpensive way without side effects in optimizing the health of postpartum mothers and their babies.

Keywords: Postpartum, Breast Milk, *Mahabbah* Package.

1 Introduction

World Health Organization (WHO) has carried out extensive promotions to increase exclusive breastfeeding for newborns. The existing literature shows that health education and supportive interventions for breastfeeding mothers can increase the proportion of postpartum mothers who give exclusive breastfeeding. Nevertheless, more studies

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also have proved that breastfeeding mothers after giving birth requires effective intervention measures to increase milk production and help smooth breastfeeding. [1],[2],[3].

Observations made in several hospitals and maternity clinics in Indonesia, newborns who do not get adequate fluid intake or breast milk cause dehydration. This condition has a risk of jaundice or jaundice which is difficult to treat. The main infant mortality in Indonesia is caused by LBW 26%, jaundice 9%, hypoglycemia 0.8%, and neonatal infection 1.8%. The prevalence of neonatal jaundice in the world is still quite high. The United States as a developed country notes that 65% of the 4 million neonates born each year experience neonatal jaundice in the first week. [4],[5]. Newborns need nutrition according to digestion and the need to maintain optimal growth and development [6]. Early in the life of a baby, a mother prepares breast milk to be able to meet nutritional needs. Colostrum found in breast milk is needed to help increase immunity for babies to prevent infection.[7], [8], [9]. The world health organization agency has provided information that breast milk is the perfect food for newborns. The condition of a mother and baby in the breastfeeding process is the good initial stage in the growth and development of the newborn[10],[6].

The importance of intervention indicates that newborns get nutritional intake through breastfeeding early in life. Exclusive breastfeeding for babies, especially in developing countries, contributes to the survival of newborns. Therefore, the World Health Organization (WHO) recommends that a mother can provide breast milk as food for babies up to the first six months of age. Exclusive breastfeeding is one of the keys to reducing infant mortality. The breastfeeding program for the first six months of the baby's life aims to reduce morbidity and mortality in the infant and is also able to save on family expenses. [11], [12]. Breastfeeding is a mother's natural step in providing safe and healthy nutrition for the baby's survival. However, breastfeeding offers a problem since its process shows the production of milk secretion in a mother after giving birth [13]. Lack and delay in breast milk production can cause several delays in breastfeeding for babies. Expenditure Milk production can be affected by two factors such as production and release. Breast milk production is carried out by the hormone prolactin, then the release is appeared by the hormone oxytocin [14], [15], [16]. The hormone oxytocin is released through nipple stimulation. This stimulation can be done by means of the baby sucking the mother's nipple [17],[18]. The relaxed and happy condition of a mother can be done by massaging the mother's breast and back area. This technique can stimulate endorphins and oxytocin hormones as love hormones. With the release of the hormone oxytocin and the hormone endorphins for post-natal mothers, it will help mothers to produce more optimal breast milk [19],[20], [21].

The *Mahabbah* package is a method to help a post-natal mother be able to adapt while breastfeeding her baby and accept changes in adaptation as fun. It has been widely discussed in research related to breast milk production using both pharmacological and non-pharmacological methods. Several intervention actions in a study to increase breast milk production have been empirically proven through a study. However, there have not been many studies with comprehensive interventions in an effort to increase breast milk production in postpartum mothers.

This study applies an intervention by collaborating on 3 approaches at once which is called the *Mahabbah* package intervention. The gift package is given through breast care, back stimulation massage, and education on proper breastfeeding techniques. The *Mahabbah* method is expected to be able to help mothers produce and express breast milk and mothers can provide breast milk with the correct technique. The optimal ability of the mother to breastfeed will be needed by the baby in meeting the nutritional needs of early life. Most studies explain the correlation between the interventions carried out with the positive impact. Most of the research interventions use one method which is still relatively little action research and use the collaboration of several interventions as an effort to increase the positive impact on breastfeeding mothers after giving birth.

2 Method

This study applied an experimental approach on the first day postpartum. They were 33 mothers who underwent breast care intervention by giving a *mahabbah* package. In this study, samples were taken with the provision of predetermined inclusion criteria. Data were collected between March and June 2022. The inclusion criteria were defined as mothers with less than 1 ml of milk production per feeding, no abnormal breast development, no known breast disease, and mothers who experienced delays in expressing breast milk. While the exclusion criteria are that the mother has a disorder in the breast in the form of an abnormal mass. Measurements using a measuring cup with a scale were carried out once before the intervention was given and after the breast care intervention was carried out using the *Mahabbah* package method. Demographic information was collected about age, parity, number of children, education, antenatal care, husband's support, postpartum pain, and amount of breast milk production.

The examination of measurements with a measuring cup was carried out to detect the inadequacy of breast milk production. A measuring cup with a scale can determine the exact amount of milk produced by the breast. The examination was carried out by trained health personnel. The inspection was carried out according to a standardized procedure. While the research tools were standard operating procedures (SOPs) for breast care, SOPs for breastfeeding methods with the right technique, SOPs for using simple electric massagers, assessment sheets for breastfeeding observations, and flip-chart posters for health education.

Breast care was carried out by giving the *mahabbah* package sequentially through 3 stages namely (1) post-partum mothers were given a relaxing massage using a simple electric massager for 15 minutes on the right and left shoulders (2) Maternity mothers were treated in the form of breast care for 20 minutes (3) Maternity mothers were given education on how to breastfeed the baby with the right technique. On the 3rd day postpartum, an evaluation of the intervention was carried out by measurement on a measuring cup with a scale.

Data in the treatment group were collected before being given the *mahabbah* package, respondents explained the interventions carried out, and the *mahabbah* package was given to the mother 24 hours after giving birth. The intervention was carried out

for 2 days starting at 09.00-12.00 WIB. The selection of time by considering the comfort of the mother to be given breast care with the *mahabbah* package method.

The research protocol had been approved and registered with the health research ethics committee of Aisyiyah University Surakarta No. 013/IV/AUEC/2022. All participants had been given an explanation of the objectives and procedures of the research to be carried out. In addition, participants were also required to sign an informed consent.

3 Result and Discussion

3.1 The Results

The results of the study are shown in table of the characteristics of the respondents table 1.

Table 1. The characteristics of the respondents

Variable	Intervention group	
	N	Percentage (%)
Age		
< 20 years old	2	6.06
21-35 years old	25	75.7
> 36 years old	6	18.2
Parity Status		
Have given birth <=2	23	69.7
Have given birth >2	10	30.3
Educational Status		
Primary School	6	18.2
Senior High School	16	48.5
College	11	33.3
Number of children		
Number of children <=2	24	72.7
Number of children >2	9	27.3
Antenatal Care		
ANC >=4	33	
Husband's support		
Yes	24	72.7
No	9	27.3
Postpartum pain		
Yes	32	97.0
No	1	3.0
Breast Milk Production		
A little	33	100

Based on Table 1, it shows that the majority of breastfeeding mothers are aged 21-35 years as many as 25 respondents, (75.7%), are high school graduates as many as 16 respondents (48.5%), are mothers who have parity less than 2 as many as 23 respondents (69.7%) with the number of children less than 2 by 24 (72.75), during pregnancy they had family support as much as 24 (72.7%), mothers carried out routine ANC

checks more than 4 times during pregnancy as many as 33 (100%). Some mothers complained of pain by 32 (97.0%)

Table 2. The result of Wilcoxon Test

Result	Mean	SD	P value
Pre-Test	29	5,5	0.0001
Post-Test			

In table 2 the results of the Wilcoxon analysis obtained a significant P value of 0.00001. This value describes that the value is lower than 0.05 which can be concluded from the research above that there are differences in breast milk production before and after being given the *mahabbah* package intervention. The results of the analysis obtained a mean value of 29 and a standard deviation (SD) of 5.5 which indicated that the intervention of giving *mahabbah* packages affected the increase in breast milk production. It is proven by the difference in the expenditure on breast milk production before and after the intervention. The *Mahabbah* package is given to postpartum mothers in 3 stages (1) Postpartum mothers are given a relaxation massage using a simple electric massager for 15 minutes on the right and left shoulders (2) Maternity mothers are treated in the form of breast care for 20 minutes (3) Maternity mothers are given education on how to breastfeed their babies with the correct technique.

3.2 Discussion

The Covid 19 pandemic has given many different regulations, people are asked to maintain physical distance in an effort to transmit the Covid-19 virus. The community is limited in carrying out activities or activities in the community so there is no direct communication [22]. This condition can affect human nature as social beings and people cannot interact directly with other people. In a relatively long period of time, this can cause stress for the community as a pandemic uncertainty [3],[23]. WHO states that the causes of a person's mental health are influenced by psychological aspects, social aspects, biological aspects, economic aspects, and changes in the environment and the interaction of behavioral relationships in society. The *mahabbah* package as an effort to help overcome problems in society during the pandemic era is clear evidence of the important role of community empowerment. The development of the mother's knowledge and skills in managing postpartum babies in the pandemic era is a big challenge for mothers and families who have duties and responsibilities so both mothers and babies must be healthy and prosperous through optimizing breastfeeding which can increase immunity as an effort to reduce infant morbidity and mortality [18], [8], [7].

This study provides information that there is an increase in breast milk production in the intervention of giving the *mahabbah* package. There are two important processes in breastfeeding, namely the production process and the production process. The baby's mechanism of sucking on the baby's nipples, breast massage and stimulation of back massage relaxation will be able to produce the release of the hormone oxytocin as the hormone of love [10][24]. Providing reflexology on the back using a simple electric

device is for the mother to get a relaxed state so that she is able to release the oxytocin hormone in the smooth process of breast milk formation [25],[26],[19]. Giving a *mahabbah* package is a method of breast care using 3 combinations so that the intervention will increase and stimulate the hormone prolactin which is able to expel milk production more quickly. This *mahabbah* package combines 3 methods of providing stimulation to the glands and hormones for postpartum mothers [27]. These results are also consistent with previous studies which showed that the intervention of the oxytocin method and Sugenti massage stimulation (SPOS) illustrated an increase in breast milk production [28]. This study provides an overview of the differences between the control group and the treatment group with the intervention given that the intervention group produced more breast milk production 3.74 cc than the control group (2.04 cc). The intervention of giving the *mahabbah* package through massage and stimulation of the back area, providing gentle breast care is intended so that the mother is able to feel comfortable, the body becomes more relaxed, eliminates post-natal fatigue and is able to give more trust to a mother because she is able to provide breast milk to the baby. Insufficient milk production has an impact on both the mother and the baby. A mother who is unable to provide adequate nutrition to her baby at the beginning of life can cause psychological disturbances with feelings that can cause anxiety [29],[14]. The oxytocin reflex is influenced by the mother's psychology. Conditions such as anxiety, stress, and doubt, will cause breast milk production to be inhibited [30]. The relaxation function is very much needed for postpartum mothers to be able to feel that natural processes such as breastfeeding can make mothers and babies happy. Education for maternity mothers is able to provide emotional support that makes postpartum mothers feel empowered with positive perceptions in the mother's mind [28], [31].

Based on Table 2, it is known that during the pre-intervention the breast milk production of 33 respondents was insufficient. Meanwhile, during the post-intervention by giving the *mahabbah* package as many as 32 mothers experienced an increase in breast milk production. Only 1 respondent mother whose breast milk production is not sufficient. Measurement of breast milk production was carried out by removing breast milk for 3 minutes before and after the intervention.

Massage that is done on the back area can give a feeling of relaxation to the body. Massaging the area causes the release of oxytocin. Oxytocin is a hormone that can stimulate the spinal cord followed by a neurotransmitter in the medulla oblongata to send messages to the hypothalamus [19]. The above mechanism stimulates the posterior pituitary to secrete the hormone oxytocin so that the mammary glands can produce milk. Gentle breast care will provide stimulation to the breast muscles so that the glands around the breast can contract. This mechanism is very important when a mother is carrying out the bonding process when breastfeeding a baby. In this study, a combination of breast care and oxytocin removal was carried out for 20 minutes [32].

Increased milk production also requires baby suction that can provide stimulation through the baby's mouth sucking on the mother's nipple [7],[33]. Proper and correct education when breastfeeding is done in case to help babies suckle with the correct technique. In this study, mothers are given the motivation to be able to mindfulness of new conditions. At this stage, the motivation for the mother is to believe that being a mother is a blessing in life. The right motivation through education for mothers will

have a positive impact on supporting mothers in caring for their babies. The important role of a mother's attitude towards breastfeeding has been widely documented in research results. Building a positive attitude will provide a positive perception that it provides an opportunity to do the best in caring for the baby.

4 Conclusion

Birth mothers experience a difficult adaptation process from pregnancy to delivery and the breastfeeding period. Unsuccessful adaptation causes anxiety and can affect the production of breast milk needed by the baby as the main food in early life. Non-optimal breast milk production will pose a risk to the baby's health, especially to the body's immunity to prevent infection. The *Mahabbah* package offers three special methods as following breast care, oxytocin massage using an electric device, and education on how to breastfeed properly. The results of this study indicate that this packaging method affects increasing breast milk production. Thus, it is reasonable that the *Mahabbah* package is recommended to apply since it is an easy and inexpensive way without side effects in optimizing the health of postpartum mothers and babies.

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