

The Problem of Ineffective Breastfeeding in Patient Mrs. "S" with Normal Postpartum Patients in The Nurir Room, Bhayangkara Hospital, Makassar

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ABSTRACT

Pregnancy is a natural thing which is a physiological process. According to the World Health Organization in 2021 reported data on exclusive breastfeeding globally, only around 44%. The World Health Organization recommends that to maintain the health of babies and mothers, namely by providing breast milk for at least 6 months. Based on data from the Medical Records of Bhayangkara Hospital Makassar in the case of Normal Postpartum in 2024, it was reported that the number of inpatients with normal postpartum was 270 (96.67%) cases and the number of outpatients was 9 cases (3.33%). Overall, there were 270 cases of Normal Postpartum patients (Medical Records of Bhayangkara Hospital Makassar, 2024). The Marmet technique is a method with massage and stimulation so that breast milk flow is optimal. The purpose of this study was to determine the effect of applying the Marmet Technique on normal postpartum patients to overcome the problem of ineffective breastfeeding, especially in patient NY "S" in the Nuri Room of Bhayangkara Hospital Makassar. The aim was to determine the effect of the Marmet Technique on Mrs. "S" to overcome the problem of ineffective breastfeeding in normal postpartum patients at Bhayangkara Hospital Makassar. This research method describes 4 effective methods for collecting data, namely, Interview, Observation, Physical Examination and Documentation methods. The results obtained from the Application of the Marmet Technique to the patient Mrs. "S" with normal Postpartum in the Nuri Room of Bhayangkara Hospital Makassar for 3 days found that the nursing problem of Ineffective Breastfeeding decreased because breast milk did not come out, after the Marmet Technique Action from the first to the third day the results of breast milk increased. The conclusion of the research results After the regular application of the Marmet Technique, it was proven that the problem of ineffective breastfeeding had increased in Mrs. "S" because it could produce effective breast milk.

INTRODUCTION

Pregnancy is a natural, physiological process. However, if proper care is not provided or complications are detected early and accurately, it can lead to complications. Untreated pregnancies can lead to maternal death. Pregnancy can occur if a woman has healthy reproductive organs, experiences a menstrual cycle, and has had sexual intercourse (Putri et al., 2022). The postpartum period begins after the placenta is delivered and ends when the uterus has returned to its original (pre-pregnancy) state, and lasts approximately 6 weeks.

According to the World Health Organization (WHO), 2021 data reported that exclusive breastfeeding globally is only around 44%. The World Health Organization (WHO) recommends that newborns up to 6 months of age only consume breast milk without other fluids or foods. The World Health Organization (WHO) recommends that to maintain the health of babies and mothers, namely by giving. According to the Ministry of Health (Kemenkes, 2021), Early Initiation of Breastfeeding (IMD), with a duration of at least one hour, can provide breast milk rich in antibodies. Based on WHO data, most toddler deaths occur during infancy, one of which is caused by errors in feeding, breastfeeding can reduce 22% of neonatal deaths so that breastfeeding is a top priority for babies (Yulita et al., 2021). The percentage of babies under 6 months who received exclusive breastfeeding in Indonesia in 2023 was 73.97% (BPS, 2024). The percentage of babies under 6 months of age who received exclusive breastfeeding in

Indonesia in 2023 increased compared to 2022. Indonesia's exclusive breastfeeding coverage in 2022 was recorded at only 67.96% (WHO, 2023). Breastfeeding for at least 6 months (Sabriana et al., 2022).

Based on data from the Bhayangkara Makassar Hospital Medical Records on Normal Postpartum cases in 2024, the number of inpatients with normal postpartum was reported to be 270 (96.67%) cases and the number of outpatients was 9 cases (3.33%). Overall, there were 270 cases of Normal Postpartum patients (Bhayangkara Makassar Hospital Medical Records, 2024).

The Marmet technique is a method of massage and stimulation to optimize breast milk production. This research was conducted first by (Dhanisa Shafa, 2021) who gave the Marmet technique to postpartum mothers for 1 week with a duration of 20-30 minutes, proving that the Marmet technique is effective in increasing breast milk production in postpartum mothers by 30 ml. This Marmet breast milk expression technique is basically aimed at emptying breast milk from the lactiferous sinus, which is located under the areola. It is hoped that emptying the breast milk in the lactiferous sinus area will stimulate the release of the hormone prolactin. This release of the hormone prolactin will then stimulate the mammary alveoli to produce breast milk. Based on the above concept, the author is interested in conducting a case study on "The Application of the Marmet Technique to Overcome the Problem of Ineffective Breastfeeding" with the hope that this technique is a very effective technique so that the patient does not need to use drugs and materials that cost more.

METHODS

This type of research design uses a case study design to explore the application of the Marmet Technique with the problem of ineffective breastfeeding in patients who experience normal postpartum. The research subjects are directed to the application of the Marmet technique intervention to see how it affects ineffective breastfeeding in patients who experience normal postpartum. The selection of postpartum patients is determined based on inclusion and exclusion criteria. Inclusion criteria are: normal postpartum mothers, normal postpartum mothers whose breasts do not come out, postpartum mothers whose breasts are not productive while Exclusion criteria are: Patients are not willing to be respondents, Patients referred to another hospital, Patients who do not experience normal postpartum patients do not experience problems. Research Instruments that used by this study, namely, PNC Assessment Format (to collect patient data), Observation Sheet used to record parts of patient development, Interview Sheet used to collect questions when conducting anamnesis containing patient identity, main complaints, medical history (Current-past-family) and according to the guidelines revealed. Data sources are obtained from patients, husbands, or other families. Stationery serves to record all conversations related to the study, Nursing kit serves to measure vital signs with the focus of the study

RESULTS

Patient Mrs. S is female, 16 years old, address at Jl. Muh. Tahir, gestational age 37 weeks, LMP 6 July 2024 Date of admission to hospital 22 March 2025. Based on the results of the assessment on March 23, 2025 in the Nuri Room. Obtained data or description of the case assessment of Client Mrs. "S", aged 16 years, Female, was treated with complaints during Anamnesis, namely that her right and left breasts were not flowing smoothly, marked by Hard Breasts. The results of the assessment obtained Blood Pressure: 120/75, Pulse 80x / minute, RR; 20x / minute, Temperature; 36. From the results of the assessment obtained Nursing problems stated in the formulation of nursing diagnoses as follows: Ineffective breastfeeding related to Inadequate Breast Milk Supply proven by Subjective Data The patient said that after giving birth the breast milk in her breasts was not flowing smoothly and her baby did not want to suckle on her mother's breast and from Objective Data the patient's breast milk did not appear to come out smoothly, only a few drops, The baby seemed to refuse when the patient wanted to breastfeed and the patient appeared

to be trying to get her baby to suckle her mother's nipple. Therefore, the researcher carried out nursing intervention by implementing the Marmet Technique for 3 days to help the patient produce optimal breast milk and the researcher provided support so that the mother remained enthusiastic about breastfeeding her baby by involving her husband/family as a support system.

Table 1. Evaluation of the Application of the Marmet Technique to overcome the problem of ineffective breastfeeding

Result Criteria	Day 1		Day 2		Day 3	
	Before Superpis	After the Submission	Before Superpisi	After the Submission	Before the Suppression	After the Submission
Baby Sucking	The baby refuses to suckle at the mother's breast and the baby also don't know how to suck in nipples his mother = Enough Decrease	Baby start sucking on his mother's breast after being taught how to so that the baby can suck on his mother's nipple even if only for a short time =Medium	The baby begins to suckle at the mother's breast but only for a short time =Medium	Breastfeeding baby on his mother's breast with quite long duration from the previous = Increase	Breastfeeding baby in the breas this mother in time sufficient long from the previous = Increase	The baby suckles on his mother's breast for a long time.which is old = Increase
Drops / spraysn breast milk	Right breast and left not dripping smoothly and the baby refuses to be breastfed at the mother's breast = Quite Decreased	Right breast and left of the mother's breast milk not dripping smoothly and refuses to be breastfed in the mother's breast = Quite Decreased	Right breast and the left one starts to drip a little but the baby still refuses to be breastfed at his mother's breast = Moderate	The milk on the right breast started to drip smoothly while the other onethe left is still dripping a little and the baby starts to breastfeed in his mother's breast = Enough up Increasing	Her right breast started to produce milk smoothly, while the other one.the left is still dripping a little and the baby starts to breastfeed on his mother's breast = Chuck up Increase	One breastright and left the breast milk drips smoothly and the baby want to breastfeed from mother's breast = Increase
The frequency breast milk	Before the implementation Marmet Technique (4-6 times/24 hours=Every 4-6 hours.	After applying the Marmet Technique keep 4-6 times, but add Technique guinea pig 5-10 Min. after each feeding, to increase flow and stimulus.	Before the implementation Marmet Technique (8-12 times/24 hours).	After the application of the Technique Marmet 8-12 feedings, add the Marmet Technique for a duration of 5-10 Min. after each session to expediter let down and production.	Before the application of the Technique Marmet (8-12 times/24 O'clock).	After the application of the Technique Marmet 8-12 times breastfeeding and still using the marmet technique, if the milk is not flowing smoothly, do 1-2 additional manual expressions time per day.

Assessment is the initial and fundamental stage of the nursing process. It is the most crucial step for subsequent steps. The assessment in this Marmet Technique application study aims to address the problem of ineffective breastfeeding by analyzing major and minor signs and symptoms to formulate a nursing diagnosis. From the assessment data, it was found that the client was 16 years old and female and experienced Normal Postpartum. The patient arrived at the emergency room of the ponek room with complaints of abdominal pain penetrating to the back

since this morning accompanied by the release of mucus, blood, and water little by little. The patient gave birth at 13.30 WITA with the type of spontaneous delivery. The patient had no complications during delivery. The baby was born with a female gender with a weight of 3000 grams, body length 50 cm, Pregnancy History: G1P1A0, HPHT: 06/07/2024 Interpretation of Delivery: 23/03/2025. The client was treated with complaints during Anamnesis, namely that the right and left breasts were not flowing smoothly, marked by hard breasts. The results of the assessment obtained Blood Pressure: 120/75, Pulse 80x / minute, RR; 20x / minute, Temperature; 36.

On the first day on March 23, 2025 at 17.20 WITA, the author conducted an assessment, observation and intervention on the problem of ineffective breastfeeding due to insufficient breast milk supply in Mrs. "S". Before the implementation of the first day At 17.25 the patient's breasts looked soft and did not produce breast milk drops, therefore the researcher implemented the Marmet Technique and taught the Marmet Technique as a treatment method, starting with positioning the mother in a comfortable sitting position and leaning slightly forward according to gravity. Next, a warm water compress was applied to the breast for 5 minutes. The Marmet technique was massaged and shaken for 5-10 minutes After the implementation of the first day, breast milk still did not drip until the mother gave formula milk. Then, provide re-education to the mother to ensure understanding of the material that had been given.

On the second day, March 24, 2025, before implementing the technique, the focus was to see if there were any changes from the first day's implementation, but it turned out that the patient's breast milk was still not flowing smoothly. At 09:36, the researcher taught the Marmet Technique as a treatment method, starting with positioning the mother in a comfortable sitting position and leaning slightly forward according to gravity. Next, a warm water compress was applied to the breast for 5 minutes. The Marmet technique was massaged and shaken for 5-10 minutes. After the implementation, the patient's breast milk began to flow but was still not flowing smoothly. Then, re-education was provided to the mother to ensure understanding of the material that had been given and encouraged the mother to carry out the application independently.

On the third day, March 24, 2025, before implementing the research, researchers saw an improvement after the implementation, namely the patient's breast milk had begun to flow smoothly and re-identification of the patient's readiness and ability to receive information was carried out. At 09.50 WITA, researchers taught the Marmet Technique as a treatment method, starting with positioning the mother in a comfortable sitting position and leaning slightly forward according to gravity. Next, a warm water compress was applied to the breast for 5 minutes. The Marmet technique was massaged and shaken for 5-10 minutes. The results showed that the patient was still able to understand the information given. After monitoring the condition of the breasts (mamae) and nipples, it was found that the breast milk in the patient's breasts had flowed smoothly. Therapeutic interventions still involve support systems such as husbands, families, health workers, and the community.

DISCUSSION

According to previous research (Pujiati, W., Sartika, L., Wati., & Ramadinta, 2021) entitled "Application of the Marmet Technique in overcoming the problem of ineffective breastfeeding" states that the recommended breast milk pumping technique is using hands and fingers because it is more practical, effective and efficient than using a breast pump. The breast milk pumping technique proposed by Cloe Marmet is called the Marmet Technique. After the intervention, respondents experienced an increase in the smoothness of breast milk with the majority of 86% smoothly in exclusive breastfeeding with a span of 30 minutes. This study is also in line with (Eko Riyanti, 2023). After the Marmet massage technique was carried out on patients, the results were obtained that the patient said that breast milk came out quite smoothly, the milk flowed a lot, and the baby could suckle breast milk.

Based on the results of the evaluation of the application of the Marmet Technique to overcome the problem of ineffective breastfeeding from previous research, it can be concluded that the application carried out in accordance with the SOP can be effective in producing optimal breast milk in patients. Research conducted for 3 days at

Bhayangkara Hospital Makassar on patient Mrs. "S" showed that after intervention in knowing the assessment of signs and symptoms contained in the Nursing Outcome Standards of Infant Suction status, namely: First Day, the baby seemed to refuse to suckle on the mother's breast. After the intervention, the baby began to suckle intermittently although still sometimes refused. Second Day, the baby began to suckle longer on the mother's breast with increasing frequency and no longer refused. Third Day, the baby suckled on the mother's breast with a longer frequency without rejection. In the flow of breast milk, it was found that the flow of breast milk from the right and left breasts was initially very low so that the baby did not want to suckle, after intervention with the Marmet Technique, breast milk began to flow and the baby began to suckle on her mother's breast. The evaluation of Mrs. S's patient given was appropriate. Researchers assessed that the actions taken were in accordance with the patient's needs and responses, so that the problem of insufficient breast milk supply was successfully resolved on the third day.

CONCLUSION

Based on the results of the assessment and implementation of nursing care for Mrs. "S" with normal postpartum conditions in the Nuri Room of Bhayangkara Hospital Makassar, it was found that the problem of ineffective breastfeeding nursing was related to less than optimal positioning and attachment techniques for the baby during breastfeeding. Nursing interventions were carried out through education, demonstrations, observations, and assistance regarding correct breastfeeding techniques, mother and baby positions, and proper attachment. After the intervention, Mrs. "S" showed an increase in knowledge and skills in breastfeeding, marked by the ability to position and attach the baby better and increased maternal confidence in breastfeeding. Thus, the nursing care provided can help increase the effectiveness of the breastfeeding process in postpartum mothers and support the success of breastfeeding to babies

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