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Overview of Breast Care Knowledge in Pregnant Women in the Third Trimester at Midwife's Independent Practice

A Case Study at PMB Anisa Mauliddina, Yogyakarta, Indonesia

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Abstract

Breast care during late pregnancy is an effort to facilitate breastfeeding and prevent issues that may arise during nursing, such as sore nipples, cracked skin, swollen breasts, and blocked milk ducts. This ensures that when the baby is born, the breasts can function effectively when needed. This research aims to assess the knowledge of breast care among third-trimester pregnant women. The research method employed is descriptive research with a cross-sectional approach. The population for this study consists of pregnant women who underwent antenatal care (ANC) examinations at PMB Anisa Mauliddina during February 2023, totalling 54 individuals. The sampling technique used was total sampling. The research findings indicate that most respondents are aged between 20 and 35, accounting for 47 respondents (87%). Regarding educational background, most respondents had attended college, with 20 respondents (37%), while the majority of respondents were not employed (homemakers), totalling 26 respondents (48.1%). Regarding knowledge, 48 respondents (88.9%) were classified as having good knowledge, while six respondents (11.1%) had sufficient knowledge. Among the age groups, the highest percentage of respondents with good knowledge were those aged 20 to 35, comprising 42 respondents (87.5%). Based on educational background, 19 respondents with a college education had good knowledge and based on employment status, 22 respondents who were not employed (homemakers) possessed good knowledge (45.8%). The results of this research can serve as a basis for comparison in future studies.

Keywords: *Breast Care; Independent Practice; Midwife; Knowledge; Pregnant*

Introduction

Breast care is a crucial aspect of maintaining women's reproductive health during pregnancy, and it plays a significant role in ensuring the quantity and quality of breast milk during lactation. Breast care during pregnancy is essential preparation for breastfeeding. The breasts need to be prepared during pregnancy to function effectively when required after the baby is born [1]. According to data from the Ministry of Health, there has been an increase in the rate of exclusive breastfeeding from 29.5% in 2016 to 35.7% in 2017. However, this coverage rate is still relatively low, considering the vital role of breastfeeding in a child's life. The minimum target for exclusive breastfeeding in Indonesia is 50%, following the WHO guidelines. Exclusive breastfeeding rates are not optimal due to various factors, including insufficient early breastfeeding milk production, limited maternal knowledge about breastfeeding, maternal employment, and lack of support from family and the environment [2].

In Indonesia, in 2020, approximately 66.1% or 2,113,564 infants under six months old received exclusive breastfeeding, surpassing the 40% target for 2020 [3]. In the Special Region of Yogyakarta, the coverage of exclusive breastfeeding for infants aged 0 to 6 months in 2019 was 73.7%. In 2012, the Government Regulation on Exclusive Breastfeeding (PP Number 33 of 2012) was issued, which outlines the responsibilities of the government and local authorities in the development of breastfeeding

programs, including setting national and regional policies, conducting advocacy and awareness campaigns, and monitoring the exclusive breastfeeding program [4]. The policy includes annual breastfeeding awareness campaigns, such as World Breastfeeding Week, targeting various stakeholders, including cross-sectoral programs, academics, NGOs, breastfeeding advocates, and the general public.

The success of exclusive breastfeeding is influenced by several factors, including the support provided by healthcare professionals, including midwives. Midwives play a crucial role in promoting exclusive breastfeeding, starting during pregnancy. Other support midwives can provide includes preparing mothers to breastfeed effectively by maintaining breast hygiene, ensuring nipple readiness, and confirming the availability of breast milk before the baby's birth [5].

A preliminary study conducted at PMB Anisa Mauliddina (a Midwife's Independent Practice) showed an average of 50 to 60 monthly visits by third-trimester pregnant women. The researcher surveyed ten third-trimester pregnant women to assess their knowledge of the methods and benefits of breast care during pregnancy. Six were aware of breast care practices, while four were not. Among the six who were knowledgeable, only two consistently practised cleaning their nipples with coconut oil during their showers. This research aims to assess the level of knowledge regarding breast care among pregnant women in their third trimester at PMB Anisa Mauliddina.

Method

The research method employed in this study is descriptive research using a cross-sectional approach. The study population consists of pregnant women who underwent ANC (Antenatal Care) examinations at PMB Anisa Mauliddina during February 2023, with a total of 54 pregnant women. The sampling technique used for this study is total sampling, meaning that all 54 pregnant women who met the inclusion criteria were included in the research. The instrument used to collect data in this research is a questionnaire. The questionnaire consists of demographic questions related to the characteristics of pregnant women regarding breast care and their knowledge of breast care. The questionnaire comprises favourable and unfavourable questions. This research focuses on a single variable: the ability of breast care among third-trimester pregnant women. Ethical clearance for this research was obtained with Ethical Clearance Letter No. 1584/KEP-UNISA/II/2023 from the Ethics Committee of 'Aisyiyah University Yogyakarta. Univariate analysis is the method of analysis used for a single variable. The primary objective of univariate analysis is to provide an overview of the knowledge of breast care among third-trimester pregnant women. The results of univariate analysis in this study will be presented as frequency distributions.

Results

A. Univariate Analysis

Based on the research findings, the characteristics of pregnant women at PMB Anisa Mauliddina are presented in Fig. 1 to Fig. 3.

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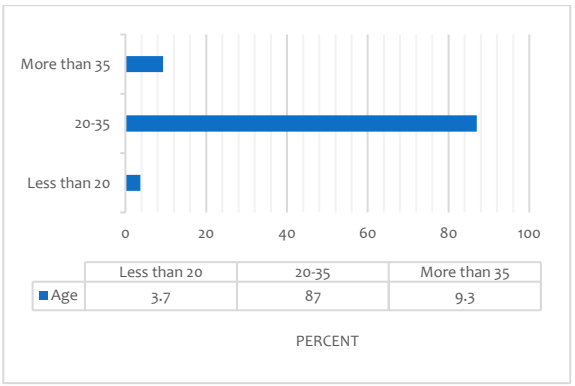


Fig. 1. Frequency Distribution of Respondent Age

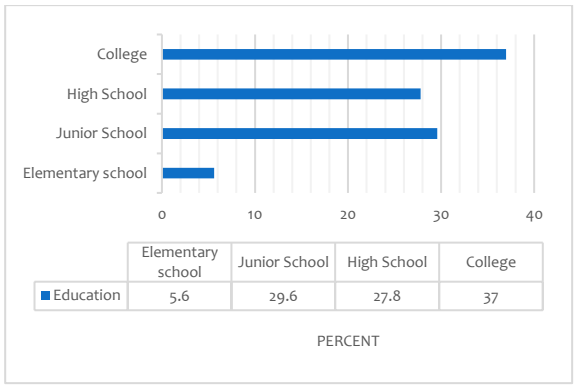


Fig. 2. Frequency Distribution of Respondent Education

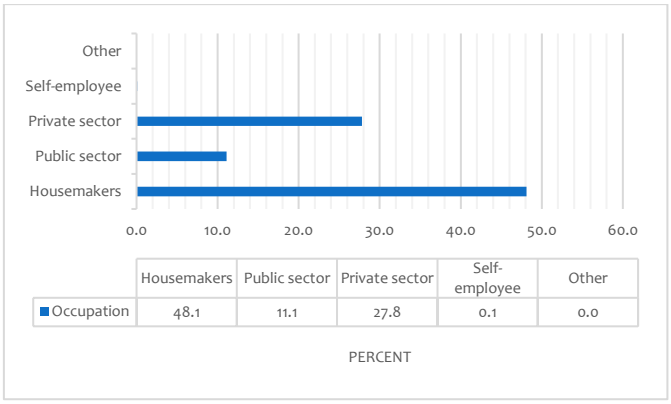


Fig. 3. Frequency Distribution of Respondent Occupation

According to Fig. 1 to Fig. 3, the characteristics of respondents based on age show that the majority are aged between 20 and 35 years, accounting for 47 individuals (87%), while the minority are aged less than 20 years, which is two individuals (3.7%). Regarding the educational background, most respondents completed their education at the high school level, totalling 16 individuals with a percentage of 29.6%, and the minority had completed education at the junior high school level, which is three individuals (5.6%). Based on occupation, most respondents are homemakers, totalling 26 individuals, with a percentage of 48.1%.

A. Knowledge Variable

The description of knowledge regarding breast care among third-trimester pregnant women is categorised into three levels: good (76-100%) if the score falls within the range of 19-25, sufficient (56-75%) with a score range of 14-18, and poor (<55%) if the score is less than 13. The questionnaire consists of 2 statements, both favourable and unfavourable. Assessment is given using values of 1 and 0. For positive statements answered correctly, a score of 1 is assigned, and an incorrect answer receives a score of 0. For negative statements, a wrong answer gets a score of 1, and a correct answer is scored as 0.

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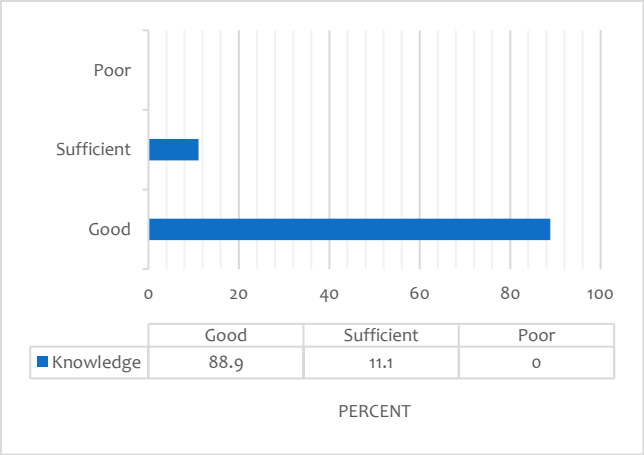


Fig. 4. Frequency Distribution of Respondent Knowledge

Based on Fig. 4, it can be concluded that 48 pregnant women have good knowledge, and six pregnant women have sufficient knowledge.

B. Level of Knowledge Based on Respondent Characteristics

Table 1 results from the Cross-Tabulation of Respondent Characteristics with Breast Care Knowledge.

Table 1. Cross-Tabulation Result

No.	Characteristics	Knowledge			
		Good		Sufficient	
		Freq.	Per cent	Freq.	Per cent
1	**Age**				
	Less than 20	2	4.2%	0	0.0%
	20-35	42	87.5%	5	83.3%
	More than 35	4	8.3%	1	16.7%
	Total	48		6	
2	**Education**				
	Elementary school	3	6.3%	0	0.0%
	Junior School	13	27.1%	3	50.0%
	High School	13	27.1%	2	33.3%
	College	19	39.6%	1	16.7%
	Total	48		6	
3	**Occupation**				
	Housemakers	22	45.8%	4	66.7%
	Public sector	6	12.5%	0	0.0%
	Private sector	14	29.2%	1	16.7%
	Self-employee	5	10.4%	1	16.7%
	Other	1	2.1%	0	0.0%
	Total	48		6	

Based on Table 1, it is evident that the majority of those with good knowledge fall within the age group of 20 – 35 years, with 47 respondents (87.5%). In terms of education, those with good knowledge are most prevalent at the college education level, comprising 19 individuals (39.6%). Regarding occupation,

the data indicates that those with good knowledge are most common among respondents who are not employed (homemakers), with 22 respondents (45.8%).

Discussion

Based on the research findings, it is evident that of the 54 pregnant women, 48 (88.9%) have good knowledge about breast care during pregnancy. Knowledge is information humans acquire through rational observation to recognise something or an event they have not seen or experienced before. Often, knowledge is used as a reference to assess a person's level of intelligence. Several factors influence a person's knowledge, including education, information/media, social, cultural and economic factors, environment, experience, and age.

Knowledge levels based on age indicate that the majority of those with good knowledge fall within the age range of 20 – 35 years, with 42 respondents (87.5%) and five respondents (8%) having sufficient knowledge. Age is closely related to a person's ability because as age increases, so does knowledge. The research results of Ref. [6] show a positive correlation between age and the level of knowledge about breast care during pregnancy. Older respondents tend to have better knowledge. A mother's age is crucial in determining maternal health because it relates to pregnancy conditions, childbirth, the postpartum period, and how she cares for and breastfeeds her baby.

Based on the age of the mothers, the research discusses respondent characteristics based on age, education, and occupation. The study aims to determine respondent characteristics and their knowledge level. The research results show that most respondents are aged 20 – 35, with 47 individuals (87%) and two individuals (3.7%) younger than 20. Age influences a person's cognitive abilities and thought patterns. With increasing age, a person's thinking patterns and cognitive abilities develop, resulting in the accumulation of knowledge. The research of Ref. [7] indicates that most respondents fall within the age range of 20 – 35 years, which is attributed to their life experiences and maturity. Individuals at this age are more mature in their thinking and can absorb information more effectively. Other research shows the influence of knowledge on these skills [8],[9] to support good breastfeeding [10].

Based on the mothers' highest education level, the research findings reveal that the most common educational level among respondents is tertiary education, with 26 individuals (37%), followed by high school, with 16 individuals (29.6%). The educational level influences a person's perception of accepting new ideas and technologies. These results align with previous research that showed a significant number of respondents had graduated from high school, specifically 13 respondents (43%). Knowledge is closely related to education, both formal and non-formal. Individuals with higher education are expected to have broader knowledge.

Based on education, the highest number of respondents with good knowledge is in the tertiary education (college) category, with 19 respondents (39.6%) and one respondent (1%) having sufficient knowledge. The educational level determines a person's thought patterns and perspectives, and higher education is expected to lead to increased knowledge. Education is considered a significant factor in determining quality of life.

Based on occupation, the research results show that most respondents are homemakers, comprising 26 individuals (48.1%). Occupation can reflect a person's quality of life as it can affect various aspects of life, including health maintenance. These results are consistent with Alfiah Rahmawati and Friska Realita's research, which showed that most respondents were homemakers, precisely 14 (47%). Mothers working outside the home tend to have less time than homemakers, providing more opportunities for homemakers to engage in family activities and health-related information. This can contribute to increasing their knowledge and benefiting their lives.

Conclusion

In conclusion, most pregnant women in their third trimester at PMB Anisa Mauliddina, exhibited good knowledge of breast care. Age, education, and occupation significantly influenced their knowledge levels. It is crucial to continue educating pregnant women about breast care to ensure their readiness for breastfeeding and promote the overall well-being of both mother and child.

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