THE EFFECTIVENESS OF CABBAGE COMPRESSES AGAINST MASTITIS REDUCTION IN POST PARTUM MOTHERS IN BEKASI PRIVATE HOSPITALS 2022

Meilis Fitriana Ningrum[1*], Edita Astuti Panjaitan[2], Lina Herida Pinem[2]

1. Study program S1 Nursing , STIKes Mitra Keluarga, Bekasi
2. Department of Maternity Nursing, STIKes Mitra Keluarga, Bekasi

*Correspondence: Edita Astuti Panjaitan | STIKes Mitra Keluarga | editapanjaitan@stikesmitrakeluarga.ac.id

ABSTRACT

INTRODUCTION: Pain due to breast swelling can make the feeling of discomfort and painful not only in the mother but also in the baby. Breastfeeding problems generally occur in the first 2 weeks of puerperium, which occurs postpartum, one of which is breast swelling caused by uneven milk production because the baby does not breastfeed enough to his mother. So that the rest of the milk is collected in the duct system which results in swelling and breast milk dams. This study found out the effectiveness of cabbage compresses against reducing mastitis in post-partum mothers in hospitals. Private Bekasi.

METHOD: is quantitative with a pre-experimental method research design with a one group pre test-post test design approach, the object of the study is the effectiveness of cabbage compresses against mastitis reduction in post partum mothers. Data analysis using univariate and bivariate with wilcoxon and mannwhitney tests. The average post partum maternal milk dam before cabbage compresses with an average of 53.00 after cabbage was given with an average of 22.75 with a p-value of 0.0001.

RESULTS: There is an effectiveness of cabbage compresses against mastitis reduction in post partum mothers in the hospital. Private Bekasi.

CONCLUSION: Of health workers in order to provide counseling and good information about the benefits of nonpharmacological treatment in dealing with the problem of mastitis reduction in post partum mothers, especially for primiparous mothers where the mother has not understood correctly about how to breastfeed both primiparous mothers to avoid the occurrence of breast milk dams.

Key words : Compress cabbage leaves, Postpartum, Mastitis.

INTRODUCTION

Adaptation of physiology and psychology in the postpartum period some problems may occur. Such as breast swelling that causes discomfort and pain, not only in the mother but also in the baby. Mothers will experience some changes in physiology and psychology in the *postpartum* period. One of the physiological changes that occur is a change in the breast to prepare for the breastfeeding or lactation process. (Beautiful et al., 2019)

Breastfeeding problems generally occur in the first two weeks of the puerperium, at this time the role of the nurse is very necessary so that breastfeeding problems can be addressed immediately. (T. Sari et al., 2017). The role of nurses in the puerperium includes helping mothers in caring for postnatal breasts regularly to avoid static flow of breast milk (breast milk). Provide counseling for mothers on how to prevent, recognize the signs and symptoms of breast swelling, and carry out nursing care management to prevent complications towards mastitis. (Hasanah, Hardiani, & Susumaningrum, 2017).

Based on the World Health Organization estimates that more than 1.4 million women experience breast dams (WHO, 2010). According to basic health research (RISKESDAS, 2018) breastfeeding at the age of 0-1 months is 45.5%, 2-3 months is 38%, and 4-5 months is 31%. This rare breastfeeding is what causes problems in breastfeeding as well as swollen breasts. According to data from indonesia's demographic and health survey in 2015, it was stated that there were puerperal mothers who experienced breast milk dams as many as (37.12%) puerperal mothers (SDKI, 2015).

Based on research (Juliani & Nurrahmaton, 2020) the characteristics of puerperal mothers with

breast swelling in Sariningsih Hospital are mostly aged 20-35 years (96.2%), based on education, most of them are educated in high school / vocational school (57.7%), based on the parity of most primipara mothers (42.3%), based on occupation most are working mothers (57.7%).

Breast swelling occurs almost 90% in mothers who have given birth for the first time, this incident occurs on the second to the fourth day after giving birth. The breasts begin to feel full and hard, causing pain. In this first week, if the mother does not get information on how to deal with her breasts, it can cause the mother to stop giving her milk. Swelling is actually physiological but can continue to be more severe, namely into mastitis and breast abscesses. (Hasanah, Hardiani, & Susumaningrum, 2017) . One way to smoothen the breastfeeding process is by doing breast care regularly. Other studies have shown that breast care such as massage, warm and cold compresses, and cabbage leaf compresses can facilitate breast milk production. This breast treatment can excrete breast milk without reducing breast milk production. (Komala Sari & Nelda Putri, 2020).

Success in breastfeeding needs to be addressed and considered because U.S.I dams if not handled properly can often continue towards mastitis. Thetreatment of swollen breast talaksanan can be done independently by the mother, namely by compressing cabbage leaves. Compresses of cold cabbage leaves (*Brassica Oleracea Var.Capitata*) are shown to decrease breast swelling in post partum mothers.(Juliani & Nurrahmaton, 2020)

METHOD

This type of research uses quasi-experimental, which is a research design that is used to find causal relationships. The type of design used is a parallel design in two groups, namely arranged two groups and theimplementation in that group is carried out in parallel and simultaneously. The study was conducted for 2 months.

The research location is at the Bekasi Private Hospital Jl. Jendral Ahmad Yani, Kayuringin Jaya, Bekasi City, West Java. The study population was a puerperal mother at the Bekasi Private Hospital from March.-April 2022 as many as 80 people. The sample was divided into 2 groups, namely 40 respondents of the intervention group and 40 respondents of thecontrol group. The intervention is carried out 3 times every day (morning, afternoon, evening) for 30 minutes. The action is carried out until the swelling of the breast is reduced or a maximum of 3 days.

RESULTS

Table 5. 1
Mann Whitney Test Of Breast Size Before Intervention In The Intervention Group And Post Partum Maternal Control Group In Hospital. Private Bekasi 2022

Variable name	No.	Group Name	Median	Average ranking	P-value
Breast Size	1	Intervention Group	43,00	57,83	0,0001
	2	Control Group	38,00	23,18	

Based on table 5. 1 it is known that there are differences in breast size in 2 groups that will be compared at the beginning before the intervention, breast size in the intervention group averaged (57.83) then in the control group (23.18) with a p-value of 0.0001 (p-value < α 0.05.)

Table 5. 2
Mann Whitney Test Of Breast Milk Dam After Intervention In Respondent Group And Post Partum Mother Control Group In Hospital. Private Bekasi 2022

Variable name	No.	Group Name	Median	Average ranking	P-value

asi dam	1	Intervention Group	1(Smooth)	22,75	0,0001
	2	Control Group	2(Slight Changes in the breasts)	58,25	

Based on table 5. 2 it is known that there are differences in the intervention and control groups, the two variables get a p-value of 0.0001 (p-value < α 0.05) meaning that there is a significant difference in breast milk after the intervention. The median of the intervention group's breast milk dam is a difference of 1 meaning that there is a change in the breast and the median in the control group is a difference in the 2nd difference, which means there is a difference in the breast.

Table 5.3
Mann Whitney Breast Size Test After an intervention in kelompok respondents and the Post Partum Maternal Control group in the HOSPITAL. Private Bekasi 2022

Variable name	No.	Group Name	Median	Average ranking	P-value
Breast Size	1	Intervention Group	40,00	58,15	0,0001
	2	Control Group	35,00	22,85	

Based on table 5. 3 it can be seen that there were differences in the intervention and control groups, In the breast size variables the intervention group was obtained Median 40.00 medium in the control group Median 35.00 with a p-value of 0.0001 (p-value< α 0.05) meaning that there was a significant difference in breast size after the intervention.

DISCUSSION

The results of statistical tests showed the effectiveness of cabbage leaf compresses against mastitis reduction in post partum mothers compared to breast treatment alone to reduce the decrease in mastitis in post partum mothers. Theattribution of respondents based on the age of the majority aged 26 to 35 years with a total of 48 people. This Hal is in line with the results of the research (Yunita, 2021) found that the age of the most people who experience mastitis aged 18 to 35 years is 15 people (50%).

The characteristic of respondents that affect breast swelling is the paritas status , which is mostly multipara, as many as 58 people. This is in line with the results of the study (Hasanah, Hardiani, Susumaningrum, et al., 2017) found that the parity status of those who experienced multipara mastitis i alah ibu as many as 39 people (68.4%) Other studies also stated the parity status of respondents of multipara mothers as many as 12 people (60%). (Hasibuan et al., n.d.) because there are more multipara respondents. According to the concept that based on parity status generally those who experience mastitis are primiparous mothers, so the results of this study have nothing in common with the concept. The assumption of respondents with multipara status experienced a lot of breast swelling because babies born in caesarea and spontaneous sections were not treated with their babies so that mothers could not breastfeed at any time. The results of the study of 80 respondents of post partum sectio caesarea and post partum spontaneous mothers who experienced breast swelling before and after being given cabbage compresses were obtained p-value of 0.0001 (<0.005) which means that there is a significant difference in the scale of breast swelling between before and after the leaf compress intervention was carried out cabbage. From the results of the study, breast size was obtained before the intervention with a median of 43.00 and after the intervention with a median of 40.00 with an average ranking before the procedure of 57.83 and after the action of 58.15 with a p-value of 0.0001. Researchers used wilcoxon tests on the breast size of the intervention group before the action was performed with a median of 43cm and after the

action with a median of 40cm with an IQR of 3.5cm, in the breast size control group before the action was performed with a median of 38 cm and after the action a median of 35 cm with an IQR of 3cm. the results of this study in line with (Astuti & Anggarawati, 2019) which explained that cabbage leaf compresses with breast care are very effective for relieving breast pain and swelling compared to early breast care and regular treatment in post partum mothers with a p-valeu value of 0.0001. And the study (Rohmah et al., 2019) said from the results of breast size studies obtained a p-value value of 0.0001 meaning that there was a significant difference after the administration of cabbage leaf compresses was effective in reducing the scale of breast swelling in post partum mothers. According to (Astuti & Anggarawati, 2019) Cabbage compress is a method of doing compresses using cabbage leaves with the aim of reducing breast swelling. From the results of the study obtained in the intervention group of breast milk dams before the intervention with media 6 (breasts felt very hard) with an average rating of 53.00 and after the intervention median 1 (smooth) with an average rating of 22.75 and p-value of 0.0001. This study is in line with research (Komala Sari & Nelda Putri, 2020) that the average breast swelling in puerperal mothers before being given cabbage leaf compresses and breast care is with the lowest breast swelling scale of 5 and height 6. Basedon the results of the study, there were differences in the scale of breast swelling after breast treatment using the mann whitney test, the whitney man test obtained the results of p values = 0.0001 where the p< value was 0.05 with the conclusion that there was a difference in breast swelling in puerperal mothers between the intervention group and the control group after breast care was carried out on the intervention group. Maccording to the results of the study showed that early breast treatments and cabbage compresses are considered effective for removing breast swelling which has softened the breasts and reduced the level of swelling.(V. K. Sari et al., 2020)

CONCLUSION

There is a difference in breast size after cabbage leaf compresses are given in reducing mastitis in post partum mothers at Bekasi Private Hospital, there are changes in breast milk dams before and after cabbage leaf compresses and breast care for post partum mothers in hospitals. Private Bekasi.

REFERENCES

Anggadireja, J.T., A., Zatnika, H., Purwoto, S., Istini. 2008. *Seaweed*. Self-help spreader, Jakarta.

Andari, Y., Yuliasari, D., & Iqmy, L. O. (2021). *The application of compresses of cold cabbage leaves reduces the swelling of the breasts of the mother post partum*. *1*(4), 253–260.

Astuti, Y., & Anggarawati, T. (2019). Effect of Cabbage Compresses On Breast Engorgement Mother Postpartum Sectio Caesarea. *Indonesian Journal of Nursing Research (IJNR)*, *2*(1). https://doi.org/10.35473/ijnr.v2i1.232

Hasanah, A. I., Hardiani, R. S., & Susumaningrum, L. A. (2017). The Relationship between Breastfeeding Techniques and the Risk of Mastitis in Breastfeeding Mothers in Kemuning Village, Arjasa District, Jember Regency (The Correlation between Breastfeeding Techniques and Risk of Mastitis at Kemuning Village of Arjasa Distrincts Jember Regency). *Health Library*, *5*(2), 260–267.

Hasanah, A. I., Hardiani, R. S., Susumaningrum, L. A., Studi, P., Nursing, I., & Jember, U. (2017). *The Relationship between Breastfeeding Techniques and the Risk of Mastitis in Breastfeeding Mothers in Kemuning Village, Arjasa District, Jember Regency (The Correlation between Breastfeeding Techniques and Risk of Mastitis at Kemuning Village of Arjasa Distrincts Jember Regency*. *5*(2), 260–267.

Hasibuan, J. S., Simarmata, D., Farma, A., Sitompul, A. W., & Yanti, L. (n.d.). *Effect of Cold Cabbage Leaf Compress (Brassica Oleracea) On Decreasing The Intensity Of Pain And Swelling Of Breasts In Post Partum* Mothers.

Beautiful, Firdayanti, & Nadyah. (2019). Midwifery journal. *Midwife Academy*, *1*(2), 68–78. https://doi.org/10.24252/jm.v3i1a2

Juliani, S., & Nurrahmaton, N. (2020). Factors Affecting breast milk dams in Mothers of Puskesmas

Rambung Merah, Simalungun Regency. *Journal of Community Midwives*, *3*(1), 16. https://doi.org/10.33085/jbk.v3i1.4078

Komala Sari, V., & Nelda Putri, R. (2020). Effectiveness Of Cabbage Leaf CompressEs And Breast Care Against Breast Swelling Reduction In Puerperal Mothers. *Maternal Child Health Care Journal*, *2*(5).

Rohmah, M., Wulandari, A., & Sihotang, D. W. (2019). The Effectiveness of Cabbage Leaf Compress (Brassica Oleracea) on the Breast Swelling Scale in Post Partum Mothers at PMB Endang Kediri City. *Journal for Quality in Women's Health*, *2*(2), 23–30. https://doi.org/10.30994/jqwh.v2i2.34

Sari, T., Mudayati, S., & Lasri, L. (2017). Knowledge of lactation management and the attitude of post partum mothers in the process of feeding. *Care: Scientific Journal of Health Sciences*, *3*(2), 45–54.

Sari, V. K., Ningsih, W., & Putri, R. N. (2020). Effectiveness of Cabbage Leaf Compresses(Brassica Oleracea Var. Capitata) And Breast Care Against Breast Swelling Reduction In Postpartum Mothers. *Voice of Midwifery*, *10*(2), 929–939. https://doi.org/10.35906/vom.v10i2.119

Yunita, S. (2021). THE EFFECTIVENESS OF CABBAGE LEAVES IN INHIBITING BREAST MILK DAMS IN BREASTFEEDING MOTHERS AT THE BESNAWATI BR. SEMBIRING MATERNITY CLINIC IN 2019. *Journal of Midwifery Maternity*, *6*(1), 107–112.