

Relationship between Pregnant Women's Knowledge and Breast Care Behavior

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ABSTRACT

Problems that can arise in pregnant women who do not do breast care during pregnancy include nipple pain, breast swelling, mastitis, breast abscess, and irregular breast milk flow. The purpose of this study was to determine the relationship between pregnant women's knowledge and breast care behavior at the BP Annisa Banyuasin Clinic. The design of this study was a correlation with a cross-sectional approach. The sample was 60 pregnant women with a cross-sectional technique. The independent variable is the knowledge of pregnant women and the dependent variable is breast care behavior. Data collection used questionnaires and breast care checklists. Data processing techniques used Editing, Coding, Scoring, Tabulating and statistical tests using the Chi Square test. The results of this study were obtained from 60 respondents, almost half showed poor knowledge and bad behavior, 25 respondents with a percentage (41.6%). For good knowledge and bad behavior, there are 8 respondents with a percentage (13.3%). And those who have good knowledge and good behavior are 18 respondents with a percentage (30%). From the data above, statistical analysis was then carried out using the chi Square test using SPSS 17. The results of the analysis of chi Square p value = 0.001. The results of the analysis in this study, the p value (0.004) is smaller than the α value (0.05), then H₀ is rejected and H₁ is accepted so that it can be concluded that there is a significant relationship between the knowledge of pregnant women and breast care behavior at the BP Annisa Clinic, Banyuasin Regency.

INTRODUCTION

Pregnancy is one of the most exciting and awaited news for many married couples. However, sometimes the signs of pregnancy are not realized by some women, especially women who have never been pregnant before. Breast care should be done as early as possible during pregnancy in an effort to prepare the shape and function of the breasts before lactation occurs. Lack of preparation for breast care can result in sucking disorders in babies due to small or drooping nipples. Another consequence is that breast milk production will be late and the cleanliness of the mother's breasts is not guaranteed so that it can endanger the baby's health. Breast care during pregnancy is breast care that is done during pregnancy. Breast care during pregnancy is done by cleaning the breasts and massaging the breasts. Breast care is one of the important parts that must be considered as preparation for breastfeeding (Saryono and Pramitasasi, 2014) Pregnant women and mothers who are in the postpartum period or the recovery period of reproductive organs after childbirth should do breast care regularly because in addition to maintaining nipple cleanliness, breast care can also facilitate breast milk production. Mothers who breastfeed do not care for their breasts during breastfeeding, so many mothers complain that after giving birth, their milk does not come out smoothly or the baby does not want to breastfeed (Usman, 2023).

According to Kristiyanasari (2018), there are several benefits of breast care, namely, Maintaining breast cleanliness, especially the cleanliness of the nipples to avoid infection, Softening and improving the shape of the nipples so that the baby can suckle properly, Stimulating the milk glands so that breast milk production is smooth, Knowing early nipple abnormalities and making efforts to overcome them. There are several impacts that can occur in mothers if they do not do breast care as follows. Breast milk is not smooth, Nipples do not protrude, making it difficult for the baby to suck, Low breast milk production so that it is not enough for the baby to consume, Breast infection, swollen or pus-filled breasts, Lumps appear in the breasts.

In developing countries, especially in areas with low incomes, mothers' knowledge about breast care is still lacking. Generally, knowledge about breast care is obtained from family or friends. Breast care can also maintain the shape of the mother's breasts during breastfeeding (Maharai, 2018). Lack of knowledge of mothers about breast care during pregnancy can have an impact on breast milk production and the behavior of providing exclusive breastfeeding to babies during the first six months. Many pregnant women do not care for their breasts because of a lack of understanding of the information needed. (Saragih et al., 2024). Pregnant women who ignore breast care during pregnancy may face problems such as nipple pain, breast engorgement, mastitis, breast abscesses, and breastfeeding disorders. These things can make babies refuse to breastfeed or not get full breast milk from their mothers, which can hinder adequate nutrition and increase the risk of disease or death in babies. (Pratiwi et al., 2024)

During pregnancy, the prolactin hormone from the placenta increases but breast milk usually does not come out because it is still inhibited by high estrogen levels. On the second or third day after delivery, estrogen and progesterone

levels drop drastically, so that the influence of prolactin is more dominant and at this time breast milk secretion begins. Early breastfeeding activities stimulate the nipples, prolactin is formed by the pituitary, so that breast milk secretion is smoother. Two reflexes in the mother that are very important in the lactation process, the prolactin reflex and the flow reflex arise due to stimulation of the nipples by the baby's sucking (Fatmawati, 2019)

METHODOLOGY

The study was conducted at the Annisa Clinic/BP, Mainan Village, Banyuasin District from August to October 2024. This type of research is a descriptive correlative study, namely linking the level of knowledge with breast care behavior during pregnancy using a cross-sectional approach. The population in this study was 50 mothers who checked their pregnancy at the Annisa Clinic/BP, Minnan Village, Banyuasin District. The sample used in this study was 42 respondents. Sampling in this study used an accidental sampling technique. Data collection was carried out using a guttman scale questionnaire to measure the level of knowledge and a checklist for a behavioral measurement tool. The data analysis used was the Chi Square test

RESEARCH RESULT

Univariate Analysis

Pregnant Women's Knowledge About Breast Care

Table 1. Pregnant Women's Knowledge of Breast Care

Mother's knowledge	Frequency	Presentase
Good	27	46,6
Bad	35	53,3
Total	60	100

In table 1 it can be seen that the frequency distribution of knowledge about breast care in BP Anissa, Banyuasin Regency, is mostly (53.3%) poor, almost half (46.6%) of respondents have good knowledge about breast care.

Breast Care Behavior

Table 2 Breast Care Behavior

The results of the study show that breast care behavior in pregnant women

Mother's knowledge	Frequency	Presentase
Good	25	41,6
Bad	35	58,3
Total	60	100

Table 2 shows that the frequency distribution of breast care at BP Annisa, Banyuasin Regency, is mostly (58.3%) poor, almost half (41.6%) of respondents have good breast care behavior.

Bivariate Analysis

Table 3 Relationship between Knowledge Level and Breast Care Behavior in Pregnant Women

Knowledge of Pregnant Women	Breast Care Behavior				Amount	
	Good		Bad			
	N	%	N	%	N	%
Good	18	30%	8	13,3%	26	43,3%
Bad	9	15%	25	41,6%	34	56,6%
Total	27	45%	33	55%	60	100%

In table 3 cross tabulation of 60 respondents can be seen almost half showed poor knowledge and bad behavior of 25 respondents with a percentage (41.6%). While for poor knowledge and good behavior of 9 respondents with a percentage (15%). For good knowledge and bad behavior as many as 8 respondents with a percentage (13.3%). And those who have good knowledge and good behavior as many as 18 respondents with a percentage (30%). From the data above, then statistical analysis was carried out using the chi Square test using SPSS 17. The results of the analysis of chi Square p value = 0.001. The results of the analysis in this study, the p value (0.004) is smaller than the α value (0.05), then H_0 is rejected and H_1 is accepted so that it can be concluded that there is a significant relationship between the knowledge of pregnant women and breast care behavior at the BP Annisa Clinic, Banyuasin Regency.

DISCUSSION

Pregnant Women's Knowledge About Breast Care

Pregnant women's knowledge about breast care based on research results obtained from 60 respondents, it is known that the highest number is poor knowledge with a percentage of 55%. for good knowledge is known with a percentage of 45%. Knowledge is the result of knowing and understanding or understanding what happens after someone senses a particular object. Sensing occurs through the five senses of a human, namely the sense of sight, hearing, smell, taste and touch. Most human knowledge is obtained through the eyes and ears (Notoatmodjo, 2020). According to the researcher's assumption, a pregnant woman who has sufficient knowledge about breast care, then the mother has sufficient knowledge, insight and good experience regarding the benefits of breast care during her pregnancy.

However, there are several factors that can influence this knowledge, including behavior. Good maternal knowledge should be in line with good maternal behavior in breast care during pregnancy. Mothers who have good knowledge are also better at carrying out breast care during pregnancy.

Breast Care Behavior

The results of the study showed that most (58.3%) of respondents behaved badly, while respondents behaved well (41.6%) Behavior is a form of response or reaction of a person to stimuli or stimuli from outside the organism (person). However, in giving a response it is very dependent on the characteristics or other factors of the person concerned. The main factors that influence behavior are a person's knowledge, attitudes, and beliefs. In addition, the availability of facilities, attitudes and behavior of health workers will also support and strengthen the formation of behavior (Anwar et al., 2021). According to the researcher's assumption that a pregnant woman who has good breast care behavior, breast care during her pregnancy has also been done well during pregnancy. because one of the efforts to help smooth breast milk production is to carry out breast care behavior.

Relationship between Pregnant Women's Knowledge About Breast Care and Breast Care Behavior in Pregnant Women BP Annisa, Banyuasin District

Based on the analysis of the research on the relationship between Pregnant Women's Knowledge About Breast Care and Breast Care Behavior in Pregnant Women at BP Annisa, Banyuasin District. The results of the chi square test obtained a value of $p = 0.001 < 0.05$, the results indicate that there is a relationship between Pregnant Women's Knowledge About Breast Care and Breast Care Behavior in Pregnant Women at BP Annisa, Banyuasin District. Knowledge is the result of knowing carried out by a human being on a particular object through a more dominant sensing process that occurs after going through the process of sensing sight with the eyes and hearing with the ears. Knowledge or cognitive is the most dominant determining factor in forming a person's habits or actions (overt behavior) (Notoatmodjo, 2014). When a pregnant woman has sufficient knowledge about breast care, then there is also sufficient knowledge, insight and experience regarding the benefits of breast care during her pregnancy. Knowledge is also influenced by several factors, one of which is behavior (Notoatmodjo, 2021).

Behavior is the result of all kinds of experiences accompanied by human interaction with their environment and is manifested in the form of knowledge, attitudes and actions. Behavior is an individual's response/reaction to stimuli that come from outside or from within themselves. Human behavior is also influenced by various factors including trust, namely trust obtained from family members, health workers, so that pregnant women understand the benefits of breast care and get used to doing good and proper breast care. The mother's knowledge of breast care will affect breast care behavior during her pregnancy. This condition is in accordance with Lawrence Green's theory in Notoatmodjo (2020) which states that a person's behavior is influenced by knowledge, attitudes, beliefs, and values concerning the knowledge they have (Notoatmodjo, 2020).

For pregnant women who have poor knowledge, breast care during pregnancy is also still poor, therefore it is necessary for health workers to be more active in providing health education to pregnant women that breast care is very important during pregnancy. Breast care should be introduced to mothers since pregnancy enters the third trimester (gestational age > 28 weeks), midwives will prepare mothers both physically and psychologically to provide exclusive breastfeeding with breast care counseling. Breast care counseling includes breast and nipple hygiene, breast massage to the use of bras, all of which aim to increase breast milk production (Fajriani, 2021)

Thus, there is a close relationship between knowledge and breast care behavior. Researchers assume that a person's knowledge is a factor in shaping a person's behavior. Which means that a person will act if the person has knowledge of the action. A person will carry out breast care as far as or as much as they can with the knowledge they have about breast care. The more knowledge they have, the more integrated it will be in a person's actions.

CONCLUSION AND SUGGESTIONS

From the results of the chi square correlation test, the p value was obtained = 0.001 < 0.05, the results indicate that there is a relationship between Pregnant Women's Knowledge About Breast Care and Breast Care Behavior in Pregnant Women at BP Annisa, Banyuasin District. Adding knowledge and breast care behavior should be very important to carry out promotive and preventive efforts to make it easier to find information about health to increase insight and knowledge about health, especially about how to care for breasts in pregnant women.

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