THE INFLUENCE OF NUTRITION AND REST AGAINST THE SPENDING COLOSTROM ON POSTPARTUM MOTHERS

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Abstract

Breast milk is the most perfect food for babies especially at the beginning of the birth, known as colostrom, but many still found spending colostrom obstructed so that the mother can not breastfeed exclusively. Efforts to support the discharge of colostrom has been started since the beginning of the pregnancy until the time of parturition by meeting their needs, namely including nutrition and rest. The fact that many postpartum mothers abstain food and can't set the time so it needs a break. This research aims to analyze the influence of nutrition and rest against the spending colostrom on postpartum mothers.

Design of analytical research, the population was all 30 people of 2 hours to 3 days postpartum mothers in BPM Vivi, the large sample was 30 people, taken with the technique of "purposive sampling". The independent variable was nutrition and rest, while the dependent was colostrom. Data were analyzed by using Chi Square test.

The results showed how postpartum mothers with good nutrition most (65%) spending colostrom well with the OR value = 16.714 (95% CI: 1.742 – 160.350), the postpartum less break most (71.4%) expenditure not smoothly with colostrom OR = 20 (95% CI: 2.037 – 196.374). Partially, there is a significant influence of the nutritional variables (p = 0,044) and rest (p = 0.030) against expenditure of colostrum. The results of the analysis of the obtained values OR from a variable nutrition 3.816 (95% CI: 1.039 – 14.006) and OR variable break 4.185 (95% CI: 1.144 – 15.309).

The conclusion of this research study is getting good nutrition the postpartum mothers, the more smoothly the expenditure colostrom. Getting less rest the postpartum mothers does not smoothly spending colostrom. Health workers is expected to further enhance the IEC about the pattern breaks to bolster spending colostrom on postpartum mothers.

Keywords: nutrition, rest, and colostrom

INTRODUCTION

Indonesia is a developing country with a variety of problems encountered, one of them with the achievement of exclusive breast milk are still far from the desired target 80%. By 2015 close to breast milk exclusively in Indonesia 54.3% (Pusdatin, 2015). According to the Pusdatin, in East Java by 2015 achievement ASI 74.1% eksklusif and 2016 decreased to 31.3%. The requirement to solve the problem of badly needed to support optimal health degrees is nothing particularly about the health of mothers and babies.

Breast milk is the most perfect food for babies. Compositions contained therein is very suitable with the condition of the baby so really help the process of growing flower children, especially at the beginning of the ASI in spending are familiar with kolostrom. Colostrom is the type of dihasikan milk by mammary glands in the final stages of pregnancy and a few days after the birth of a baby (Proverawati, 2010). In most communities, there are still many mothers who breastfeed her baby kolostrom contended that should be thrown out because of the perceived causes of abdominal pain. In addition because the expenses kolostrom hampered considers the baby will be a shortage of breast milk so that the mother can not breastfeed exclusively for giving MPASI.

Efforts to support the discharge of colostrom already started since the beginning of the pregnancy. During childbirth this support will boost them is getting on with the fulfillment of the needs of nutrition and rest. The reality in the society is still a lot of mothers who abstain parturition food and can't set the time so that the needs of rest disturbed. The fulfillment of these needs are expected to streamline expenditure colostrom.

METHOD

The research design used is analytic. Population all mothers parturition 2 hours up to 3 days postpaartum, in BPM Vivi of 30 people. Time research February – April 2017. Purposive sampling techniques done on sampling, applied the criteria of inclusion criteria, namely retriksi and ekslusi. Data was analyzed using Chi Square statistical tests using SPSS version 20. Using multivariate regression analysis in logistics. The influence of the dependent variable independent variable with the value indicated by the Odds Ratio (OR), the result is indicated by a value of p.

RESULT

Table 1 Distribution of respondents based on nutrition

No	Nutrition	Frequency	Percentage (%)
1.	Less	10	33,3
2.	Good	20	66,7
Total		30	100

Table 2 Distribution of respondents based on a rest

No	Rest	Frequency	Percentage (%)
1.	Less	21	70
2.	Good	9	30
Total		30	100

Table 3 Distribution of respondents based on colostrom

No	Colostrom	Frequency	Percentage (%)
1.	Not smooth	16	53,3
2.	Smoothly	14	46,7
Total		30	100

Table 4 Cross-tabulate the influence of nutrients against spending colostrom

| Nutrisi | Colostrom | | Total |
	Not Smooth n (%)	Smoothly n (%)	n (%)
Less	9 (90)	1 (10)	10 (100)
Good	7 (35)	13 (65)	20 (100)
Total	16 (53,3)	14 (46,7)	30 (100)
P = 0,007 OR = 16,714 (95%CI : 1,742 – 160,350)			

In table 4 show that of the 30 respondents mother nutrition good most (65%) spending colostrom smoothly

Table 5 Cross-tabulate the influence of rest against the expenditure colostrom

| Rest | Colostrom | | Total |
	Not Smooth n (%)	Smoothly n (%)	n (%)
Less	15 (71,4)	6 (28,6)	21 (100)
Good	1 (11,1)	8 (88,9)	9 (100)
Total	16 (53,3)	14 (46,7)	30 (100)
P = 0,004 OR = 20 (95%CI : 2,037 – 196,374)			

In the table 5 shows a mother less break most (71.4%) spending colostrom not smoothly

Table 6 Logistic Regression Test

| Variable | Wald | OR | 95% Confidence Interval | | P Value |
			Lower	Upper	
Constant	6,567	0.004			0,010
Nutrition	4,074	3,816	1,039	14,006	0,044
Rest	4,682	4,185	1,144	15,309	0,030
N Observation	30				
-2 log likelihood	25,541				
Nagelkerke R square	0,550				

Table 6 shows partially there are significant nutritional variables influence (p = 0,044) and rest (p = 0.030) against expenditure of colostrum. The results of the analysis of the obtained values OR from a variable nutrition 3.816 (95% CI: 1.039 – 14.006)

and OR variable break 4.185 (95% CI: 1.144 – 15.309).

DISCUSSION

The results showed most respondents from 30 (66.7%) good nutrients and almost half of them (33.3%%) less nutrition. This shows that the majority of postpartum mothers already good in fulfilling the needs of calories, protein, calcium, vitamins, and iron. But almost half of mothers are still lacking in the fulfillment of these nutrients. This needs to be more attention given the importance of nutrients during postpartum. It is therefore expected that all postpartum mothers would be sure his needs.

Food consumed mother must should contain carbohydrates, high in protein, iron, vitamins, and minerals to overcome anemia, fluid, and facilitate the secretion of seratuntuk. Postpartum mothers need the calories calorie 700 ± on the first six months of exclusive breast milk provides for and next month the calorie needs decrease of approximately 500 calories. Needs at least 3 liters of fluid per day which can be obtained from white water, fruit juice, milk or soup. For the fulfillment of vitamins (200,000 units) in addition to the mother, vitamin A can be given to a baby through breast milk (Marliandiani, 2015).

REST

The results showed that of the 30 respondents most (70%) fulfillment needs break less. Postpartum mothers a lot who cannot arrange time off due to the activities of nursing babies or welcome guests that come to visit.

Postpartum mothers in dire need of a quality rest to regain his physical circumstances. Needs breaks for nursing mothers at least 8 hours a day, which can be met through the night and day break. Mom can rest while her baby sleeps (Marliandiani, 2015).

COLOSTROM

The results showed that the majority of respondents from 30 (53.3%) spending colostrom not smoothly. Colostrom which do not smoothly led to many postpartum mothers give their babies at MPASI. In addition, if colostrom out there is still the mother who abandoned him because of perceived can cause disease.

Colostrom contains white blood cells and antibodies are most than breast milk actually, especially the womb imunoglobulin A (Ig A) that help coat the intestines of babies who are still vulnerable and prevent germs entering the baby. Colostrom first secreted by the glands of the breast (Saleha, 2009).

THE INFLUENCE OF NUTRIENTS AGAINST SPENDING COLOSTROM

The results of the analysis of the influence of nutrients bivariat against spending colostrom shows there are significant effects with a value of P = 0.007. The results showed that of the 20 respondents postpartum mothers with nutrition is good most (65%) spending kolostrom smoothly. But of the 10 respondents with nutrients lacking almost entirely (90%) spending colostrom not smoothly. This shows that the link between nutritional fulfillment on postpartum mothers with colostrom spending deeply connected. Good nutrition will help streamline the production of breast milk especially breast milk first came out or colostrom.

How can moms need nutrients and fluids to restore health condition after childbirth, backup power, as well as meet the production of breast milk (Yanti, 2011). Food consumed nursing mothers very influential towards the production of breast milk. If the food contains sufficient nutrition and diet regularly, then the production of breast milk will run smoothly (Goddess, 2011). Median median production of breast milk a day – 800 cc containing 600 kcal. Calories spent to produce breast milk as much as it is a 750 kcal. If lactation lasts more than three months, then the weight of the mother will decrease and the need for calories should be improved (Jannah, 2011).

THE INFLUENCE OF REST AGAINST THE EXPENDITURE KOLOSTROM

The results of the analysis of the influence of bivariat break against spending of colostrom shows there are significant effects with a value of P = 0.004. The results showed that of the 21 respondents mother childbirth less break most (71.4%) spending colostrom not smoothly. This illustrates important fulfillment rest for postpartum mothers. If the condition of the mother was too tired, lack of rest, then breast milk would be reduced. If it needs a break can be fulfilled properly then psychologically will make mom to be comfortable so that the production of breast milk will grow smoothly.

Loss less postpartum period among other breaks can reduce the amount of breast milk produced, slowing the process

of involution of atony and multiply hemorrhage, as well as causing depression and discomfort to care for the baby and herself. Families are advised to give the opportunity to the mother for enough rest in preparation for breast-feeding infants (Jannah, 2011).

The results of the multivariate analysis in testing partially shows variable nutrients ($P = 0.044$) and rest ($P = 0.030$). This indicates a variable nutrition and rest there are significant effects against colostrum because probability (p-value) less than significant level that has been defined (0.05).

CONCLUSION

Postpartum mothers the better nutrition, the more smoothly the expenditure colostrom. The less postpartum mothers, the rest is not smoothly spending colostrom.

There is the influence of the signfikan nutrition and rest against the spending colostrom on postpartum mothers.

RECOMMENDATION

For health workers: further improve the IEC about the pattern breaks to bolster spending on mother colostrom parturition.

For the respondent: enhance the fulfillment of nutrition and set a time for a break so that the expenditure can be smoothly colostrom.

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