

Effect of COVID-19 Pandemic Anxiety and Nutrition Against the Expenditure of Mother's Milk in Postpartum Mothers at the Regional General Hospital Mgr. Gabriel Manek, SVD Atambua

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Abstract

The purpose of this study is to analyze effect of coronavirus disease 2019 (COVID-19) pandemic anxiety and nutrition against the expenditure of mother's milk in postpartum mothers at the Regional General Hospital Mgr. Gabriel Manek, SVD Atambua. In this study using analytical survey research with a quantitative approach. The design used is observational using a cross sectional approach. The population used in this study are all postpartum mothers on the first day in the orchid room. Samples from the first postpartum day in the orchid room are 105 postpartum mothers. Testing research problems using calculations assisted using the Statistical Program for Social Science (SPSS). The results show that COVID-19 pandemic anxiety and nutrition have an effect against the expenditure of mother's milk in postpartum mothers at the Regional General Hospital Mgr. Gabriel Manek, SVD Atambua.

Keywords

COVID-19; pandemic; anxiety; nutrition; postpartum; mother



I. Introduction

Postpartum is the period or time since the baby is born and the placenta comes out of the uterus, until the next six weeks, accompanied by the return of organs related to the womb, which undergo changes such as injuries and others related to childbirth. The postpartum period is a time when the mother experiences a change in her role (Ernawati, 2016). Self care after delivery which is still lacking in relation to nutrition, breast milk and breastfeeding. Breast milk is a liquid secreted by the mammary glands in the form of natural food or the best nutritious and high-energy milk produced during pregnancy.

Coronavirus disease 2019 (COVID-19) has an impact on the welfare of the community, this can be a psychological problem for pregnant women and mothers who are pregnant, one of which is the anxiety that COVID-19 has been designated by the government as a non-natural national disaster. COVID-19 in Indonesia has caused many fatalities. The large maternal losses and impacts on all aspects of the socio-economic life of the community, the COVID-19 pandemic has caused many restrictions on almost all services, including restrictions on maternal and neonatal health services such as a reduction in the frequency of pregnancy check-ups and postponement of pregnancy classes. These conditions can cause psychological problems for pregnant women and postpartum women which can cause anxiety. A study reported that symptoms of depression and anxiety in pregnant women after the COVID-19 declaration included a tendency to want to hurt themselves. Breast milk is a

liquid secreted by the mother's breast glands in the form of natural food or the best nutritious and high-energy milk produced during pregnancy (Wiji, 2013). The World Health Organization and United Nations International Children's Emergency Fund recommend that children only be given breast milk for at least 6 months and breastfeeding continues until the child.

Smooth spending of breast milk is influenced by several factors, one of which is psychological factors, namely anxiety. In general, postpartum mothers often experience fatigue and mood changes such as anxiety, worry about themselves and worry about their baby. This anxiety can affect the flow of breast milk in post partum mothers. The smoothness of breast milk is strongly influenced by psychological factors. Psychological disorders in the mother cause a decrease in the production of breast milk, because it will inhibit the let-down reflex. Psychological changes in postpartum mothers generally occur in 3 days postpartum. Two days postpartum, the mother tends to be negative about the care of her baby and is very dependent because the energy is focused on herself. The calm mental and emotional state of the mother greatly affects the smoothness of mother's milk. If the mother is stressed, the mind is depressed, uneasy, anxious, sad, and tense will affect the smoothness of breast milk. Anxious mothers will produce less breast milk than mothers who are not anxious.

According to data from the World Health Organization, the coverage of exclusive breastfeeding worldwide is only about 36% during the 2007-2014 period. The achievement of exclusive breastfeeding in Indonesia of 54.0% has reached the target. According to the Indonesian Health Profile, in 2015 the number of exclusive breastfeeding in Indonesia was more than three million babies in 34 provinces in Indonesia, there were about one million babies who received exclusive breastfeeding with a percentage of 55.7%. The lift proves that the target of 80% coverage of exclusive breastfeeding is still very far from reality.

The number of babies who were given exclusive breast milk in the city of Tangerang in 2015 was 67.36%. The exclusive breastfeeding program is one form of government in terms of achieving Sustainable Development Goals in 2016-2030. In the 2012 Indonesian Demographic and Health Survey, the coverage of exclusive breastfeeding in Indonesia reached 42%, with the coverage of breastfeeding reaching 50% by 2020. Exclusive breastfeeding coverage in Central Africa is only 25%, Latin America and the Caribbean 32%, East Asia 30%, South Asia 47%, and Developing Countries 46%.

Preliminary studies in the work area at the Regional General Hospital Mgr. Gabriel Manek, SVD Atambua, it is not yet known that the exclusive coverage in 2020 is 1,777 people while 2021 is 1,764 people. A preliminary study through interviews on June 6, 2022 with 10 human rights mothers at the Regional General Hospital Mgr. Gabriel Manek, SVD Atambua and postpartum mothers found that there were 2 postpartum mothers who felt pain in the nipples while breastfeeding, the nipples did not come out and felt anxious and afraid that breast milk was not sufficient for breastfeeding babies and 8 other pregnant women are anxious during the COVID-19 pandemic because they still have to go out of the house and check their pregnancy, making mothers afraid to bring germs that can affect themselves and their children and lack of nutrition due to unhealthy eating patterns and morning sickness.

The phenomenon that occurs at this time the smooth flow of breast milk is often caused by anxiety factors even though if the mother's mood feels comfortable, it will affect the smooth flow of breast milk. On the other hand, if the mother feels anxious it will hinder the smooth flow of breast milk based on the observations Mrs. Postpartum at the Regional General Hospital Mgr. Gabriel Manek, SVD Atambua.

Nutrition for breastfeeding mothers is healthy food other than drugs that contain protein, fat, minerals, water and carbohydrates that are needed by breastfeeding mothers in certain amounts during breastfeeding. The postpartum period is a period of recovery because

it is the main supporting factor for breast milk production so that if nutrition is not met, it will inhibit breast milk production and can affect the composition and intake of nutrients for newborns. Breastfeeding mothers have a large need for nutritional intake contained in every food they consume by paying attention to the needs needed by their bodies. Some efforts to keep ascites producing smoothly and reducing anxiety in postpartum mothers are starting from the mother's strong desire to provide the best nutrition for her baby.

Strong motivation will move all physical and emotional resources of the mother to immediately produce breast milk and provide information to postpartum mothers and motivate mothers to reduce anxiety.

The purpose of this study is to analyze effect of COVID-19 pandemic anxiety and nutrition against the expenditure of mother's milk in postpartum mothers at the Regional General Hospital Mgr. Gabriel Manek, SVD Atambua.

II. Research Method

In this study using analytical survey research with a quantitative approach. The design used is observational using a cross sectional approach, which is a study that emphasizes the observation time of independent and dependent variable data only once at a time (Asyraini et al., 2022; Octiva, 2018; Pandiangan, 2015). How to collect data on these variables is done once at the same time.

Data collection is a process of approaching the subject required in a study (Octiva et al., 2018; Pandiangan, 2018). In this study, data collection techniques were carried out with the following steps:

1. Obtain a letter of recommendation from the Institut Ilmu Kesehatan STRADA Indonesia.
2. Before collecting data, the researcher asked the Head of the Belu District Health Office for permission.
3. After that the researcher identified the respondents.
4. Provide an agreement sheet to the respondent and explain the purpose and objectives of the study.
5. If approved, the questionnaire data will be filled in.
6. After the data is collected, then data processing is carried out.

Population is the whole object of research or object to be studied (Jibril et al., 2022; Pandiangan et al., 2018; Pandiangan, 2022). The population used in this study are all postpartum mothers on the first day in the orchid room. The sample is part of the population that meets the research criteria so that it can represent the population (Octiva et al., 2021; Pandiangan et al., 2021; Pandia et al., 2018). Samples from the first postpartum day in the orchid room are 105 postpartum mothers.

Data analysis is a very important part to achieve the goal, where the main purpose of research is to answer questions in revealing phenomena (Pandiangan et al., 2022; Tobing et al., 2018). In this study, after the data is tabulated, then processed which included research problems, then testing research problems using calculations assisted using the Statistics Program from Statistics Product and Solution Services (SPSS).

III. Discussion

3.1 Frequency Distribution of Respondents' Answers Based on Anxiety

Table 1. Frequency Distribution of Respondents' Answers Based on Anxiety

| Anxiety | Frequency | Percentage |
|-----------------|------------------|-------------------|
| There isn't Any | 1 | 1 |
| Mild | 42 | 40 |
| Moderate | 59 | 56.2 |
| Heavy | 3 | 2.9 |
| Very Heavy | 0 | 0 |
| Total | 105 | 100 |

Source: Primary Data (2022)

Based on Table 1, the anxiety of the coronavirus disease 2019 (COVID-19) pandemic in 105 postpartum mothers at the Regional General Hospital Mgr. Gabriel Manek, SVD Atambua, most of them experienced moderate COVID-19 pandemic anxiety, amounting to 59 people (56.2%) and mild COVID-19 anxiety amounting to 42 people (40%).

3.2 Frequency Distribution of Respondents' Answers Based on Nutrition

Table 2. Frequency Distribution of Respondents' Answers Based on Nutrition

| Nutrition | Frequency | Percentage |
|------------------|------------------|-------------------|
| Well | 6 | 5.7 |
| Enough | 69 | 65.7 |
| Less | 30 | 28.6 |
| Total | 105 | 100 |

Source: Primary Data (2022)

Based on Table 2, nutrition in 105 postpartum mothers at the Regional General Hospital Mgr. Gabriel Manek, SVD Atambua mostly experienced enough nutrition amounting to 69 people (65.7%) and less nutrition amounting to 30 people (28.6%).

3.3 Frequency Distribution of Respondents' Answers Based on Expenditure of Mother's Milk

Table 3. Frequency Distribution of Respondents' Answers Based on Expenditure of Mother's Milk

| Expenditure of Mother's Milk | Frequency | Percentage |
|-------------------------------------|------------------|-------------------|
| Yes | 105 | 100 |
| No | 0 | 0 |
| Total | 105 | 100 |

Source: Primary Data (2022)

Based on Table 3, expenditure of mother's milk for 105 postpartum mothers at the Regional General Hospital Mgr. Gabriel Manek, SVD Atambua is mostly 105 people (100%).

3.4 Effect of COVID-19 Pandemic Anxiety and Nutrition Against the Expenditure of Mother's Milk in Postpartum Mothers at the Regional General Hospital Mgr. Gabriel Manek, SVD Atambua

The results show that COVID-19 pandemic anxiety and nutrition have an effect against the expenditure of mother's milk in postpartum mothers at the Regional General Hospital Mgr. Gabriel Manek, SVD Atambua.

Based on the results of the study, it was known that out of 105 breastfed people, the highest proportion was anxious while the COVID-19 pandemic was 59 people (56.2%), but the highest proportion was in sufficient nutrition 69 (65.7%) while under nutrition 30 (28,6%).

Mardjun's research (2019) showed that there was a relationship between anxiety and the smooth discharge of breast milk in post partum mothers with a p value of $0.00 < 0.05$. Hastuti's research (2021) shows that there is a relationship between the psychological condition of the mother and the smooth production of breast milk. A good psychological state of the mother will motivate her to breastfeed her baby so that the hormones that play a role in the production of breast milk will increase because the production of breast milk starts from the breastfeeding process and will stimulate the production of breast milk.

Hawari (2011) states that anxiety is a mood disorder characterized by deep feelings of fear or worry. The symptoms complained of are dominated by psychological factors but can also be caused by physical factors. A person will experience an anxiety disorder when the person concerned is unable to cope with psychosocial stressors. According to Dewi (2015) the level of anxiety that occurs in mothers during and after the delivery process is a risk factor for delaying the release of breast milk on the first and second days. Anxiety is a common thing in post partum mothers. This is related to the adaptation of postpartum mothers who are divided into 3 groups (taking in, taking hold, and letting go) but will become pathological if it occurs excessively.

According to Riksani (2012), the mother's calm mental and emotional condition greatly affects the smoothness of breast milk. If the mother experiences anxiety, stress, depressed thoughts, not calm, sad, and tense, it will affect the smoothness of breast milk, in this case the anxious mother will release less breast milk than the mother who is not anxious. This is because the process of releasing breast milk has two processes, namely the process of forming milk and the process of releasing milk, both of which are influenced by hormones regulated by the hypothalamus. The hypothalamus hormone itself works according to the brain's commands and works according to the mother's emotions, so that mothers who are anxious will be a little.

IV. Conclusion

The results show that coronavirus disease 2019 (COVID-19) pandemic anxiety and nutrition have an effect against the expenditure of mother's milk in postpartum mothers at the Regional General Hospital Mgr. Gabriel Manek, SVD Atambua.

Suggestions in this study are:

1. For Respondents

The results of this study and the discussion are expected to be a lesson and knowledge for postpartum mothers about the influence of the COVID-19 pandemic anxiety and nutrition on the expenditure of mother's milk in postpartum mothers.

2. For Regional General Hospital Mgr. Gabriel Manek, SVD Atambua

- a. It is expected to increase socialization about the importance of nutrition in postpartum mothers.

b. It is hoped that it will increase the knowledge of nutritional mothers on breast milk production.

3. For Health Workers

It is expected to further improve good counseling efforts to individuals and families, especially pregnant women to always think positively and seek information about health, especially COVID-19.

4. For Further Researchers

To examine the factors that influence the release of mother's milk in postpartum mothers.

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