

Counseling on Giving Turmeric Simplisia Tea Drinks to Breastfeeding Mothers in Telaga Sari Village, Tanjung Morawa District, Deli Serdang Regency

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Abstract

Exclusive breastfeeding plays a very important role in reducing child morbidity and mortality, because breast milk is the best food that contains the nutrients that are needed by babies at the age of 0-6 months. milk production. The goal in community service is for breastfeeding mothers to know and understand the benefits of giving turmeric simplicia tea which can increase milk production. The method used is lectures, questions and answers/discussions and giving simple turmeric tea to nursing mothers. The target in this community service is all breastfeeding mothers in Telaga Sari Village, Tanjung Morawa District, Deli Serdang Regency, a total of 40 people. 15 respondents (37.5%) have sufficient and insufficient knowledge and 10 respondents (25%) have good knowledge. Whereas after counseling about the benefits of turmeric simplicia tea on increasing milk production in breastfeeding mothers there was an increase where respondents who had good knowledge were 30 people (75%), respondents who had sufficient knowledge were 8 people (20%) and respondents who had good knowledge less than 2 people (5%). It can be concluded that counseling can change the knowledge of breastfeeding mothers about the benefits of turmeric simplia tea which is very effective in increasing breast milk production in nursing mothers.

Keywords: Simplisia Tea, Turmeric, Breast.

INTRODUCTION

Exclusive breastfeeding plays a very important role in reducing child morbidity and mortality, because breast milk is the best food that contains nutrients that are needed by infants aged 0-6 months. In addition, breast milk also contains enzymes, hormones, immunologic and anti-infective properties (Munir , 2006 in Hamza, Diza Fathamira 2018). ASI has an important role in maintaining the health and survival of infants. This is because babies who are exclusively breastfed will have better immune systems than babies who are not given it Exclusive breastfeeding, so babies rarely suffer from illness and avoid nutritional problems compared to babies who are not given breast milk. Inadequate intake of breast milk results in an unbalanced baby's nutritional needs. Imbalance in fulfilling nutrition in infants will have a negative impact on the quality of human resources (Bahriyah, et al, 2017).

The impact that occurs if babies do not get exclusive breastfeeding is that they will be at risk of getting diarrhea 3.94 times greater than babies who get exclusive breastfeeding. Based on the results of the research by Khrist Gafriela Josefa and Ani Margawati (2011), it was found that babies who were given formula milk experienced diarrhea more often than babies who were exclusively breastfed.

There are many factors that can affect breast milk production, including food factors, peace of mind and soul, use of contraception, breast care, physiological factors, etc. (Maritalia, 2017). Mothers who are breastfeeding their babies must receive additional food to avoid a decline in milk production, if food the mother continues to not meet adequate nutritional intake, of course the milk-producing glands in the breast will not work perfectly and will ultimately affect milk production (Murtiana, 2011 in Apriza, 2016).

Factors causing mothers not to breastfeed exclusively are insufficient milk, mothers working on three months leave, fear of being left by their husbands, babies will grow up to be children who are not independent and spoiled, formula milk is more practical, and fear. Some ways that breastfeeding mothers need to pay attention to in increasing breast milk in infants, namely, by consuming vegetables and fruits such as papaya leaves, long beans, and banana blossoms which can increase the volume of breast milk. (Tjahjani, 2014 in Harismayanti, 2018).

Turmeric has the main content in the form of curcumin compounds and essential oils. The part of the turmeric plant that is often used as medicine is the rhizome. Turmeric is also very good to be used as a healthy drink. Its content can stimulate milk production more smoothly (Fitri, 2015). Turmeric contains *Curcuma domestica* which is used, among other things, to shed and facilitate menstruation, and can increase milk production.

Based on the 2018 Indonesia Health Profile, the implementation of exclusive breastfeeding in North Sumatra has not yet reached the target of 100%, but only 50.07%. In addition, based on the 2017 North Sumatra Health Profile, the implementation of exclusive breastfeeding in Deli Serdang Regency only reached 47.05%.

The results of the study by Batubara et al (2021) showed that turmeric simplicia tea was more effective in increasing milk production with the mean and standard deviation of the BAK of infants who were breastfed for postpartum mothers before being given turmeric simplicia tea of 4.30 ± 0.98 with the highest BAK value of 6 and the lowest 3. After being given turmeric simplicia tea, the baby's BAK increased by an average of 10.35 ± 2.13 with the highest BAK value of 12 and the lowest 6 in post partum mothers in Telaga Sari Village and Buntu Bedimbar Village, Kec. Tanjung Morawa Deli Serdang Regency..

From the results of this study, it was continued to carry out community service regarding counseling on giving turmeric simplia tea to breastfeeding mothers in Telaga Sari Village, Tanjung Morawa District, Deli Serdang Regency.

METHOD

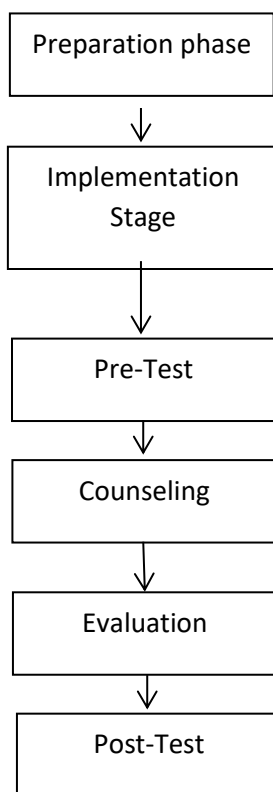
Community Service Target Audience

The target in this community service is all breastfeeding mothers in Telaga Sari Village, Tanjung Morawa District, Deli Serdang Regency, totaling 40 people.

Devotion Method

- Lecture: For nursing mothers who do not know what are the benefits of drinking Simplisia Tea for nursing mothers to improve.
- Debriefing: To find out the understanding of breastfeeding mothers about the material provided
- Using an LCD to display material related to Simplisia Tea and in the form of pictures

Action Steps



RESULTS AND DISCUSSION

RESULTS

After carrying out counseling activities for breastfeeding mothers about the benefits of turmeric simplia tea drink, the following results were obtained:

Characteristics of breastfeeding mothers participating in community service include age and knowledge in Telaga Sari Village, Tanjung Morawa District, Deli Serdang Regency.

Based on data on the age frequency distribution of respondents to breastfeeding mothers in Telaga Sari Village, Kec. Tanjung Morawa, Deli Serdang Regency, it can be seen that the age of the respondents in the group giving Simplia Turmeric Drinks, the majority of respondents aged 20-35 years were 25 people (62.5%), while the group of breastfeeding mothers with age > 36 years were 15 respondents (37.5 %).

Table 1. Knowledge, Respondents Before and After counseling about the benefits of simplia turmeric tea for increasing breast milk production for breastfeeding mothers in Telaga Sari Village, Tanjung Morawa sub-district, Deli Serdang Regency

Knowledge	Well		Enough		Not enough		Amount
	f	%	f	%	f	%	
Pretest	10	25	15	37.5	15	37.5	40
Posttest	30	75	8	20	2	5	40

From the table above it can be seen that before counseling was carried out about the benefits of turmeric simplicia tea on increasing milk production in breastfeeding mothers, respondents who had sufficient and insufficient knowledge were 15 respondents (37.5%) and

respondents who had good knowledge were 10 respondents (25%)).

Whereas after counseling about the benefits of turmeric simplicia tea on increasing milk production in breastfeeding mothers there was an increase where respondents who had good knowledge were 30 people (75%), respondents who had sufficient knowledge were 8 people (20%) and respondents who had good knowledge less than 2 people (5%).

So it can be concluded that there was an increase in the knowledge of breastfeeding mothers from before and after counseling was carried out about the benefits of turmeric simplicia tea for increasing milk production in Telaga Sari Village, Tanjung Morawa District, Deli Serdang Regency.

DISCUSSION

Based on the results of community service prior to counseling about the benefits of turmeric simplicia tea for increasing milk production in breastfeeding mothers, 15 respondents (37.5%) had sufficient and insufficient knowledge and 10 respondents (25%) who had good knowledge.

Whereas after counseling about the benefits of turmeric simplicia tea on increasing milk production in breastfeeding mothers there was an increase where respondents who had good knowledge were 30 people (75%), respondents who had sufficient knowledge were 8 people (20%) and respondents who had good knowledge less than 2 people (5%).

Breast milk production is greatly affected by the frequent feeding of the baby. The more often the baby is breastfed, the greater the volume of breast milk produced because the higher the level of oxytocin in the blood circulation which will stimulate prolactin to continue to produce milk, the frequency of urinating the baby (BAK) will be more frequent than the baby will feel calm, not fussy and sleep soundly (Doko et al., 2019). From the results of this study it can be stated that there is an effect of giving turmeric simplicia tea in increasing milk production.

The growth and development of the baby is determined by the amount of breast milk obtained including energy and other nutrients contained in breast milk. Apart from breastfeeding as dental food for babies, breast milk is also beneficial for their health (Ritonga et al., 2017). Efforts to increase milk production can be done by doing early and routine breast care, improving breastfeeding techniques, or by consuming foods that will produce breast milk. (Istiqomah et al., 2018).

Counseling is an activity of educating individuals or groups, providing knowledge, information, and various abilities to form attitudes and behaviour in life that should be. In essence, counseling is a non-formal activity to change society towards a better state as aspired Knowledge is the result of human sensing, or someone knowing about objects through their senses (eyes, nose, ears). Moreover, most of a person's knowledge obtaining through the sense of hearing (ears) and sight (eyes). A person's knowledge of objects has different intensities or levels. The knowledge is divided into six levels of knowledge (Harun, et al., 2022).

Education is needed to determine the level of mother's understanding of breastfeeding in breastfeeding mothers in order to improve the quality of life. According to Irianto (2014) explains that education affects decision making, mothers who have a high level of education will use rational considerations and knowledge about food nutrition or physiological considerations is more prominent (Irianto, 2014).

During education about the benefits of simplicia tea, breastfeeding mothers showed high enthusiasm by listening to the material presented and responding to questions about breastfeeding and the benefits of simplicia tea during breastfeeding.

Knowledge about the benefits of turmeric simplicia tea during breastfeeding is not widely known by nursing mothers. The lack of knowledge of breastfeeding mothers about the benefits of turmeric simplicia tea causes mothers not to understand the importance of consumption during breastfeeding. In theory, knowledge is a very important area for the formation of one's actions (behavior) because behavior based on knowledge and attitudes will be more lasting than those that are not based on knowledge and attitudes (Notoadmojo, 2012).

The education provided in community service to breastfeeding mothers regarding the

benefits of turmeric simplicia tea shows an excellent increase in knowledge. This is in accordance with the theory that education is any planned effort to influence other people, be it individuals, groups or communities so that they do what is expected of the educational actors. Health education aims to increase public knowledge and awareness to maintain and improve their own health. Therefore, efforts are certainly needed to provide and convey information to change, grow, or develop positive behavior (Maulana, 2009).

From the results of this service activity, it is hoped that breastfeeding mothers will consume turmeric simplicia tea regularly during breastfeeding because it has proven to be very useful, especially towards the end of labor as an effort to fulfill nutrition and speed up labor and prevent long labor. As well as midwives can conduct counseling to all breastfeeding mothers about the benefits of date palm juice which has been proven to be good for breastfeeding, childbirth and postpartum. So that when helping deliveries, midwives can provide date juice to meet nutritional intake during labor which is proven to speed up the delivery process.

CONCLUSIONS AND RECOMMENDATIONS

After this community service, it can be concluded that counseling can change the knowledge of breastfeeding mothers about the benefits of drinking turmeric simplicia tea which is very effective in increasing milk production in nursing mothers. It is hoped that Health Officers, especially village midwives in Telaga Sari Village, can further improve services to be able to increase breastfeeding mothers' knowledge about the benefits of consuming turmeric simplicia tea to increase milk production in nursing mothers.

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