

The Effect of Health Education on Lactation Management using Audiovisual Media on The Level of Knowledge of Mother Cadres

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ABSTRACT

Purpose: This study was to determine the level of knowledge about lactation management with audiovisual media on cadres. **Methods:** This research design uses descriptive research with a case study approach to 30 respondents with an age range of 25-50 years. **Results:** The results showed an increase in good knowledge with a percentage of 100%. **Conclusions:** From the results of the research conducted, it can be concluded that there is an increase in knowledge about lactation management using audiovisual media after health counselling.

Keywords: Lactation management, health education, knowledge level, mother cadres

Introduction

The role of cadres is to increase the motivation of mothers in implementing lactation management so that the level of knowledge of mothers about the importance of early breastfeeding initiation or IMD from pregnancy to childbirth is well implemented. The presence of cadres is expected to help the community to provide health education on lactation management. Posyandu is a routine activity carried out by the community through health services to facilitate pregnant women to consult or check their pregnancy so that the condition of the fetus is monitored (Bella, Dwimawati and Nasution, 2023).

With routine posyandu activities, it is expected that mothers can increase their knowledge and the role of cadres can educate mothers about the importance of maternal and fetal health and lactation management (Sukmawati *et al.*, 2023). Lactation management begins during the baby's breastfeeding period. Implementing lactation management since pregnancy is very important. The goal is for mothers to be able to fulfil the breast milk needed by their little ones properly. Lactation management should be done from the beginning of pregnancy, until during the breastfeeding period. It is recommended to pay attention to the frequency of breastfeeding (SB, Khusniyati and Purwati, 2023).

Data from the World Health Organisation (WHO) in 2016, still shows that the average rate of exclusive breastfeeding in the world is only 38% (WHO, 2016). In Indonesia, exclusive breastfeeding for infants up to 6 months of age is around 29.5% (Ministry of Health, 2016). The rate of early breastfeeding initiation (IMD) also fell from 58.2% in 2019 to 48.6% in 2022. Health education is an effort or activity to create community behaviour that is conducive to health. With health education, it is expected that there will be an increase in community knowledge so that the welfare of the community will occur (Notoatmodjo, 2012) (Sukmawati, Rahayu and Marliany, 2022).

The results of research conducted by Hairunnisa, Natsir Nugroho, Atik Hodikoh (2018) with the title 'Phenomenological Study: Perceptions of Post Partum Mothers Towards Oxytocin Massage for Smooth Breastfeeding at Dr Mintohardjo Jakarta General Hospital' from the results of the analysis consisted of 3 participants aged 20-30 years and 5 participants aged 30-40 years. From the results of the study obtained 5 themes, namely pleasant feelings when breastfeeding, breastfeeding obstacles, the benefits of breast milk, family support for smooth milk production, and maternal perceptions of oxytocin massage.

Methods

Researchers use descriptive research with a case study approach method. Descriptive research is research conducted with the main purpose of providing a description or description of an object situation (Adiputra, 2021). Case study by examining the effect of Audiovisual media on the effect of health education on lactation management on the level of knowledge of DKI Jakarta cadre mothers before and after being given health education.

From the English term to describe which means to explain or describe something, such as circumstances, conditions, situations, events, activities, and others - therefore this study aims to determine the effect of the level of knowledge of pregnant women on stunting prevention. This case study is research conducted by looking at a problem through a case. This method is used to see the effect of Audiovisual media on the level of knowledge about lactation management in Dukuh pinggir IV Tanah Abang. Central Jakarta.

The sample in this study were cadre mothers who were selected according to the sampling technique and met the inclusion and exclusion criteria. The subjects of this study were 30 cadre/dasawisma mothers of dukuh pinggir IV Tanah Abang, Central Jakarta with the inclusion criteria of cadre mothers with an age range of 25 to 60 years, cadre mothers who have never had lactation management training / have participated in training 3 years ago, cadre mothers who actively participate in posyandu activities, cadre mothers who are willing to be respondents can communicate verbally, can read and write, cooperative, do not have hearing and vision impairment until post-test and inclusion criteria of respondents.

Result

Table 1. Distribution of age characteristics of cadre mothers

Age	Amount	Percentage
24 - 45 years	25	83%
40 - 60 years	5	17%
Total	30	100%

The results of the age distribution show that the age characteristics are dominated by the age classification of 24 - 45 years as many as 25 people with a percentage of 83%, 40 - 60 years old as many as 5 people with a percentage of 17%.

Table 2. Distribution of Education Level Characteristics of cadre mothers

Education	Amount	Percentage
Elementary School	3	10%
Senior High School	26	87%
Undergraduate	1	3%
Total	30	100%

The distribution results showed that the last education of 30 respondents was elementary education as many as 3 people with a percentage of 10%, high school / K education as many as 26 people with a percentage of 87%, and S1 education as many as 1 person with a percentage of 3%.

The results of the level of knowledge in 30 respondents before health education was carried out, namely with a sufficient level of knowledge as many as 16 people (53%), and a good level of 14 people (47%). After health education has increased with a good level of knowledge as many as 30 people (100%).

Tabel 3. Distribution of Knowledge Level Characteristics of cadre mothers

Knowledge Level	Pretest	Percentage	Posttest	Percentage
Less (0 - 55)	0	40%	0	0
Enough (60 - 75)	16	53%	0	0%
Good(80 - 100)	14	47%	30	100%
Total	15	100%	15	100%

Based on the data obtained from 30 respondents, it can be seen that before health education was carried out there were 14 respondents (47%) with a good level of knowledge and 16 respondents (53%) with a sufficient level of knowledge. And after health education was obtained 30 (100%) respondents with a good level of knowledge.

Discussion

Based on table 1. the results showed that the age of the respondents was at the age of 24 - 45 years, namely 25 respondents (83%) and 5 respondents (17%) were at the age of 46 - 60 years. When viewed based on the age of the respondents who had a sufficient level of knowledge, there were 16 respondents (53.3%) and 14 respondents (46.6%) with a good level of knowledge. The research is also in line with the theory that the older the respondent's age, the more developed his knowledge.

This is in line with the research of Elies Meilinawati, et al (2023) entitled 'The relationship between knowledge and attitudes of cadres about lactation management' where mothers need help so that the breastfeeding process can be successful in providing education about lactation management can involve cadres. Posyandu cadres are the spearhead who are in direct contact with pregnant women, mothers giving birth and postpartum women through various posyandu activities and mother classes.

Based on table 2. the results showed that the characteristics of education based on the results of research from 30 respondents who had a college education level of 1 respondent

(3%), and high school / equivalent as many as 26 respondents (86%) and 3 respondents (10%) with elementary school education. The level of education of the respondent can affect the respondent's ability to receive and understand the information provided. Education is able to make a person to increase their knowledge and insight into many things that are at every certain level (Koelen and Van den Ban, 2023). According to Anuar *et al.*, (2020), the level of education affects a person's ability and knowledge in implementing healthy living behaviour, the higher a person's education, the easier it is to receive information.

This research is in line with the theory Hansen *et al.*, (2020) that education is a step for someone to study to learn about several things he wants to know. Likewise with the impact on several things he wants to know. Likewise with the impact of education itself, where the lower or higher the education a person has, it will affect the absorption of information or material that has been delivered. So it can be concluded that there is a significant relationship between education and respondents' knowledge about Lactation Management. In the second trimester, there is an increased speed in the growth and formation of the foetus, thus forming a human with organs that begin to function. This shows that anaemia that occurs in the first trimester and second trimester are both at risk of giving birth to LBW babies.

Based on table 3. of the results of research on 30 respondents, it can be seen that before health education was carried out there were 14 respondents (47%) with a good level of knowledge and 16 respondents (53%) with a sufficient level of knowledge. And after health education was obtained 30 respondents (100%) with a good level of knowledge. These results indicate an increase in knowledge after health education. According to Herman *et al.*, (2021) knowledge is the result of 'knowing' and this occurs after people perceive a certain object. Sensing occurs through the five human senses. Most human knowledge is obtained through the eyes and ears. Knowledge or cognitive is a very important domain for the formation of a person's actions.

This is in line with the research of Sasube and Lombogia (2023) showing that there is a tendency that mothers who have more knowledge will provide exclusive breastfeeding to their babies. Conversely, mothers with low knowledge about breastfeeding will be less in terms of providing exclusive breastfeeding to their babies. In this case, education is one factor that affects a person's level of knowledge. A high level of knowledge also determines whether or not it is easy for mothers to understand and absorb information about exclusive breastfeeding. The higher the mother's level of knowledge, the higher the mother's ability to absorb information about exclusive breastfeeding.

Conclusion

From this case study research, the results of the recapitulation of the level of knowledge of cadre mothers before and after health education. These results were obtained from before health education was obtained with a level of knowledge of 16 respondents (53.3%), a level of knowledge of 14 respondents (46.6%) and after health education the level of knowledge increased to good 30 respondents (100%). The results carried out in this study can be concluded that there is an increase in knowledge of the effect of health education on lactation management with audiovisual media on the level of knowledge of mothers of DKI Jakarta cadres before and after health education.

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