

An Analysis of Mother's Knowledge about the Benefits of Katuk Leaves as Food to Increase Breast Milk Production in Saba Sitahul-Tahul Village, Portibi District, North Padang Lawas Regency Year 2022

Ratna Wulandari

Sekolah Tinggi Ilmu Kesehatan Paluta Husada, Gunungtua, Indonesia

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Corresponding Author:

Ratna Wulandari
STIKES Paluta Husada,
Gunungtua, Indonesia
Email:
wulan_surb@yahoo.co.id

ABSTRACT

Mother's Milk (ASI) contains many nutrients and antibodies to protect babies from infection because it is easily digested and absorbed which is beneficial for optimal growth and development for babies, even the benefits of breast milk have been proven by many researchers. One of the plants that has been traditionally used to increase and increase breast milk is katuk leaves (*Sauropus androgynous* (L.) Merr), the calorie, protein and carbohydrate content of katuk leaves are almost equivalent. Even the iron content of the leaves katuk is superior to papaya leaves and cassava leaves. In addition, it is also rich in vitamins A, B1 and C. Besides being rich in protein, fat, vitamins, and minerals, katuk leaves also contain tannins, saponins, and papaverine alkaloids. The type of research used is descriptive, namely knowing the mother's knowledge about the benefits of katuk leaves as a food to increase the production of breast milk (ASI). Technique taking sample on study this use *Total sampling*. Total population is technique taking sample where whole amount sample same with the population. So that the sample in the study This is the total population of mothers who have babies 0-12 months in Saba sitahul-tahul village in 2020 total 34 people. Based on the data analysis carried out, it is known that the majority of respondents' knowledge is in the less category, namely (38.2 %) in the village of Saba Sitahul-Tahul in 2022. This is understandable, considering that the majority of respondents' education is in the basic education category, namely, as many as (44 , 1 %). The majority of respondents' knowledge is in the sufficient category, namely (17.6%) in Saba Sitahul Tahul village in 2022. This is understandable, considering that the majority of respondents' ages are in the 21-35 year category, namely (47.0 %).

Keywords:

Mother's Knowledge, Benefits, Katuk leaves

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1. INTRODUCTION

Mother's milk (ASI) is the best food for babies because it is natural food that is perfect, easily digested by babies and contains nutrients that are in accordance with the needs of babies for growth, immunity and preventing various diseases as well as for baby intelligence, safe and guaranteed cleanliness because it directly given to babies to avoid digestive disorders such as diarrhea, vomiting and so on [22].

In the 2001 World Health Assembly (WHA) resolution it was stated that babies have the right to receive exclusive breastfeeding from birth to 6 months of age, after which they can be given complementary food for breastfeeding (MP-ASI). Exclusive breastfeeding for up to 6 months continued until the first 2 years of life can prevent 13% of 10 million deaths each year [2]

According to the World Health Organization (WHO, 2016), the average rate of exclusive breastfeeding in the world is 36% in the period 2000-2014 [23] Meanwhile, Indonesia Health Profile data in 2016, the coverage of exclusive breastfeeding in infants 0-6 months reached 54.3%, and in 2017 it reached 55.7%. Even though there has been an increase, the achievement of exclusive breastfeeding in Indonesia has not reached the expected figure of

80% [7].

To maintain the quality of breast milk, mothers must follow a diet with balanced nutritional principles and consume a variety of foods, especially dark green vegetables which are good for promoting breast milk (Saskiyanto Manggabarani, Anto Jamma Hadi and Bunga, 2018). One of the plants that has been traditionally used to increase and increase breast milk is katuk leaves (*Sauropus androgynous* (L.) Merr), the calorie, protein and carbohydrate content of katuk leaves are almost equivalent (Suwanti and K. Kuswati, 2016). Even the iron content of the leaves katuk is superior to papaya leaves and cassava leaves. In addition, it is also rich in vitamins A, B1 and C. Besides being rich in protein, fat, vitamins, and minerals, katuk leaves also contain tannins, saponins, and papaverine alkaloids [15]

The coverage of exclusive breastfeeding in Indonesia in 2016 refers to the 2016 strategic plan target of 42%, nationally the coverage of exclusive breastfeeding in infants aged less than six months of 54.0% has reached the target (Ministry of Health, 2016). Even though the strategic plan has reached the target, there are still many mothers who do not give exclusive breastfeeding to their babies. We know that exclusive breastfeeding is the best investment for children's health and intelligence [7]

The problem that will arise from breastfeeding mothers is the production of breast milk that is not optimal, one of which is low nutritional intake so that many babies have less nutritional needs because mothers cannot provide maximum breast milk according to the nutritional needs of babies [21].

Indonesia, with its biodiversity, has enormous potential to provide natural medicines, considering that there are many medicinal plants that grow well. Since ancient times, the Indonesian people have known medicinal plants and used them to maintain health and treat diseases. The use of medicinal plants is obtained based on empirical experience passed down from our ancestors. Treatment with plant-derived ingredients is called phytotherapy which in its application at this time is known in the form of herbal medicine and phytopharma [13].

Katuk leaves are a type of herbal galactagogue which is believed to increase prolactin and oxytocin levels, and contain nutrients that can be used as raw materials for the synthesis of breast milk. The increase in breast milk volume is caused by katuk leaves which contain phytochemical compounds, namely alkaloids (papaverine) and sterols (phytosterols) which can increase prolactin and oxytocin levels, and contain nutrients that can be used as raw materials for the synthesis of breast milk. In 100 g of fresh katuk leaves it contains 79.8 g of water, 7.6 g of protein, 1.8 g of fat, 6.9 g of carbohydrates and 310 kJ of energy value.

From the preliminary survey that was conducted in Saba Sitahul-Taul Village, out of 6 mothers who had babies interviewed, 2 mothers knew about the benefits of katuk leaves as a food to increase breast milk production and 4 mothers said they did not know that katuk leaves as a food to increase breast milk production. Based on the problems above, researchers are interested in conducting a study, namely an Analysis of Mother's Knowledge About the Benefits of Katuk Leaves as Food to Increase Mother's Milk Production (ASI) in Saba Sitahul-Tahul Village, Portibi District, North Padang Lawas Regency in 2022

2. METHOD

Design study this is Descriptive, namely knowing the mother's knowledge about the benefits of katuk leaves as a food to increase the production of breast milk (ASI). research is done in Saba Sitahul-tahul Village, Portibi District, North Padang Lawas Regency in September-December 2022. Population in study this is Mother *who have babies 0-12 months* as many as 34 people.

Sampling is object which researched and considered represent whole population. Technique taking sample on study this use *Total sampling*. Total population is technique taking sample where whole amount sample same with the population. So that the sample in the study This is the total population of mothers who have babies 0-12 months in Saba sitahul-tahul village in 2020 total 34 people [10]

3. RESULTS AND DISCUSSION

Based on the results of research conducted from September to December 2022 in the village of Saba Sitahul-Taul regarding the Analysis of Mother's Knowledge about the Benefits of Katuk Leaves as Food to Increase Breast Milk Production (ASI) in Saba Sitahul-Tahul Village, Portibi District, North Padang Lawas Regency in 2022 the following results are obtained:

Table1. Distribution Frequency Based on Respondents' Knowledge .

No.	Respondent Knowledge	Frequency	
		N	Percentage (%)
1.	Well	9	26.5
2.	Enough	12	35,3
3.	Not enough Amount	13	38,2
		34	100

Based on the table above, it is known that the frequency distribution of respondents' knowledge is as follows, out of 34 respondents it is known, as many as 9 people (26.5%) respondents with good knowledge category, 12 people (35.3%) in the category of sufficient knowledge, and as many as 13 people (38.2%) in the less knowledge category.

Based on the data analysis carried out, it is known that the majority of respondents' knowledge is in the less category, namely (38.2%) in Saba Sitahul-Taul village in 2022. This is understandable, considering that the majority of respondents' education is in the basic education category, namely, as many as (44, 1%). Education is a formal and non-formal activity as an effort to develop one's mindset, personality and abilities both inside and outside of school as well as life experiences that last a lifetime.

Knowledge is the result of "knowing", and this occurs after people sense certain objects. Sensing occurs through the five human senses namely, the senses of sight, hearing, smell, taste and touch. Knowledge is closely related to individual education. A person with higher education will open that person's horizons so that better knowledge is formed, but someone with low education cannot be said to be absolutely knowledgeable too. This is considering that increasing knowledge is not absolutely obtained from formal education, but can be obtained through non-formal education. A low level of education will affect a person's understanding of the information he receives so that it has an impact on actions to be taken next based on that information. This shows that someone with a low level of education tends to be difficult to accept and misinterpret the information received (Notoadmojo, 2017). in 2022. This is understandable, considering that the majority of respondents are in the 21-35 year category (47.0%). The older you get, the more your comprehension and mindset will develop. So that knowledge will improve [10].

Based on the data analysis carried out, it is known that the majority of respondents' knowledge is in the less category, namely (20.6%) in Saba Sitahul-Taul village in 2022. This is understandable, considering that the majority of respondents' jobs are in the unemployed/IRT category, namely, as many as (44.1%). Work is a formal and non-formal activity as an effort to develop one's mindset, personality and abilities both inside and outside of school as well as life experiences that last a lifetime.

4. CONCLUSION

Based on the results of research that has been conducted by researchers in analyzing mother's knowledge about the benefits of katuk leaves as a food to increase breast milk production (ASI) in Saba Sitahul-Taul Village, Portibi District, North Padang Lawas Regency in 2022 , it can be concluded that the majority of mothers less knowledgeable (38.2%), and a minority of mothers with good knowledge (26.5%). Suggestion from results study this that is every officer health specifically midwife which found that incident Breast milk is not go out so should midwife give action to client namely by conducting counseling related to food more often which can increase breast milk production so that the baby's need for breast milk can be met without having to provide other additional food milk (formula milk).

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