

Motivation Of Pregnant Women Regarding Breast Care At Tpmb Gayaman Village, Mojoanyar District, Mojokerto District

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ABSTRACT

Taking care of your breasts both during pregnancy and after giving birth will maintain the shape of your breasts and also facilitate the flow of breast milk. (Manuaba, 2010). The impact that arises if breast care is not carried out and breast care is only carried out after delivery, then the mother will experience problems such as breast milk not coming out, nipples not protruding, little milk production, breast infections, mastitis, and sore nipples. In this study, the aim was to determine the motivation of pregnant women regarding breast care at TPMB, Gayaman Village, Mojoanyar District, Mojokerto Regency. This research was conducted in this type of research is descriptive. The design in this research is survey The variables used in this research are Motivation of Pregnant Women Regarding Breast Care in TPMB Gayaman Village, Mojoanyar District, Mojokerto Regency. In this study, the population and samples were all pregnant women in the second and third trimesters in TPMB Gayaman Village, Mojoanyar District, Mojokerto Regency, totaling 30 people. In this research what was used was nonprobability Sampling with technique Total Sampling. Based on the results of the research that has been carried out, it can be concluded that the motivation of pregnant women in carrying out breast care in TPMB Gayaman Village, Mojoanyar District, Mojokerto Regency is that the majority of respondents who have negative motivations about breast care are 18 people (60%) and almost half of the respondents who have positive motivations are 12 people (40%). Motivation of pregnant women regarding breast care in the second and third trimesters at TPMB Gayaman Village, Mojoanyar District, Mojokerto Regency is included in the negative category. It is hoped that health workers can provide knowledge about breast care to the public, so that people understand about breast care and are willing to motivate themselves in carrying out breast care.

Keywords: Breast Care, Motivation, Pregnancy

1. INTRODUCTION

exclusive breastfeeding, many toddler deaths occur, and many children under 2 years old experience malnutrition. (Prasetyono, 2009)

Efforts to motivate pregnant women to carry out breast care during pregnancy. By providing education/motivating pregnant women on how to properly care for their breasts in TM II and III. Apart from that, it can also be done through leaflets, props, posters, promotions via radio and other media about pregnant women. This counseling can improve the mother's ability to care for her breasts properly and correctly as a preventive measure against breastfeeding problems, so that the breastfeeding process can run smoothly and is an effort to improve the health status of the mother and baby. (Subijakto, 2011). By carrying out breast care during pregnancy, it is hoped that all breast problems during pregnancy can be treated. (Saryono. 2009).

2. METHODS

This research design is research descriptive.

The research design used in this research is survey namely collecting as much data as possible regarding the factors that support the quality of the research variables, then analyzing these factors to find their role in the research variables (Arikunto, 2010).

3. RESULTS

1. General Data

a. Characteristics of Respondents Based on Age

Table 4.1. Frequency Distribution Based on Age of Pregnant Women Respondents in TPMB Gayaman Village, Mojoanyar District, Mojokerto Regency.

No.	Age of Respondent	Frequency (n)	Percentage (%)
1.	< 20 Years	4	13,4
2.	20 - 35 Years	26	86,6
AMOUNT		30	100

Based on table 4.1. Shows that the characteristics of respondents based on age group, found that the majority of respondents aged 20 - 35 years were 26 respondents (86.6%).

b. Characteristics of Respondents Based on Education

Table 4.2. Frequency Distribution Based

N o.	Education	Frequency (n)	Percentage (%)
1.	Elementary/	8	26,6
2.	middle school	20	66,6
3.	SMA PT	2	5,7
AMOUNT		30	100

on Education among Pregnant Women Respondents in TPMB Gayaman Village, Mojoanyar District, Mojokerto Regency.

Based on table 4.2. Shows that the characteristics of respondents are based on education, on average 20 respondents have a high school education (66.6%).

c. Characteristics of Respondents Based on Occupation

Table 4.3. Frequency Distribution Based on Occupation of Pregnant Women Respondents in TPMB Gayaman Village, Mojoanyar District, Mojokerto Regency.

N o.	Work	Frequency (n)	Percentage (%)
1.	Work	9	30
2.	Doesn't work	21	70
AMOUNT		30	100

Based on table 4.3. Shows that the characteristics of respondents based on work, on average 21 respondents (70%) do not work.

2. Special Data

a. Motivation of Pregnant

Women About Breast Care

Table 4.4. Frequency Distribution of Pregnant Women's Motivation Regarding Breast Care in TPMB Gayaman Village, Mojoanyar District, Mojokerto Regency.

N o.	Motivation for Pregnant Women	Frequency (n)	Percentage (%)
1.	Positive	12	40
2.	Negative	18	60
AMOUNT		30	100

Based on table 4.4. Shows that the characteristics of respondents based on Motivation of Pregnant Women Regarding Breast Care on average have a negative motivation regarding breast care as many as 18 respondents (60%)

b. Cross Tabulation

Table 4.5. Cross distribution between age and motivation of pregnant women regarding breast care in TPMB Gayaman Village, Mojoanyar District, Mojokerto Regency.

motivat ion Age	positive		negative		Total	
	Σ	%	Σ	%	Σ	%
< 20 years	1	3,3	3	10,0	4	13,3
20 – 35 years	11	36,7	15	50,0	26	86,7
Amount	12	40,0	18	60,0	30	100

Based on table 4.7. Showing a cross tabulation of the relationship between work and pregnant women's motivation regarding breast care, it was found that the average number of respondents who did not work was 21 respondents (70.0%) and 14 people (46.7%) had negative motivation regarding breast care.

3. Data Analysis

The researcher analyzed this research using the T score, if the T score > 50, then motivation = positive, if the T score < 50 then motivation = negative.

Based on the results of the research that has been carried out, it can be concluded that the motivation of pregnant women in carrying out breast care at TPMB, Gayaman Village, Mojoanyar District, Mojokerto Regency, is that the majority of respondents who have negative motivations regarding breast care are 18 people (60%).

4 DISCUSSION

Motivation of Pregnant Women About Breast Care

Based on table 4.4, it was found that the average respondent had negative motivation regarding breast care, namely 18 people (60%).

Motivation is the basic urge that moves someone to behave. This impulse resides in a person who moves him to do something in accordance with his inner impulse (Uno, 2012). Motivation is the result of a number of processes that are internal or external to an individual, which causes an attitude of enthusiasm and persistence in carrying out certain activities. (Winardi, 2008)

The large number of mothers who have negative motivation is because there are still many pregnant women who think that breast care is not important for breastfeeding after giving birth. And there are still many mothers who think that even if they don't take care of their breasts, breast milk can flow smoothly. Negative motivation can also be influenced by several factors, namely age, education and work. Apart from that, there were respondents who filled out the questionnaire without being careful when reading the questions and there were also some respondents who did not understand

the questions. This was proven when filling out the questionnaire, there were mothers who asked what the contents of the questions meant. It was revealed that the number of children is one of the factors that influences the age of menopause, although no relationship has been found between the number of children and the age of menopause, but several studies have found that the more often a woman gives birth, the older or later they enter menopause. This study also showed that the majority had children >4, namely 36 people (53.7%).

Based on table 4.1, the age of most of the respondents was 20 - 35 years old, namely 26 respondents (86.6%)

Age is the age that is calculated from the time of birth until the time of the birthday. The older you are, the more mature a person's level of maturity and strength will be in thinking and working. (Rusmi, 2008).

At an age that can be said to be mature, the mother's motivation should be better. However, based on the results of research on breast care, it is still lacking. With many under 30 years of age, there is no mature thought in caring for the breasts. Usually older mothers have a big influence on young mothers. Young mothers tend to imitate the behavior and follow the advice of older mothers.

Based on table 4.2, the average respondent with secondary education (SMA) is 20 respondents (66.6%)

Education means guidance given by someone to the development of others towards certain ideals that determine humans to act and fill their lives to achieve safety and happiness. Education is needed to obtain information, for example things that support health so that it can improve the quality of life. According to YB Mantra, quoted by Notoadmojo (2003), education can influence a person, including a

person's behavior regarding lifestyle, especially in motivating them to participate in development (Nursalam, 2003). In general, the higher a person's education, the easier it is to receive information (Dewi, Wawan, 2011).

A person's education can influence the mother's knowledge about breast care. Most respondents who had negative motivations about breast care were respondents with a high school education. That's because his thinking pattern is still unstable. There are still many respondents who think that breast care is not important and many mothers do not know the benefits of breast care itself. A person's education can influence the mother's knowledge about breast care.

Based on table 4.3, the average number of respondents who do not work is 21 people (70.0%)

According to Thomas, quoted by Nursalam (2003), work is a vice that must be done primarily to support one's life and family life. Work is not a source of pleasure, but more a way of earning a living that is boring, repetitive and full of challenges. Meanwhile, work is generally a time-consuming activity. Working for mothers will have an influence on family life (Dewi, Wawan, 2011).

Mothers who do not work are said to be mothers who take care of the household and spend a lot of time at home without being tied to work outside the home. By having a long time, mothers can care for their breasts. Working mothers are busy with work and don't care about caring for their breasts. Sometimes when I come home from work I'm tired and I don't have time to care for my breasts.

Most respondents had negative motivation because they did not understand breast care and the benefits of breast care that had been explained by health workers. During counseling, many mothers themselves did

not pay attention. Factors that can cause mothers to pay less attention are due to a passive attitude of not wanting to ask questions if they don't understand.

5 CONCLUSION

This research obtained results from calculating the T score, so it can be concluded that the motivation of pregnant women in carrying out breast care in TPMB Gayaman Village, Mojoanyar District, Mojokerto Regency is that the majority of respondents had negative motivations regarding breast care, namely 18 people (60%).

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