

Breast Care Behavior with the Incidence of Breast Milk Dam in Post-Partum Mothers at North Bogor Community Health Center

Elpinaria G^{1,*}), Magdalena A Yosali², Yuliana³, Salsalina Y G⁴, Reny S⁵, Rizka S⁶, Tri M⁷, Sara⁸, Eni⁹

^{1,2,3,4,5,6,7} Department of Midwifery, Wijaya Husada, Indonesia

^{7,8,9} Department of Health, Wijaya Husada, Indonesia

Abstract

The researcher chose the research location at the North Bogor Sub-Public Health Center because according to the survey that had been conducted and after the researchers conducted brief interviews with people, many people experienced breast milk dams on the first to sixth day after giving birth and there were also many people there who had little knowledge about breast milk dams, did not know the correct breastfeeding position and did not know how to care for their breasts, from January to Juni 2024, there were 180 post-partum mothers and 36(20%) experienced breast milk dams. This research contributed to determine the breast care behavior with incidence of breast milk dam in post-partum mothers north Bogor. This research used analytical research to explores how and why health phenomena occur. The research design used in this study was cross sectional. The sample in this study were all 32 postpartum mothers at the Puskesmas North Bogor. Results were 9 respondents (28.1%), breastfeeding position was good for 22 respondents (68.8%), knowledge was good for 16 respondents (50%), and breast care for 23 respondents (71.9%) was good. There is a relationship between breastfeeding position and breast milk dams in postpartum mothers at Puskesmas North Bogor Health Center with a p value = 0.001. There is a relationship between knowledge and breast care and breast milk retention in postpartum mothers at the Puskesmas North Bogor with a p value = 0.000. This is in line with the research that the researcher has done, it is suspected that the more you do not do breast care, the more you will experience the risk of breast milk engorgement.

Keywords: Breastcare; Behavior; Breast Milk Dam; Post Partum

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*) Corresponding author: Elpinaria G
E-mail: Wijayahusada8@gmail.com

1. Introduction

Data from *the World Health Organization* (WHO) in 2020 in the United States, the percentage of breastfeeding women who experienced breast milk stasis reached an average of 87.05% or 8242 postpartum mothers out of 12,765 people, in 2015 there were 7198 mothers who experienced breast milk stasis out of 10,764 people and in 2015 there were 6543 mothers who experienced breast milk stasis out of 9,862 people (WHO, 2022)

According to data from *the Association of Southeast Asian Nations* (ASEAN) in 2014, it was concluded that the percentage of coverage of cases of breast milk engorgement in postpartum mothers was recorded at 107,654 postpartum mothers, in 2015 there were 95,698 postpartum mothers experiencing breast milk engorgement, and in 2016

there were 76,543 mothers experiencing breast milk engorgement. This is because public awareness in encouraging increased breastfeeding is still relatively low (Ministry of Health of the Republic of Indonesia, 2018).

One of the problems during the postpartum period is breast swelling or often referred to as breast milk engorgement. In general, breastfeeding problems occur in the first two weeks of the postpartum period. During this period, supervision and attention from health workers are needed so that breastfeeding problems can be addressed immediately, so that they do not become complications or cause breastfeeding failure. Factors that cause breast milk engorgement include incomplete emptying of the breast, inactive baby

sucking, incorrect breastfeeding position, lack of knowledge, incorrect breast care, parity, frequency and duration of breastfeeding, and mother's occupation (Saleha, 2019)

According to research (Wijayanti, 2018) of 32 people who experienced breast milk engorgement, 11 people (37.5%) said the cause of breast milk engorgement was due to late breastfeeding, 14 people (59.37%) said they did not care for their breasts, and the remaining 7 people (3.12%) said breast milk engorgement was due to incorrect breastfeeding positions.

Breast engorgement occurs due to inadequate breastfeeding, so that the remaining breast milk collects in the ductal system which causes breast milk engorgement. Incorrect breastfeeding position can cause the nipples to become sore and cause pain when the baby is breastfeeding. As a result, the mother does not want to breastfeed her baby and breast milk engorgement occurs. Research conducted by (Pertiwi and Ulfah, 2018) showed that 47% of mothers indicated that their breast condition and care were poor, 55% of mothers indicated that their breastfeeding techniques were poor.

During the postpartum period, a person will really need knowledge or explanation about how to breastfeed. Although breastfeeding is a natural process, to achieve successful breastfeeding, knowledge is needed about things related to the breastfeeding process. The level of knowledge is the result of knowing, and this is to find out the level of knowledge about breast milk dams. Based on research conducted by (Anwar, Andika and Rosdiana, 2021) The results of the study showed that there was a significant relationship between knowledge about breast care and the incidence of breast milk dams and for the attitude variable, there was a significant relationship between attitudes about breast care and the incidence of breast milk dams.

Breast and nipple care are very important in the lactation process. These two treatments are often a "savior" for mothers in going through the early stages of breastfeeding which sometimes feel very difficult. Breast care during the postpartum period is a treatment carried out to prepare the breasts so that they are in good condition when breastfeeding. her baby, including breast hygiene care before and after breastfeeding. Care for sore nipples and caring for nipples to keep them soft, not hard and not dry. Research conducted by (Pertiwi and Ulfah, 2018) as many as 38 respondents. (66.3%) are respondents who do breast care, and 38 respondents (66.3%) do not experience breast milk dams. Shows that there is a relationship between breast care and the occurrence of breast milk dams. The conclusion is that there is a relationship

between breast care and the occurrence of breast milk dams.

Based on an initial survey conducted at the North Bogor Health Center which has the most postpartum mothers, there are 180 postpartum mothers and 36 experienced breast milk engorgement, the researcher chose the North Bogor Health Center as the research location because according to the survey that had been conducted and after the researcher conducted a short interview with the community, many experienced breast milk engorgement on the first day to the sixth day after giving birth and also many people there have less knowledge about breast milk engorgement, do not know the correct breastfeeding position and do not know how to do breast care.

Based on the data and description above, the author is very interested in researching " *Breast Care Behavior with the Incident of Breast Milk Blockage in Postpartum Mothers at the North Bogor Health Center* " ?"

2. Method

The type of research used in this study is Analytical research, namely research that explores how and why health phenomena occur. The research design used in this study was Cross-sectional. The sample in this study were all postpartum mothers as many as 32 people at the North Bogor Health Center. The sampling technique used in this study was *purposive sampling*. Data analysis used *Chi Square*.

3. Results and Discussion Breastfeeding Positions, Knowledge and Breast Care

Based on table 1, it shows that the majority of postpartum mothers with good breastfeeding positions are 22 postpartum mothers (68.8 %), the knowledge of postpartum mothers about breast milk dams is mostly good, namely 16 postpartum mothers (50%). Breast care is mostly carried out by postpartum mothers, namely 23 postpartum mothers (71.9 %) and most do not experience breast milk dams, as many as 23 respondents (71.9%).

The relationship between breastfeeding position and breast milk stagnation in postpartum mothers at the North Bogor Health Center .

Table 2 shows that of the 32 respondents, the majority of breastfeeding positions were good, with 6 people (18.8%) experiencing breast milk engorgement and 16 respondents (50%) not experiencing breast milk engorgement. The results of statistical tests using the chi square test obtained a p value = 0.874, this means that H_a is rejected and H_o is accepted so that there is no relationship between the breastfeeding process and breast milk

engagement in postpartum mothers at the North Bogor Health Center.

Table 1. Frequency Distribution of Breastfeeding Positions, Knowledge, Breast Care and Breast Milk Containment in Postpartum Mothers at North Bogor Health Center

No	Variables	n	%
1	Breastfeeding Positions		
	Good	22	68.8
	Not good	10	31.2
2	Knowledge		
	Good	16	50
	Enough	10	31.3
	Not enough	6	18.8
3	Breast Care		
	To do	23	71.9
	Do not do	9	28.1
4	Breast Milk Dam		
	Yes	9	28.1
	No	23	71.9

Table 2. Relationship between Breastfeeding Process and Breast Milk Reservoir in Postpartum Mothers at North Bogor Health Center

Breastfeeding Poses	Breast Milk Dam				Total	P value
	Yes		No			
	n	%	n	%	n	%
Good	6	18.8	16	50	22	68.8
Not good	3	8	7	21	10	31.2
		9.4	9	28.2		
Amount	9	28.2	23	71.9	32	100

Relationship between Knowledge and Breast Milk Dam in Postpartum Mothers at North Bogor Health Center

Table 3 shows that of the 32 respondents, the knowledge of postpartum mothers was mostly good, those who experienced breast milk dams were none and not as many as 16 respondents (50%). The results of statistical tests using the chi square test obtained a p value = 0.000, this means that H_a is accepted and H_0 is rejected so that there is a relationship between knowledge and breast milk dams in postpartum mothers at the North Bogor Health Center.

The relationship between breast care and the occurrence of breast milk engorgement in postpartum mothers

Table 4 shows that of the 32 respondents of postpartum breast care, most of them did and did not experience breast milk engorgement as many as 23 respondents (71.9%). The results of the statistical test using the chi square test obtained a p value = 0.000, this means that H_a is accepted and

H_0 is rejected so that there is a relationship between breast care and breast milk engorgement in postpartum mothers at the North Bogor Health Center.

Table 3. Relationship between Knowledge and Breast Milk Dam in Postpartum Mothers at North Bogor Health Center

Knowledge	Breast Milk Dam				Total	P value
	Yes		No			
	n	%	n	%		
Good	0	0	16	50	16	50
Enough	3	18.8	7	21.9	10	31.2
Not enough	6	9.4	0	0	6	9.4
Amount	9	28.2	23	71.9	32	100

Table 4. Relationship between Breast Care and Breast Milk Dam in Postpartum Mothers at North Bogor Health Center

Breast Care	Breast Milk Dam				Total	P value
	Yes		No			
	n	%	n	%		
Do	0	0	23	71.9	23	71.9
Do not do	9	28.2	0	0	9	28.2
Amount	9	28.2	23	71.9	32	100

Relationship between breastfeeding position and breast milk engorgement in postpartum mothers at North Bogor Health Center

The results of the study showed that out of 32 respondents, the breastfeeding position with a good category was 22 respondents, there were 6 respondents (18.8%) who experienced breast milk engorgement and 16 people (50%) did not experience breast milk engorgement. While for the category of poor breastfeeding position out of 10 respondents, there were 3 respondents (9.4%) who experienced breast milk engorgement and 7 respondents (21.9%) did not experience breast milk engorgement.

The wrong breastfeeding position can make the baby uncomfortable so that the baby does not suckle properly. In addition, the wrong breastfeeding position will also cause injury to the nipples. This injury causes pain for the breastfeeding mother and this will cause the mother to be reluctant to breastfeed her baby if this happens, the breastfeeding process is not optimal (Bahiyatun, 2019) Breastfeeding is a scientific process and sometimes looks very simple, but if done the wrong way it will cause sore nipples, milk does not come out perfectly so that milk will be blocked (Saleha, 2019)

Breast care is a way of treating breast is done when the pregnancy or during childbirth to facilitate milk production, in addition to the breast hygiene and for nipple shape that is entered into or

horizontal . and a good Breast care to have an important role in improving milk production and avoid the dangers of the dam breast milk of mothers ([Rohimah and Lea ingne Reffita, 2023](#))

A comfortable position for breastfeeding is very important. Sore nipples and breasts are not normal in breastfeeding, but the most common cause of soreness is incorrect positioning and attachment of the breast ([Varney, 2019](#))

In the postpartum period breast care is a very important action to take care of the breasts, especially to facilitate the release of breast milk. Breast care is very important during pregnancy until breastfeeding period. This is because the breast is the only producer of breast milk, which is the staple food of newborn babies, so it must be done as early as possible. So it must be done as early as possible. In addition, in the correct breastfeeding process, the baby will get physical, emotional and spiritual development in life ([Rati Pratama et al., 2023](#))

The results of the study in the working area of the Binjai Serbangan Health Center showed that 10.53 % of incorrect breastfeeding positions resulted in breast milk stagnation. This study is in accordance with the results of A.'s study (Impartana, 2017) that postpartum mothers who do not know the correct breastfeeding techniques have experienced breast milk stagnation.

The results of statistical analysis using the chi-square test obtained a p value = 0.874 or $p > 0.05$ so that statistically it can be interpreted that there is no relationship between breastfeeding position and breast milk dam at the North Bogor Health Center.

According to researchers, breastfeeding positions have an effect on the occurrence of breast milk stagnation. Mothers who breastfeed their babies in the correct position have very little chance of experiencing breast milk stagnation, while mothers who breastfeed in the wrong position have a greater chance of breast milk stagnation.

The Relationship between Knowledge and the Incident of Breast Milk Blockage in Postpartum Mothers at the North Bogor Health Center.

Knowledge about breast milk and what respondents know about breast milk stagnation. What respondents need to know about breast milk stagnation is the definition of breast milk, the content contained in the benefits of breastfeeding for mothers, when is the best time to breastfeed a newborn, what is meant by breast milk stagnation, what causes breast milk stagnation, what are the signs and characteristics of breast milk stagnation and what if the mother experiences breast milk stagnation and what efforts are made to avoid breast milk stagnation. Knowledge is the result of knowing and this happens after someone senses a

particular object. Sensing occurs through the five human senses, namely the senses of sight, hearing, smell, taste and touch ([Notoatmodjo, 2020](#)).

The results of the study showed that out of 32 respondents who were categorized as having good knowledge, 16 people did not experience breast milk engorgement. For respondents who had sufficient knowledge, namely 10 people, 3 respondents (9.4%) experienced breast milk engorgement and 7 people (21.9%) did not experience breast milk engorgement. Meanwhile, for respondents in the category of having less knowledge, 6 respondents (18.8 %) experienced breast milk engorgement.

The results of statistical analysis using the chi-square test obtained a p value < 0.05 so that statistically it can be interpreted that there is a relationship between knowledge and breast milk dams at the North Bogor Health Center.

The results of the study in the working area of the Binjai Serbangan Health Center showed that respondents who had good knowledge then implemented the knowledge they had to anticipate the occurrence of breast milk dams, so that the percentage of respondents who experienced breast milk dams was quite small. Meanwhile, for respondents who had less knowledge, as the results of the study showed that 7.89% of respondents experienced breast milk dams. Breast milk dams are caused by irregular milk production, late breastfeeding or caused by restrictions on breastfeeding time, which is caused by the respondents' lack of knowledge.

This study is in accordance with the study ([Impartana, 2017](#)) regarding the relationship between postpartum mothers' knowledge of breastfeeding techniques and the occurrence of breast milk engorgement. The results of the analysis showed that there was a significant relationship between postpartum mothers' knowledge and the occurrence of breast milk engorgement.

According to researchers, increasing knowledge of postpartum mothers about breast milk engorgement will encourage breastfeeding mothers to take steps to avoid experiencing breast milk engorgement. Where postpartum mothers with good knowledge only experience breast milk engorgement very little, while postpartum mothers with poor knowledge experience breast milk engorgement as much as 50%.

Relationship between Breast Care and the incidence of breast milk engorgement in postpartum mothers at the North Bogor Health Center

The results of the study showed that most respondents (71.8 %) carried out breast care and did not experience (breast milk engorgement.

Breast milk engorgement is the occurrence of swelling in the breast due to increased venous and lymph flow, causing breast milk engorgement and pain accompanied by an increase in body temperature ([Saleha, 2019](#))

The results of the analysis show a relationship between breast care and the occurrence of breast milk dams. From the results carried out by researchers in accordance with the theory that breast care is useful for facilitating the release of breast milk, besides that it also increases the volume of breast milk so that the needs of breast milk production for babies are met and the smooth release of breast milk can prevent breast milk dams. This study is supported by ([Aulya and Supriaten, 2021](#)), entitled The Relationship between Breast Care in Postpartum Mothers and Breast Milk Dams at the Ratih Maternity Hospital, Kudus Regency, Central Java in accordance with the existing theory that breast milk dams occur due to narrowing of the lactiferous duct or by glands that are not completely emptied or due to abnormalities in the nipples.

The results of this study are also in accordance with a study conducted by ([Sari, Suhaemi and Izzati, 2021](#)) entitled The relationship between breast care and the incidence of breast milk engorgement in postpartum mothers at the Nadiah Maternity Clinic, Bandung, West Java, which found that there were mothers who did not perform breast care. This study is supported by a study by ([Lestari, Atoy and Taamu, 2019](#)) entitled The relationship between breast care and the incidence of breast milk engorgement in postpartum mothers at the Sally Maternity Clinic, Medan Tembung District, from this study there was a relationship between breast care and the incidence of breast milk engorgement in postpartum mothers, in accordance with the existing theory that performing breast care will reduce the risk of breast milk engorgement.

This study is supported by research ([Aulya and Supriaten, 2021](#)), entitled The Relationship Between Breast Care and the Incidence of Mastitis in Postpartum Mothers in Weeks 3-4 at BPM Sulistianingsih, Amd.Keb, Barokah Village, Simpang Empat District, Tanah Bumbu Regency, in accordance with the theory that the importance of caring for breasts will reduce the risk of breast milk dams, mastitis, and breast abscesses.

Most primiparous postpartum mothers are still not skilled in applying the correct breastfeeding technique because their knowledge is still lacking in the application of the correct breastfeeding technique so that the possibility of nipple blisters / other breastfeeding complications (swollen breasts) tends to be high ([Manulu, 2023](#))

Postpartum women generally feel pain at the beginning of breastfeeding. This feeling of pain will decrease after the milk comes out. If the

position of the baby's mouth and the mother's nipple is correct, the feeling of pain will disappear. Method. Nipple blisters are common due to improper breastfeeding position and other reasons ([Wijaya, Limbong and Yulianti, 2023](#)) The release of the hormone oxytocin during breastfeeding increases feelings of calm, comfort, and love for baby ([Amelia, 2022](#))

The individual's body response to stressors in the form of anxiety and the moments of facing anxiety are actually determined by coping, namely oriented and intra-physical to manage the environment and internal needs or conflicts regarding it. Anxiety can trigger both physical and psychological body responses in mothers. ([Suryaman, 2020](#))

Problems that often occur in mothers post partum mothers is breast milk dam so that this becomes one of the cause of breastfeeding failure exclusive breastfeeding. The role of midwives is very important in providing counseling, information and Education about breast care techniques techniques, especially in the first week - the first week of childbirth as an effort to prevent the occurrence of breast milk dam ([Gustirini, 2021](#))

Breast care is a very important thing to do starting from pregnant women until the breastfeeding period. Indonesia is still trying to increase the success rate of exclusive breastfeeding. In this regard, breast care is one of the efforts that can be done to increase breast milk production and mother's skills in breastfeeding ([Yunita Anggriani, Yetty Dwi Fara and Fisca Pratiwi, 2023](#))

This breast care is done to prevent blockage of the milk ducts and facilitate the release of breast milk so that the baby's milk needs can be fulfilled. Is fulfilled. With this breastfeeding mother who perform breast care during breastfeeding have a good impact, namely the absence of breast milk dams. This is because the movements in breast care will launch the milk ejection reflex, and can prevent and detect early detection of breast milk. Prevent and detect early the possibility of breast milk dams can be facilitated ([Sari, Suhaemi and Izzati, 2021](#))

So according to the researcher based on previous research, all of them show that postpartum mothers who do breast care properly and regularly can reduce the incidence of breast milk engorgement and can meet breast milk production for the baby while those who do not do breast care can be at risk of experiencing breast milk engorgement, so from the research that has been done, the two variables have a close relationship. This is in line with the research that the researcher has done, it is suspected that the more you do not do breast care, the more you will experience the risk of breast milk engorgement.

4. Conclusion

Based on the results of the research and discussion, it can be concluded as follows: There is a relationship between knowledge and breast care with the incidence of breast milk engorgement in postpartum mothers at the North Bogor Health Center with a p value = 0.000.

The author suggests that further researchers develop further research related to factors related to breast milk dams with different variables, longer research periods and wider populations.

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