Abstract—Breast care is one of important things that must be
paid attention to the preparation of giving breastfeeding for the
baby, this case caused by the breast is the producer of
mother’s breast milk which is very important to the baby's
growth so the treatment of breast must be done early. The
breast care is useful to stimulate the mammary gland so the
mother's milk production is much and fluent and can detect the
disorders of breast early and prepare the mother's mental to
breastfeed the baby. This research is aimed to find out if there
is relationship between the breast care and mother's milk
production in breastfeeding in General Hospital Arifin
Achmad, Pekanbaru. Respondent of this research are 20
people. Method The research design used was quasi
experiment with the post test only by using observation sheet.
The analysis used was univariat and bivariat by using statistic
test that was t-independent which compare the mother's milk
production after 2 days postpartum period to the control and
treatment group. Result The result of this research conclude
that there is significant influence between the breast care and
mother's milk production to the postpartum mothers with the
grade p < a0,05). This research explain about there is the
significant influence between the breast care and mother's
milk production to the postpartum mothers.
Keyword : Breast care, breastfeeding, post partum, mother

I. INTRODUCTION

Breast milk is the best milk because it contains nutrients
that are balanced and perfect for your baby's development.
Breast milk contains nutrients that are essential for the growth
and development of infants and according to his needs. Breast
milk has a composition suitable for the growth and
development of infants, breast milk also contains antibodies
that help the baby fight infections and other diseases
(Suririnah, 2009).

Over the last few decades seen a trend that giving milk of
mothers to infants wane and the increasing use of infant
formula breast milk substitutes for infants in developing
countries (Gibney, et al, 2008).

Based on the National Socio-Economic Survey (NSES) in
2007-2008 coverage of milk of mothers who exclusively given
to infants aged 0-6 months in Indonesia showed a decrease
of 62.2% in 2007 to 56.2% in 2008. Coverage of exclusive breast
milk to infants up to six months fell from 28.6% in 2007 to
24.3% in 2008, while the number of infants under six months
who were given formula milk increased from 16.7% in 2002
to 27.9 % in 2003 (Lester, 2010). factor leading cause mom
did not give milk to their babies because breast milk out of
them only slightly. Concerns the mother to the baby's mother
took a shortcut with formula feeding. Do not give milk
exacerbated inhibit the production of milk of mothers. In fact,
the production of milk of mothers at first it was a bit, and
nursing will stimulate the release of milk (Yuliarti, 2010).

The general hospital , Arifin Achmad Pekanbaru is a
referral hospital in Riau province with an average maternal
normal every month to reach 85 people in 2011. Interview also
conducted by researchers to 10 postpartum mothers were
being treated in General hospitals Arifin Achmad, Pekanbaru
showed that as many as 7 people mom postpartum (70%) did
not perform breast care. Data were obtained from seven
mothers who do not breast care, there are mothers who have
clogged milk ducts as many as 5 people (71.4%), while 3
mothers who did not experience breast care problems in
nursing. The factors that cause the mother did not breast care
is the lack of information from health personnel, the absence
of fear and laziness and lack of time available for breast care
during lactation. So what happens during this more likely it
flow. While breast care is very important during lactation,
because the breast is the only producer of milk of mothers.
Where mothers who breast care may affect how quickly the
milk

discharge.

II. Methodology

Design research is experimental approach with. Number of
samples 20 samples were divided into two groups, 10 groups
and 10 groups of control experiments. The sample is
performed with the group as an experiment group of odd
numbers and even numbers as the control group.

<table>
<thead>
<tr>
<th>Group</th>
<th>Treatment</th>
<th>Post-test</th>
</tr>
</thead>
<tbody>
<tr>
<td>K-A</td>
<td>given</td>
<td>1-A</td>
</tr>
<tr>
<td>K-B</td>
<td>Not given</td>
<td>1-B</td>
</tr>
</tbody>
</table>

Description:
K-A: the subject (treatment group)
K-B: subject (control group)
1 (A + B): observation of breast milk production after treatment (treatment and control groups).

III. RESULTS AND DISCUSSION

A. Univariate Analysis

Distribution Characteristics of Respondents by Age: the majority of respondents in the experimental group was in the age group 25-35 (80%) and in the control group was in the age group <25 (60%) and for the total respondents from 20 respondents most age groups 25 - 35 (60%).

Distribution Characteristics of Respondents by Occupation: the majority of respondents in the experimental group and the control group did not work (80%).

Distribution Characteristics of Respondents by Education: the majority of respondents in the experimental group were educated (60%) and the control group with low education (50%).

Table 1: Distribution breast milk in breastfeeding in general hospitals Arifin Achmad Pekanbaru, 2012

<table>
<thead>
<tr>
<th>Respondent</th>
<th>Experiment group (cc)</th>
<th>Control group (cc)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>150 cc</td>
<td>65 cc</td>
</tr>
<tr>
<td>2</td>
<td>124 cc</td>
<td>0 cc</td>
</tr>
<tr>
<td>3</td>
<td>90 cc</td>
<td>85 cc</td>
</tr>
<tr>
<td>4</td>
<td>165 cc</td>
<td>70 cc</td>
</tr>
<tr>
<td>5</td>
<td>100 cc</td>
<td>60 cc</td>
</tr>
<tr>
<td>6</td>
<td>200 cc</td>
<td>220 cc</td>
</tr>
<tr>
<td>7</td>
<td>140 cc</td>
<td>200 cc</td>
</tr>
<tr>
<td>8</td>
<td>180 cc</td>
<td>80 cc</td>
</tr>
<tr>
<td>9</td>
<td>130 cc</td>
<td>60 cc</td>
</tr>
<tr>
<td>10</td>
<td>250 cc</td>
<td>85 cc</td>
</tr>
</tbody>
</table>

Table 1, shows that the production of breast milk in the experimental group more (mean 152.90) compared with the control group no breast care (mean 92.50).

b. Bivariate Analysis

Table 2: The relationship between breast care with breastfeeding

<table>
<thead>
<tr>
<th>Treatment</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
<th>SE</th>
<th>Mean</th>
<th>pv</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not</td>
<td>10</td>
<td>92.50</td>
<td>66.67</td>
<td>21.085</td>
<td>0.03</td>
<td></td>
</tr>
<tr>
<td>Done</td>
<td>10</td>
<td>152.90</td>
<td>48.09</td>
<td>15.209</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Table 2 shows the average difference between the breast care in treatment group and control groups. Average group performed breast care is 152.90 while the group not did breast care was 92.50. There are differences in average milk production with p <0.05, it can be stated there is regular breast care influences maternal postpartum with the production of breast milk in lactating

CONCLUSION
There is relationship between breast care and breast milk production of the mother during post partum, and that is breast care in Post partum phase can increase production of breast milk of mother in breastfeeding.

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REFERENCES