



# The Application of Breastfeeding Technique Education on Breastfeeding Effectiveness in Post-Cesarean Section Mothers at Ir. Soekarno Regional Hospital, Sukoharjo

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## ABSTRACT

**Background:** Cesarean section is a surgical procedure to deliver a baby by opening the maternal abdominal and uterine walls. One common problem following CS is difficulty in breastfeeding, which can interfere with breast milk stimulation. Proper breastfeeding technique, involving correct positioning of the mother and infant, is essential for successful breastfeeding. **Objective:** To determine the effect of breastfeeding technique education on breastfeeding effectiveness among post-CS mothers at Ir. Soekarno Regional Hospital, Sukoharjo Regency. **Methods:** The research design used is a descriptive case study. **Results:** From the results of the application of breastfeeding technique education for 2 days, it was shown that there was an increase in breastfeeding effectiveness. In Mrs. N, the effectiveness of breastfeeding with a value of 4 (effective enough breastfeeding) increased to a value of 8 (effective breastfeeding was good), while in Mrs. S the effectiveness of breastfeeding with a value of 5 (effectiveness of adequate breastfeeding) increased to a value of 9 (effective breastfeeding was good). **Conclusion:** There was an increase in breastfeeding effectiveness in mothers after applying breastfeeding education techniques for 2 days.

**Keywords:** Breastfeeding, Education, Sectio caesarea

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## I. INTRODUCTION

Childbirth is a process of expelling the products of conception or fetus that can survive into the outside world, originating from the uterus through the birth canal or another route. Cesarean

Section is a birthing process performed through surgery on the mother's abdomen. Cesarean delivery is usually performed when vaginal delivery is not possible for the mother due to potential medical complications (Solehati et al., 2024).

Cesarean section is an operative procedure to deliver the fetus through a surgical incision by opening the abdominal and uterine walls of the mother.

Data from the World Health Organization (WHO) indicates that the number of births via cesarean section surgeries is increasing. This phenomenon occurred in Asian countries, where in 2018 the global cesarean rate reached 21% per 1000 births worldwide. The rate of childbirth using cesarean section in Indonesia has continued to rise, reaching 17.6% in 2018 from the total number of births in Indonesia (Pontoh et al., 2024). Indications for cesarean section procedures can be caused by several complications with a percentage of 23.2%, due to transverse or breech fetal position (3.1%), bleeding (2.4%), eclampsia (0.2%), premature rupture of membranes (5.6%), prolonged labor (4.3%), cord around the baby's neck (2.9%), placenta previa (0.7%), retained placenta (0.8%), hypertension (2.7%), and others (4.6%) (Anggraini et al., 2024).

Breastfeeding is the only suitable food for infants that can be given for six months because breastfeeding contains complete nutrients necessary for infant growth and development (Suwardi et al., 2023). Breastfeeding is the first step mothers should perform after childbirth to

meet the nutritional needs of their infants. Besides being beneficial for fulfilling the nutritional needs of infants, breastfeeding also serves as a means to establish social and physiological interaction between mother and child. Exclusive breastfeeding provided to infants offers many benefits, including protecting children from easily contracting diseases and enhancing immunity so they are less susceptible to infections.

According to data from the World Health Organization (WHO) in 2017, the rate of exclusive breastfeeding among infants under six months old was only 38%. WHO aims to increase this rate to at least 50% by 2025 (Afrinita et al., 2024). According to the Indonesian Ministry of Health in 2022, the achievement of infants aged < 6 months receiving exclusive breastfeeding was 67.96%. This achievement has met the national target of 50%, with the highest achievement in Yogyakarta Province (147.91%) and the lowest in Aceh Province (18.29%).

Breastfeeding technique refers to the method of giving breast milk to babies by correctly positioning the mother's and baby's bodies (Mayasari et al., 2020). To achieve successful breastfeeding, knowing the correct breastfeeding techniques is necessary. Mothers who lack proper knowledge of these techniques often

experience problems such as sore nipples, insufficient milk flow, or the baby refusing to nurse, thus facing difficulties (Nurjannah & Yuswita, 2024). Some mothers undergoing post-cesarean section operations face issues like no milk coming out, invisible nipples, insufficient milk supply, or painful breastfeeding due to postoperative discomfort (Barliyani et al., 2024).

Mothers post-cesarean section do not immediately start breastfeeding their babies on the first day following childbirth because the CS procedure makes them feel severe pain and hinders their ability to breastfeed. Factors inhibiting milk production include the consumption of pain-relief medication after surgery and the delayed initiation of breastfeeding due to a lack of understanding of proper breastfeeding techniques, necessitating improved knowledge regarding breastfeeding techniques for post-SC mothers (Rahmawati, 2023). The impact of infants not receiving breast milk in the short term can lead to vulnerability to infectious diseases, which may cause infant deaths due to the absence of antibodies present in colostrum, and poor nutrition in infants can result in long-term effects such as stunting later in life and decreased brain intelligence (Ene et al., 2022).

Research conducted by Rauf et al. (2024) indicated that, of the 14 respondents whose mothers were not given education on proper breastfeeding techniques, most had moderate breastfeeding effectiveness scores ranging from 4 to 7, with 12 respondents (86%). Conversely, of the 14 respondents whose mothers received education on proper breastfeeding techniques, most showed high breastfeeding effectiveness scores ranging from 8 to 10, with 12 respondents (86%). Therefore, providing education on proper breastfeeding techniques is crucial for improving breastfeeding effectiveness in postpartum mothers.

Research conducted by Astuti & Anggarawati (2020) reported that most respondents had sufficient capability before receiving health education about proper breastfeeding techniques, totaling 17 respondents (56.7%). After receiving health education, most respondents' breastfeeding capabilities fell into the good category (70%), indicating an improvement in breastfeeding capability between before and after health education about proper breastfeeding methods. The health education provided by researchers led to changes in the level of knowledge and capability of mothers to properly breastfeed.

Research conducted by Wahyuni et al. (2023), it was stated that, of the 43 respondents, prior to receiving latch score method-based breastfeeding education, most respondents had low breastfeeding abilities, amounting to 28 respondents (65.1%). However, after receiving latch score method-based breastfeeding education, 43 respondents showed high breastfeeding abilities, totaling 32 respondents (74.4%). Thus, latch score method-based breastfeeding education significantly influenced maternal breastfeeding capability at Siloam Hospital Village with a p-value of 0.000.

Preliminary study conducted in Bougenvile Ward at Ir. Soekarno Regional General Hospital, Sukoharjo Regency, found that in 2023, 123 cesarean section procedures were performed. From observations involving a primipara post-CS mother, it was observed that after childbirth, during breastfeeding, attachment between the mother and baby was not quite accurate, as the mother appeared stiff while nursing; the nipple did not fully enter the baby's mouth, leading to the use of formula milk assistance. The mother also mentioned not knowing the correct way to breastfeed her baby.

## 2. METHODS

The research design for this scientific paper is a descriptive case study. It aims to describe how breastfeeding technique education affects breastfeeding effectiveness among post-cesarean section mothers in the Bougenvile ward at Ir. Soekarno Regional Hospital, Sukoharjo Regency. In this implementation, the tool used was the measurement of breastfeeding effectiveness.

The implementation procedure involved assessing breastfeeding effectiveness before and after providing proper breastfeeding technique education. The education on correct breastfeeding techniques was conducted over two days, with each session lasting approximately 10–15 minutes.

The study subjects were two post-cesarean section mothers in the Bougenvile ward at Ir. Soekarno Regional Hospital, Sukoharjo Regency, which met the inclusion criteria. These included being primipara or multipara post-cesarean patients, willing to participate as respondents, having good consciousness, being roomed-in with their infants, and having insufficient or moderate breastfeeding effectiveness with scores ranging from 0–3 (insufficient) or 4–7 (moderate). Exclusion criteria included experiencing health complications during

treatment, having cesarean complications, or having undergone a standard delivery.

In this case study, two respondents—Respondent I and Respondent II—were selected, and they met the established criteria. Through observation and interviews with the respondents and their families, subjective and objective data were collected, leading to nursing-related issues.

Data collection was divided into three stages: preparation, implementation, and finalization. The preparation stage included problem formulation, determining variables and research subjects, conducting preliminary studies at the hospital, performing literature reviews to obtain theoretical foundations, and preparing data collection tools. During the implementation phase, the research subjects were identified, the LATCH scoring system was used for assessment, researchers provided breastfeeding technique education for 10–15 minutes once daily over two days, and assessments were repeated using the LATCH score. This process was applied to both respondents. The collected data were processed and organized into a report in the final stage.

Data analysis was conducted after data collection and processing. The obtained data were calculated and evaluated based on the implemented intervention, comparing pre-test and post-test results on breastfeeding effectiveness. Researchers analyzed whether there was an increase or decrease in LATCH scores and then presented the findings narratively, explaining the implementation outcomes throughout the study.

Ethical considerations followed the deontology approach, ensuring all research processes adhered to universal ethical principles. Four key ethical principles were applied: respect for autonomy, promotion of justice, assurance of beneficence, and harm prevention. These principles ensured informed consent, fair treatment, participant benefits, and minimized risks through confidentiality and anonymity.

### 3. RESULTS

The case study was conducted on two respondents in the Bougenville ward of Ir. Soekarno Regional Hospital, Sukoharjo, who had signed the informed consent form as participants. The implementation of proper breastfeeding technique education was given twice to post-cesarean section mothers, each session lasting approximately 15 minutes.

**Table 1.** Breastfeeding Effectiveness in Post-Cesarean Section Patients Before Receiving Proper Breastfeeding Technique Education

Respondent	Date	Breastfeeding Effectiveness (Latch Score)	Interpretation / Description
Mrs. N	February 11, 2025	4	Sufficient breastfeeding effectiveness
Mrs. S	February 12, 2025	5	Sufficient breastfeeding effectiveness

Based on Table 1, it can be seen that both respondents' breastfeeding effectiveness before receiving proper breastfeeding technique education was

categorized as sufficient. Respondent I scored 4 under the sufficient category, while Respondent II scored 5 in the sufficient category.

**Table 2.** Breastfeeding Effectiveness in Post-Cesarean Section Patients After Receiving Proper Breastfeeding Technique Education

Respondent	Date	Breastfeeding Effectiveness (Latch Score)	Interpretation / Description
Mrs. N	February 11, 2025	8	Good breastfeeding effectiveness
Mrs. S	February 12, 2025	9	Good breastfeeding effectiveness

Based on Table 2, it can be seen that both respondents' breastfeeding effectiveness after receiving proper breastfeeding technique education was

categorized as good. Respondent I scored 8 under the good category, while Respondent II scored 9 in the good category.

**Table 3.** Development of Breastfeeding Effectiveness in Post-Cesarean Section Mothers Before and After Receiving Proper Breastfeeding Technique Education

Respondent	Date	Before	After
Mrs. N	02/11/25 - 02/12/25	4	8
Mrs. S	02/12/25 - 02/13/25	5	9

Based on Table 3, the implementation of proper breastfeeding technique education showed improvements in

breastfeeding effectiveness for post-cesarean section mothers on both the first and second days.

**Table 4.** Comparison of Final Results of Proper Breastfeeding Technique Education

Respondent	Pre-intervention	Post-intervention	Description
Mrs. N	4	8	Breastfeeding effectiveness increased by 4 points
Mrs. S	5	9	Breastfeeding effectiveness increased by 4 points

Based on Table 4, the comparison between the two respondents indicated that both experienced improved breastfeeding effectiveness among post-cesarean section mothers. Respondent I scored 4 (sufficient category) before receiving proper breastfeeding technique education, but 8 (good category) after the education. Similarly, Respondent II scored 5 (sufficient category) before the education and achieved a score of 9 (good category) afterward. Therefore, both respondents showed improvement in breastfeeding effectiveness by the second day.

#### 4. DISCUSSION

The results of this study discuss the implementation of proper breastfeeding technique education on the effectiveness of breastfeeding for post-cesarean section (CS) mothers in the Bougenville ward of Ir. Soekarno Regional Hospital, Sukoharjo Regency. The discussion explains the research findings linked to the objectives, compared and strengthened with previous studies. The research findings discussed are as follows:

##### **Effectiveness of Breastfeeding in Post-CS Mothers Before Receiving Proper Breastfeeding Technique Education**

Based on Table 1, the effectiveness of breastfeeding in post-CS mothers before

receiving proper breastfeeding technique education on the first day before intervention showed that respondents had sufficient breastfeeding effectiveness. Respondent Mrs. N had a breastfeeding effectiveness score of 4, while respondent Mrs. S had a breastfeeding effectiveness score of 5. Both respondents stated they had no prior experience with breastfeeding because this was their first childbirth, and they did not know how to breastfeed correctly, fearing their breastfeeding position might be incorrect. Breastfeeding is the correct initial step in fulfilling the baby's nutritional needs (Anitasari et al., 2020).

Proper breastfeeding involves attaching the baby correctly and appropriately positioning the mother and baby. Knowledge about proper breastfeeding techniques is necessary to ensure the breastfeeding process runs smoothly. First-time mothers usually face difficulties in breastfeeding because it is a new experience, often feeling awkward when holding the baby or panicking when the baby cries loudly due to specific reasons. Since breastfeeding is a new experience for primipara mothers, it can become a source of pressure, causing a crisis simply because they do not know the simple ways to breastfeed correctly. The problem faced by primipara mothers in

breastfeeding practice typically stems from a lack of understanding and behavior of postpartum primipara mothers, which affects their awareness of breastfeeding.

This aligns with the study conducted by Wahyuni et al. (2023), where out of 43 respondents, most respondents (61.5%) had poor breastfeeding abilities before receiving education on the Score Latch method for breastfeeding. Similarly, Astuti & Anggarawati (2020) found that most respondents (56.7%) had sufficient ability before receiving health education on proper breastfeeding techniques. A mother's breastfeeding ability refers to her capability and skill during breastfeeding, mastering the correct way to feed milk from the mother's breast to the baby, thus preventing sore nipples, ensuring strong attachment of the baby to the breast, keeping the baby calm, and avoiding spitting up. Factors influencing a mother's ability to provide breast milk come from within her, including her lactation knowledge, motivation, attitude, age, education, parity, occupation, and health condition.

## Effectiveness of Breastfeeding in Post-CS Mothers After Receiving Proper Breastfeeding Technique Education

Based on Table 2, the effectiveness of breastfeeding in post-CS mothers after

receiving proper breastfeeding technique education on the second day after the intervention showed that respondents had good breastfeeding effectiveness. Respondent Mrs. N had a breastfeeding effectiveness score of 8, while respondent Mrs. S had a 9. Proper breastfeeding technique focuses on how to give breast milk to the baby with correct attachment and positioning between the mother and the baby (Afrinita et al., 2024). Achieving success in breastfeeding requires knowledge of proper breastfeeding techniques and effective sucking by the baby on the mother's breast. If the mother's breastfeeding method is correct, the success rate of lactation will increase. Conversely, if the mother's breastfeeding method is incorrect, the success rate of lactation will decrease.

This aligns with the study conducted by Carolina et al. (2023), where, after two sessions of bedside teaching on proper breastfeeding techniques among 15 respondents, there was an improvement, showing that 13 respondents (86.7%) had good breastfeeding success. Additionally, Djamilus (2021) reported an increased average skill level of respondents in the intervention group after receiving education through video tutorials on exclusive breastfeeding management, with an average skill score of 36.89 (1.96). To

achieve successful breastfeeding, knowledge regarding proper management of breast milk administration, expressing breast milk, and storing breast milk correctly is needed. Improper techniques can cause sore nipples, discomfort, and reluctance to breastfeed.

### **Development of Breastfeeding Effectiveness in Post-CS Mothers Before and After Receiving Proper Breastfeeding Technique Education**

Based on Table 3, the results showed the application of proper breastfeeding technique education on breastfeeding effectiveness for post-CS mothers. For Mrs. N, on day one, the breastfeeding effectiveness score was 4; after receiving proper breastfeeding technique education, the effectiveness score increased to 5. On day two, the breastfeeding effectiveness score increased from 7 to 8. For Mrs. S, on day one, the breastfeeding effectiveness score was 5; after receiving proper breastfeeding technique education, the effectiveness score increased to 6. On day two, the breastfeeding effectiveness score for Mrs. S increased from 8 to 9.

Partiwi & Nur (2023) found that out of 27 respondents, most (70%) applied improper breastfeeding techniques before receiving proper education. However, after receiving education, there was a significant

improvement, with 96% of respondents applying appropriate breastfeeding techniques. Increased maternal knowledge regarding proper breastfeeding techniques through education on the right way to breastfeed can influence success in improving a mother's knowledge and understanding of the importance of giving breast milk to the baby and the correct breastfeeding techniques to address lactation issues (Afrinita et al., 2024). Knowledge is crucial in determining a mother's decision to breastfeed her baby exclusively. Knowledge is formed from received, processed, and remembered information from formal or informal education.

### **Comparison of the Application of Proper Breastfeeding Technique Education on Breastfeeding Effectiveness in Post-CS Mothers**

Based on Table 4, the results showed breastfeeding effectiveness before receiving proper breastfeeding technique education on day one and after receiving proper breastfeeding technique education on day two. Both respondents experienced an increase in breastfeeding effectiveness. The implementation results for both respondents over two days, each session lasting less than 5–15 minutes, showed that on day one, respondent Mrs. N scored 4,

which increased to 8 on day two. Mrs. N stated that after receiving proper breastfeeding technique education, she began to understand the correct way to breastfeed and the correct position while breastfeeding, making both her and the baby feel comfortable, with reduced tension when holding her baby. Respondent Mrs. S had a breastfeeding effectiveness score of 5 on day one, which increased to 9 on day two. Mrs. S stated that after receiving proper breastfeeding technique education, she understood the correct procedures for breastfeeding before and during feeding, with reduced tension during breastfeeding, resulting in comfort for both her and the baby.

Kurniasari (2024) found that before receiving health education on proper breastfeeding techniques using booklets, most respondents (90%) had sufficient skill levels. After receiving health education using booklets, most respondents experienced improved breastfeeding skills, categorized as good (96.66%), with only one respondent (3.34%) having sufficient skill levels. Proper breastfeeding techniques include correct positioning and attachment of the baby. For the breastfeeding process to proceed correctly and smoothly, a mother must use the correct technique to breastfeed so that breast milk flows

effectively from the mother's breast to the baby (Gustirini et al., 2024). Correct breastfeeding positioning involves the mother being in a maintainable position, bringing the baby close, ensuring the baby's head and neck are aligned straight, allowing free movement of the baby's head, facing the baby's nose towards the mother's nipple, and bringing the baby's chin close to the mother's breast. Correct baby attachment can be observed when the baby's mouth is wide open, the baby's tongue is at the base of the mouth, filling the baby's mouth with the breast, the chin curves inward into the breast, the lower lip protrudes outward, the upper lip is in a neutral position, the baby's cheeks appear full, swallowing sounds are heard, and the areola enters the baby's mouth (Indah & Afrina, 2023).

Both respondents were within the reproductive age range of 20–35 years. This age range is considered safe for pregnancy, childbirth, and breastfeeding, as mothers are more emotionally stable when dealing with issues related to pregnancy, childbirth, postpartum care, and infant care. Consequently, mothers can better understand and learn the correct way to breastfeed. In contrast, mothers over 35 years of age may have relatively decreased hormone production, leading to declining memory capacity (Anggraeni et al., 2023).

Besides age, knowledge about proper breastfeeding techniques is also influenced by educational level. The last educational attainment of respondent Mrs. N was high school, while that of Mrs. S was diploma level. Education influences the learning process of an individual; the higher the education level, the easier it is for the individual to receive provided information. Thus, more information leads to greater knowledge acquisition (Hajifah et al., 2021).

## 5. CONCLUSION

Based on the application of breastfeeding technique education on breastfeeding effectiveness in post-cesarean section mothers at RSUD Ir. Soekarno Sukoharjo Regency, the researcher concluded that both respondents showed increased breastfeeding effectiveness after receiving the education. Initially, their effectiveness was categorized as sufficient, with scores of 4 and 5 respectively. After the implementation of the education, their breastfeeding effectiveness improved to good categories, scoring 8 and 9. This indicates a significant improvement in breastfeeding effectiveness following breastfeeding technique education. For the community, it is recommended that breastfeeding effectiveness be enhanced by

independently adopting correct breastfeeding techniques. For hospitals, the findings suggest that this study can serve as input for implementing proper breastfeeding technique education for post-cesarean section mothers.

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## AUTHOR CONTRIBUTIONS

The author contributes in conceptualization, data collection and analysis: Andri Magfiroh Rahmawati, Ika Silvitasari, and Yohana Ika Prastiwi. Writing and manuscript revisions: Andri Magfiroh Rahmawati.

## CONFLICT OF INTEREST

The authors declared no potential conflicts of interest with respect to the research, authorship, and/or publication of this article.

## DATA AVAILABILITY STATEMENT

The data supporting the findings of this study are available upon reasonable request from the corresponding author.

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