

The Effects of Long Amenorrhea on Breastfeeding Behavior: A Knowledge Analysis of Lactationamenorary Methods (MAL)

Rusni

Puskesmas Hingk, Kabupaten Pegunungan Arfak Papua Barat, Indonesia

Email: rusni@gmail.com

ABSTRACT

Many mothers still give their children exclusive breastfeeding inadvertently. This could be because the mother did not know enough about the lactational amenorrhea method (MAL), which caused the menstrual cycle to return earlier than expected (less than six months). Determining the effect of MAL knowledge on breastfeeding behavior with prolonged amenorrhea was the aim of this investigation. This study used a cross-sectional design and correlational quantitative type. This study's population consisted of breastfeeding moms who had been nursing for more than six months. Purposive sampling was used to choose 50 respondents for the sample. employing a knowledge, breastfeeding, and amenorrhea length questionnaire to gather data. The testchi square was used for data analysis. The study's findings revealed that 52% of participants.

Keywords: breastfeeding behavior, knowledge, MAL

BACKGROUND

Developing nations, such as Indonesia, are facing challenges related to population expansion, including imbalanced distribution, age structure, and rate of growth (Supaijoet al., 2017). With 260 million people living there, Indonesia is the fourth most populated country in the world (Indonesia-investments, 2017). According to the Central Intelligence Agency's (CIA) 2018 estimate of the world population, which was conducted in America, Indonesia ranked fourth among all countries with the greatest population, with estimates putting it at 262,787,403 as of July 2020 (Badan Center for Statistics, 2020). The population growth rate of Indonesia from 2010 to 2016 was 1.36%. This number dropped in comparison.

There is little doubt that Indonesia's growing population will have an impact on the country's welfare and health problems. In the meantime, the Indonesian government is working to slow down the country's population increase through a number of initiatives. One such initiative is the Family Planning (KB) program, which aims to discourage pregnancy. Pregnancy spacing is achieved through the use of contraception. The majority of WUS currently use contraception—59.7% of them use modern contraception, while only 0.4% use conventional methods. Then, these initiatives are employed as a single strategy to highlight population expansion and improve the health of mothers and children (Kemenkes RI, 2018).

The primary driver for the need for family planning services is the improvement of maternal and child health. Determining gestational age and having the desired number of children can be accomplished through family planning. Contraceptive approaches are used to achieve this (Setyorini, 2014). There are two types of contraceptive methods: old methods and modern methods. While modern medicine divides contraceptive methods into pills, injections, intrauterine devices (IUDs), implants, male and female sterilization, emergency

contraception, ring vaginal temperature, basal body temperature, standard day method, and Symptothermal and Amenorrhea Method Lactation (MAL), traditional methods are divided into the calendar method and interrupted coitus. A method of contraception called the Lactational Amenorrhea Method (MAL) depends on exclusive breastfeeding without the consumption of any other food or liquids.

The Lactational Amenorrhea Method (MAL) is a very suitable method to employ because it is simple, inexpensive, requires no tools, has no negative effects, and can lessen postpartum bleeding while also enhancing the psychological bond between mother and child (Proverawati & Misaroh, 2009). The Lactational Amenorrhea Method (MAL) is still not used by a large number of moms, nevertheless. According to statistics from the Indonesian Health Demographic Survey, women's understanding of the Lactational Amenorrhea Method (MAL) is 24.1% less than that of the pill and injection method when it comes to family planning methods (Ministry of Health RI, 2017). The research findings of Fitriariani et al. (2017), which indicate that 34 respondents were aware of contraception, lend credence to this assertion. One component of the lactational amenorrhea method (MAL).

WHO (2020) states that exclusive breastfeeding promotes a child's survival and helps them develop the antibodies they need to fend off a variety of diseases that frequently strike young infants. There are numerous advantages to exclusive nursing for both moms and their children, but the coverage Only over 36% of women globally exclusively breastfeed between 2007 and 2014. In 2016, 54% of Indonesians were exclusively nursing; however, by 2017, that percentage had dropped to just 35% (Kemenkes RI, 2018). Because breast milk is so rich in macro- and micronutrients, it is essential for an infant's survival as well as their growth. Breastfeeding has been shown to benefit moms as well as their babies. The advantageous effect offers. Breastfeeding or nursing after giving birth can lower the chance of postpartum hemorrhage (bleeding), an levels and low LH. Therefore, the higher the frequency of breastfeeding, the secretion Beta- endorphins also increase, so the duration of lactational amnorhoea will increase long (Garcia & Mella, 2013). Results study Rohmah & Ningsih (2021) stated that the duration of amnorhoea in breastfeeding mothers can influenced by breastfeeding behavior including the duration and duration of breastfeeding the baby.

Using data from a survey that researchers at the Nulle District Health Center collected, Barat, Amanuban Five of the thirteen moms who breastfeed their babies younger than six months old and have children between the ages of 0 and 6 months suffered lactational amenorrhea, and the other eight had menstruation. Three persons were discovered to be aware of the 13 moms. The lactational amnhorea approach, which is defined as exclusively breastfeeding and not utilizing any other kind of family planning outside of natural family planning; the other ten moms were unaware of this technique. This is defined by the mother's usage of injectable contraception and the fact that three other mothers did not exclusively breastfeed.

Given the above context, the researchers at the Nulle District Health Center West Amanuban are interested in analyzing knowledge of the lactational amnorhoea (MAL) technique of breastfeeding behavior with protracted amnorhea.

METHODS

This study used a cross-sectional design and correlational quantitative type. Using the approach of purposive sampling, a sample of 50 breastfeeding women who were over six months old. employing a knowledge, breastfeeding, and amenorrhea length questionnaire to gather data. The testchi square was used for data analysis.

RESULTS

Data collection for research was done on nursing moms in the Nulle Sub-district Health Center's working area with children older than six months. Amanuban, West. This study was conducted from 08 to adapted to the respondent's free time on May 20, 2022

The researcher had previously agreed to a time commitment.

Table 1. Distribution of Characteristics of Respondents by Age, Education Finally, the Status of Work and Family Income

Characteristics	Frequency (f)	Percentage (%)
Age	2	4.0
<20 years	41	82.0
20-35 Years	7	14.0
> 35 Years		
Last education	6	12.0
JUNIOR HIGH SCHOOL	27	54.0
SENIOR HIGH SCHOOL	15	30.0
College	2	4.0
Job status	19	38.0
Working	31	62.0
Doesn't work		
Income	25	50.0
UMR		
Total	50	100.0

Source: Primary Data, 2022

Table 1 shows that most of the respondents are aged 20-35 years, namely as many as 41 people (80%), the education level of respondents is more Junior high school as many as 27 people, work status more respondents do not work as many as 31 people (62%), and respondents' income < UMR and UMR have the same number, namely as many as 25 respondents (50%).

Table 2. Distribution of Knowledge about the Lactational Amenorrhea Method (MAL) in Respondents at Nulle Health Center, West Amanuban District

Knowledge	Frequency (f)	Percentage (%)
Well	24	48.0
Not enough	26	52.0
Total	50	100.0

Source: Primary Data, 2022

Table 2 shows that most of the respondents have lack of knowledge about the method of lactational amenorrhea, as many as 26 people (52%).

Table 3. Distribution of Breastfeeding Behavior on Respondents at Nulle Health Center, Amanuban Barat District

Breastfeeding Behavior	Frequency (f)	Percentage (%)
In accordance	27	54.0
	23	46.0

Source: Primary Data, 2022

Table 3 shows that most of the respondents have appropriate breastfeeding behavior, as many as 27 people (54%).

Table 4. Distribution of the length of amenorrhea (the duration of menstruation) among respondents in Nulle Health Center, West Amanuban District

Long Amenorrhea	Frequency (f)	Percentage (%)
> 6 Months	32	64.0
<Month	18	36.0
Total	50	100.0

Source: Primary Data, 2022

Table 4. shows that most of the duration of amenorrhea (long return of menstruation) respondents > 6 months, as many as 32 people (64%).

DISCUSSION

Drawing from the findings of studies examining the correlation between breastfeeding practices and prolonged amenorrhea (MAL), knowledge methodologies West Amanuban District's Nulle Health Center, after which the following is the discussion's course: Mother's awareness of the Nulle Health Center's Lactational Amenorrhea Method (MAL) District Amanuban West.

The findings of the investigation on the Lactational Amenorrhea Method's (MAL) level of knowledge Up to 26 respondents have less knowledge than the majority of respondents. (52%) and as many as 24 people (48%), possess excellent expertise. Understanding the mother does not yet comprehend MAL since she does not have what she does all about it. Lack of understanding of MAL as well will affect the mother's behavior in exclusive breastfeeding so that.

This will also have an impact on the duration of amenorrhea, namely the mother will experience menstruation prematurely. Knowledge is the result of knowing, and this happens after a person sensing a particular object. Sensing occurs through the five human senses, namely the senses of sight, hearing, smell, taste and touch (Notoatmodjo, 2012). Knowledge can influenced by several factors, including: education, occupation, age, interests, experiences, culture and information or mass media (Budiman & Riyanto, 2013). In this study, there are several things to note related to the factors that can affect respondents' knowledge of MAL, including: age, education, and occupation. Judging from the characteristics of age. Respondents aged in the age range of 20-35 were also found to have a lot of good knowledge, as well as respondents with age >35 years and over many have good knowledge as many as 4 respondents (8%).

According to the assumption of the researcher, it is said that knowledge is good if the mother knows related to natural contraceptives (MAL) which includes its use, the benefits and know the impact if the MAL is not implemented. But in fact in In this study, more mothers did not know about the use of MAL. Mother's lack of knowledge in this study was influenced by the level of low maternal education.

This is evident from the results of data analysis proves that mothers who have less knowledge about MAL are dominated by mothers.

CONCLUSION

The conclusion from this study Mother's familiarity with the technique The majority of breastfeeding mothers fall into one of two categories when it comes to lactational amenorrhea (MAL): those with good knowledge (48%) or poor knowledge (52%) and those with

inappropriate breastfeeding behavior (46%). Nursing mothers also tend to breastfeed for an average of eight times a day, on average, for ten to fifteen minutes menstrual periods) following delivery are typically prolonged (> 6 months; 64%) and < 6 months (36%), amenorrhea (long return of menstruation). The duration of amenorrhea and the technique of lactational amenorrhea (MAL) are related, according to Nulle Health Center data. Amanuban District West, There is a link between breastfeeding behavior with an extended duration of amenorrhea in the West Amanuban District's Nulle Health Center.

REFERENCES

- Anggraeni, D. (2017). MAL, Breastfeeding, Breastfeeding Frequency Contraception With Successful Contraception Method of Lactation Amenorrhea (MAL) in Kranggan District, Mojokerto City. *Journal of Nursing Malang*, 2(1), 22–29.
- Ariani, AP (2014). *Applications of Midwifery and Health Research Methodology Reproduction*. Yogyakarta: Nuha Medika.
- Ariani, NPD. (2017). Lactation (MAL) in the Work Area of the Landono Health Center South Konawe Regency in 2017. Thesis. Kendari Health Polytechnic.
- Azwar, S. (2012). *Reliability and validity* (4th ed.). Yogyakarta: Student Library.
- Azzahra, T., Amlah, A., & Afrika, E. (2022). The Relationship of Exclusive Breastfeeding, Knowledge and Role of Health Workers on the Application of Lactational Amenorrhea Methods at Telang Jaya Telang Health Center. *Prepotif: Journal of Public Health*, 6(1), 878–885.
- Ballard, O., & Morrow, AL. (2013). Human Milk Composition: Nutrients and Bioactive Factors. *Pediatrics Clin North Am*, 60(1), 1–24.
- BKKBN. (2011). *Post-partum and post-abortion family planning materials*. Jakarta: BKKBN.
- Brajesh, Mukesh, R., Nagdeve, DA, & Chander, S. (2016). Determinants and differentials of postpartum amenorrhea associated with breastfeeding among women in Bihar, India. *Int J Reprod Contracept Obstet Gynecol*, 5(1), 154–165.
- Budiman, & Riyanto, A. (2013). *Capita Selecta Knowledge and Attitude Questionnaire In Health Research*. Jakarta: Salemba Medika.
- Central Bureau of Statistics. (2018). *Indonesia Population Projection 2015-2045: Results SUPAS2015*. Jakarta: Central Statistics Agency. <https://www.bps.go.id/publication/2018/10/19/78d24d9020026ad95c6b5965/proyeksi-penresident-indonesia-2015-2045-hasil-supas-2015.html>.
- Central Bureau of Statistics. (2020). *Projected Population of Indonesia 2020*. Jakarta : BPS.
- Chowdhury, R., Sinha, B., Sankar, M.J., Taneja, S., Bhandari, N., Rollins, N., & Martines, J. (2015). Breastfeeding and maternal health outcomes: A Systematic Review and Meta-analysis. *Acta Paediatrica*, 104, 96–113.
- Cunningham, FG. (2012). *Williams Obstetrics*. (23rd ed.). Jakarta: EGC.
- Delita, K., Arif, A., Wirananti, G., Hajiawati, & Yunita, I. (2019). Mother Comparison Giving Exclusive and Non Exclusive Breastfeeding Against Lactational Amenorrhea. *Journal of Health and Development*, 9 (18), 29–35.
- Domer, MC, Beerman, KA, Ahmadzadeh, A., Dasgupta, N., Williams, JE, McGuire, MA, & McGuire, MK. (2016). Loss of body fat and associated decrease in leptin in early lactation are related to shorter duration of postpartum anovulation in healthy US women. *Journal of Human Lactation*, 31(2), 282–293.
- Fitriani, L., Irma, N., & Nining, NM. (2017). Knowledge Relationship With Attitudes of Breastfeeding Mothers About Contraception with Lactational Amenorrhea Method (study in Cukir village, Diwek sub-district, Jombang district). *Midwifery Journal of STIKES Insan Cendekia Medika Jombang*.

- Goddess. (2013). Textbook of Reproductive Health and Family Planning For Midwife Student. Trans Medical Info.
- Garcia, P. V, & Mella, C. (2013). Analysis of Factors Involved in Lactational Amenorrhea. *Journal of Biosafety & Health Education*,1(4), 1–5. <https://doi.org/http://doi.org/10.4172/2332-0893.1000109>.
- Hardianti Anwar. (2019). Relationship between knowledge and behavior of breastfeeding mothers. With the Implementation of the Lactational Amenorrhea Method (MAL) in the Working Area of the Mekar Health Center, Kendari City in 2019. Republican Ministry of Health.
- Hidayati. (2012). Maternal Age in Exclusive Breastfeeding. Yogyakarta: University Aisyiyah Yogyakarta.
- Ihsan, MN. (2011). Basic Animal Reproduction Science. Malang: Brawijaya University Press (UB Press).
- Indonesia Investments. (2017). Indonesian population. In <https://www.indonesia-investments.com>.
- Indonesian Ministry of Health. (2017). Indonesia Demographic and Health Survey. Jakarta : Ministry of Health RI.
- Indonesian Ministry of Health. (2018). Indonesian Ministry of Health. Indonesia Health Profile 2017. Data and Information. Ministry of Health of the Republic of Indonesia; 2018. Jakarta Ministry of Health RI.
- Indonesian Ministry of Health. (2020). Indonesia Health Profile 2019. Jakarta : Ministry RI Health.
- Lestari, A., Trisyani, M., & Widiasih, R. (2012). Mother's Motivation to Work Inside Exclusive Breastfeeding at PT. Dewhirst Men's Wear Indonesia.
- Lowdermilk, P. (2013). Maternity Nursing. Singapore: Elsevier.
- Maryunani, A. (2015). Postpartum Mother Care and Breastfeeding Mother Care. Bogor : In Media.
- Mubarak, WI. (2011). Health promotion for obstetrics. Jakarta: Salemba medicine.
- Mulyani, IPA. (2016). Relationship between Lactational Amenorrhea Method and Incidence Pregnancy in 6 Months Postpartum Mothers at the Gunung Lingkas Public Health Center, Tarakan City. University of Borneo Tarakan.
- Mulyani, S. (2018). KNOWLEDGE RELATIONSHIP AND MOTHER'S ATTITUDE POSTPARTUM TO MAL COTRACEPTION METHOD. *PLACENTUM: Scientific Journal of Health and Its Applications*. <https://doi.org/10.20961/placentum.v6i2.22838>.
- Notoatmodjo, S. (2012). Health Promotion & Behavioral Science. Jakarta: Rineka Cipta.
- Notoatmodjo, S. (2018). Health Research Methodology. (3rd ed.). Jakarta : Renika Create.
- Nursalam. (2016). Nursing Research Methodology (4th ed.). Jakarta: Salemba Medika.
- Prasetyo, DS. (2012). Exclusive breastfeeding introduction, practice and benefits. Yogyakarta : Diva Press.
- President of the Republic of Indonesia. (2012). Government Regulation of the Republic of Indonesia Number 33 Year 2012 Regarding Exclusive Breastfeeding. Jakarta: President of the Republic of Indonesia.
- Proverawati, A., & Misaroh, S. (2009). Guide to choosing contraception. Yogyakarta: Noah Medika.
- Purwoastuti, E., & Walyani, ES. (2015). Reproductive Health Material Guide and Family Planning. Yogyakarta: New Press Library.

- Riyanto, Agus. (2012). Research Methodology : Practical Model Research Methodology Quantitative and Qualitative Research. In Indonesian education university.
- Roesli, U. (2012). Guide to Early Initiation of Breastfeeding Plus Exclusive Breastfeeding. Jakarta: Mother's Library.
- Rohmah, M., & Ningsih, DA. (2021). Analysis of Long Breastfeeding Duration Lactational Amenorrhea in Postpartum Mothers. *Oxytocin : Scientific Journal of Midwifery*, 8(1), 57-65.
- Saifuddin, A. ., & Enriquito, RL. (2014). Service Practical Guide Contraception (2nd ed.). Jakarta: Sarwono Prawirohardjo Bina Pustaka Foundation.
- Sarwono, P. (2011). Midwifery. (3rd ed.). Jakarta: PT Bina Pustaka.
- Sembiring, L., Batubara, SO, & Febriyanti, E. (2021). Bonding Difference Attachment to Post Sectio Caesarea Mother with Normal Post Partum Mother at SkLerik Hospital, Kupang City. *CHMK Midwifery Scientific Journal*, 4(1), 228-235.
- Setyaningrum, E. (2016). Family Planning Services. Jakarta: Trans Info Media.
- Setyorini, A. (2014). Reproductive Health & Family Planning Services. Bogor: In Media.
- Siagian, LJ. (2019). Relationship between exclusive breastfeeding and breastfeeding patterns with the Length of Return of Menstruation in Mothers with 6-24 Months Babies in Purwodadi Village, Sunggal District, Deli Serdang Regency in 2018. North Sumatra University.
- Singh, NS, Singh, NS, & Narendra, RK. (2012). Postpartum amenorrhoea among Manipuri women: a survival analysis. *Journal of Health, Population, and Nutrition*, 30 (1), 93.
- Sugiyono. (2017). Quantitative, Qualitative, and R&D Research Methods. Bandung : Alfabeta, CV.
- Supaijo, Iqbal, M., & Mawaddah, HF. (2017). Effect of Economic Growth, Education Sector Government Expenditures, and Health Sector Government Expenditures on the Human Development Index in Metro City 2007-2017 in the Islamic Economic Perspective. *Greetings: Islamic Economic Journal*.
- Sutanto, AV. (2018). Postpartum and breastfeeding midwifery care. Yogyakarta : Libraries New Press.
- United Nations. Department of Economics and Social Affairs. Population Division. (2019). Contraceptive use by method 2019 : data booklet. In *Trends in Contraceptive Use Worldwide 2019*.
- Walyani, ES. (2015). Pregnancy Care and Breastfeeding for the First Child Agar Baby Born and Growing Healthy. Yogyakarta: New Press Library.
- Walyani, SE, & Endang, P. (2015). Postpartum & Breastfeeding Midwifery Care. Yogyakarta: Nuha Medika.
- Wawan, A., & Dewi, M. (2011). Theory & Measurement of Knowledge, Attitudes, and Human Behavior (2nd ed.). Yogyakarta: Nuha Medika.
- WHO. (2016). Selected Practice Recommendations on Contraceptive Use. Adapted From "Selected Practice Recommendations for Contraceptive Use" Third Edition 2016.
- WHO. (2020). World Breastfeeding Week: UNICEF and WHO Call for Government and Stakeholders to Support All Breastfeeding Mothers in Indonesia During COVID-19. In world health organization.
- Yuhedi, TL, & Kurniawati, T. (2013). Textbook of Population and Ministry KB. Jakarta: EGC.
- Yuliana, W., & Hakim, BN. (2019). Stunting emergency by involving the family. Ahmar Scholar Foundation of Indonesia.
- Yuliani, Y. (2019). Analysis of Factors Affecting Feeding Early Companion of Mother's Milk (MP ASI) in Infants Age 0-6 Months. *Indonesian Midwifery Scientific Journal*, 9(2), 58-65.