

Overview of Knowledge about the Lactational Amenorrhea Method in Breastfeeding Mothers

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ABSTRACT

The users of modern contraceptives in Indonesia are much more than the use of natural contraceptives, especially the lactation amenorrhea method. Indonesia had 64,133,347 million active family planning participants in 2012. The lactational amenorrhea method is a contraceptive method that relies on exclusive breastfeeding without providing additional food or drinks for 6 months. The aim of the study was to describe knowledge about the method of lactational amenorrhea in breastfeeding mothers in Waiselang Hamlet, Kairatu Village, Kairatu District, West Seram Regency in 2023. This research was a descriptive study using a *cross-sectional method*, the research sample was determined using the total sampling method, totaling 55 people. Sampling was carried out by means of *total sampling*. The research instrument used a questionnaire, and used *univariate analysis*. The results showed that the majority of breastfeeding mothers in Waiselang hamlet had sufficient knowledge of 22 people (40.0%), good as many as 19 people (34.5%), and less as many as 14 people (25.5%).

Keywords: breastfeeding mothers, knowledge, lactational amenorrhea method

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BACKGROUND

According to data on the number of contraceptive use of all methods by age reproduction (15 - 49 year) throughout world is 922 million people. Method of use modern as much 842 million person (44%), method traditional as many as 80 million person (4%). Amount user tool contraception based on age reproduction (15 – 49 years) of various types of contraceptive methods throughout world, namely pill users as many as 151 million (16%), injected as many as 74 million user (8%), grafting as much 23 million user (2%), *intrauterine Device* (IUD) as many as 159 million users (17%), male sterilization as many as 16million users (2%), female sterilization as many as 219 million users (24%), 189 million male condom users (21%), rhythm method 29 million users (3%), interrupted coitus 47 million users (5%), and others as many as 15 million users (2%). Another method is calendar method, basal body temperature, and Lactational Amenorrhea Method (LAM) (WHO, 2019).

According to data on the number of contraceptive users of all methods by age reports (15 – 49 years) in country - country Asia Southeast (ASEAN) is 174,638,000 person. Amount user contraception based on various methods including the Female Operating Method (MOW) of 4.4%, Male Operation Method (MOP) as much 0.1%, pill as much 11.2%, inject as much as 13%, implant as much as 1.9%, *Intrauterine Device* (IUD) as much 6.1%, male condom as much 2.3%, rhythm method as much 1.4%, coitus interrupted as much 2.7%, And method other as much 0.2%. Method others consist of the calendar method, basal body temperature, and Amenorrhea Method Lactation (MAL).

Based on data on the use of modern family planning methods in aged women 15-49 year Which status marry in Indonesia that is use contraceptive method Female Operation Method (MOW) as much as 3.8%, Operation Method Men (MOP) as much as 0.2%, Pill as much as 12.1%, *Intrauterine Device* (IUD) as much 4.7%, inject as much 29%, grafting as much 4.7%, condom as much as 2.5%, Lactation Amenorrhea Method (MAL) as much as 0.1%, meanwhile traditional way that is abstinence periodically as much 1.9%, fuck disconnected as much as 4.2%, and others as much as 0.3%. Based on the data above can Look that acceptor KB Which use Method Amenorrhea Lactation(MAL) Still A little, If compared to with KB Which other (SDKI, 2017).

The main problem that is often faced by developing countries including Indonesia is still a high rate of growth resident, not enough balance deployment And structure age resident (Fitriansyah, 2017). Indonesia is a developing country with amount enhancement resident Which tall (Irianto, 2014). Based on Calculation of the world's population by *Central IntelligenceAgent* in America year 2018 record country Indonesia is at in order to 4 amount resident the most in this world with enhancement the total population until July 2020 was 262,787,403 people. Population growth of course it can affect development economy And Happy country.

Based on data on the growth rate of Indonesia's population between the years 2010-2023 that is as big 1.36 % per year. Number the decrease If compared to between year 2000-2010 ie as big 1.49 % per year. However happen decline as much 0 ,13 %, However amount resident Indonesia is still increasing every year. This can be seen from Indonesia's population in 2000 was 206,264,595 people, while in 2010 increase as much 237,641,328 people (BPS, 2017).

For handle problem amount resident, Government Indonesia seeks to reduce the rate of population growth by launched various programs to deal with population problems. Wrong only one that is effort decline amount resident through effort on number birth use program Family Planned (KB). Family planning programs in Indonesia have been started since 1957, but still dealing with health problems and not yet addressing population problems. But as time goes by, the population is increasing Indonesia as well as tall number death Mother And need

health reproduction, family planning programs are then used as a way to reduce population growth and improve maternal health And child (Pusdatin RI, 2014).

Family planned can used as a way to reach desired number of children and determining the spacing of pregnancies. That matter reach through use method contraception. Method contraception divided into two, namely traditional methods and modern methods. Method Traditional contraception is divided into calendar methods and interrupted coitus whereas method contraception modern divided become pill, inject, *Intrauterine Device* (IUD), implant, male sterilization, female sterilization, condoms male, female condom, emergency contraception, vaginal ring, basal body temperature, method day standard, symptomothermal And Method Amenorrhea Lactation (MAL) (WHO, 2018).

According to Augustine (2014), knowledge is results sensing man, or results know somebody to object through sense Which own (eye, here And etc). By itself at the time of sensing until it produces that knowledge very influenced by the intensity of attention and perception of objects. Most of one's knowledge obtained through the sense of hearing (ears) and the sense of sight (eye).

Knowledge (*knowledge*) is results flavor curiosity man to something And story For improve the quality of life so that life becomes better And comfortable Which develop as effort For fulfil need man Good in Century Now nor in Century front(Ariani, 2014). Effectiveness MAL can reach until 6 month, if used in accordance with the terms of use. According to a study reported that during the first 6 months after delivery, pregnancy comp range between 0.9 -1.2% during process breast-feed full. Matter This support proof study previously that MAL give protection as big 98% to pregnancy (Yuhedi And Kurniawati, 2011).

This research is in line with research conducted by Kasmiadriani (2014) with the title "an overview of knowledge, attitudes and application of lactational amenorrhea contraception methods in breastfeeding mothers in the working area of Citta Public Health Center, Soppeng Regency" which states that the level of knowledge of mothers in this study is based on indicators of knowledge about definition of MAL protection, requirements for using MAL, advantages of MAL, limitations of MAL, indications and contraindications of MAL. This study shows that the majority of respondents know about the meaning and requirements of using MAL contraception but do not know about the advantages of using MAL contraception.

This research is supported by views according to Kristiani (2013) knowledge about MAL is an informal learning process that is very effective for changing attitudes and behavior, especially in contraception and the results of knowing a mother through experience, closest people, mass media, and electronic media which become basis for making decisions and actions in using MAL. From description the, performance further informal education is needed for mothers, especially those with lower levels of education, which can be carried out by the government by cooperating with related agencies. So that it will further improve one's thinking ability, so that in the end it will be quite capable of receiving information, especially health information which among other things is also related to the contraceptive method of lactational amenorrhea in breastfeeding mothers.

METHODS

This type of research uses a descriptive method, with a *cross sectional approach*. In this study, it describes knowledge about the method of lactational amenorrhea in breastfeeding mothers in Waiselan Hamlet, Kairatu Village, Kairatu District, SBB Regency in 2023.

The population used in this study were all breastfeeding mothers who were in the Waselan hamlet during the study, totaling 55 people.

The sample is part of the population being studied or part of the characteristics possessed by the population (Hidayat, 2010). Sampling was carried out by means of *total sampling*, namely sampling based on the number, namely as many as 55 breastfeeding mothers.

Table 1. Operational defence

| NO | Variable | Operational Definition | Measuring instrument | Measurement results | Scale |
|----|---|--|---------------------------------|--|---------|
| 1. | Knowledge about the lactational amenorrhea method | The results of knowing the mother through experience about natural protection by fully breastfeeding for six months. | In the form of a questionnaire. | 1) good: if the total / score of respondents' answers is 76% - 100% 2) enough: if the total / score of respondents' answers is 56% - 75% 3) less: if the total/score of the respondent's answers is <56% | Message |
| 2. | MAL use | Using contraception by breastfeeding | In the form of a questionnaire | 1. Yes, if the respondent answered yes 2. No : if the respondent answered no | Nominal |

RESULTS

From the cross-tabulation results, the following results are obtained:

| Use of the lactational amenorrhea method | | | | | |
|--|-----|------|----|-------|----------|
| MAL Knowledge | Yes | | No | | Total |
| | n | % | n | % | N % |
| Good | 6 | 31,6 | 13 | 68.4 | 19 100,0 |
| Enough | 0 | 0 | 22 | 100.0 | 22 100.0 |
| Less | 0 | 0 | 14 | 100.0 | 14 100,0 |
| Amount | 6 | 10,9 | 49 | 89.1 | 55 100,0 |

Respondents who had good knowledge were 19 people but only 6 people used the lactation amenorrhea method. Meanwhile, for respondents with less knowledge, none used the lactation amenorrhea method.

DISCUSSION

This research is in line with research conducted by Kasmiadriani (2014) with the title "an overview of knowledge, attitudes and application of lactational amenorrhea contraception methods in breastfeeding mothers in the working area of Citta Public Health Center, Soppeng Regency" which states that the level of knowledge of mothers in this study is based on indicators of knowledge about definition of MAL protection, requirements for using MAL, advantages of MAL, limitations of MAL, indications and contraindications of MAL. This study

shows that the majority of respondents know about the meaning and requirements of using MAL contraception but do not know about the advantages of using MAL contraception.

This research is supported by views according to Kristiani (2013) knowledge about MAL is an informal learning process that is very effective for changing attitudes and behavior, especially in contraception and the results of knowing a mother through experience, closest people, mass media, and electronic media which become basis for making decisions and actions in using MAL.

Researchers argue, there is a need for further informal education for mothers, especially those with lower levels of education, which can be carried out by the government by cooperating with related agencies. So that it will further improve one's thinking ability, so that in the end it will be quite capable of receiving information, especially health information which among other things is also related to the contraceptive method of lactational amenorrhea in breastfeeding mothers.

Most of the mothers did not use the lactation amenorrhea method for contraception as many as 49 people (89.1%) and at least 6 women (10.9%) used the lactation amenorrhea method for contraception. This is because only 19 people (34.5%) have good knowledge about breastfeeding.

Muryanto (2014) stated that MAL contraception is very good for use in postpartum women for 6 months. Apart from being a natural contraceptive, mothers can still provide exclusive breastfeeding which has many advantages. From an economic point of view, MAL protection does not require costs and does not use drugs. Only breastfeeding exclusively, it can be used as contraception. Based on the Indonesian Demographic and Health Survey (2012), Indonesian people's knowledge about MAL is in the bottom third of the types of emergency contraception and diaphragms and the gap between contraceptive users and the effectiveness of using MAL is irrelevant. MAL contraception which has high effectiveness with 98% success in six months postpartum with a low number of users who know about MAL.

This research is in line with research conducted by Purnamawati. The research entitled an overview of the knowledge of mothers breastfeeding babies aged 0-6 months about the lactation amenorrhoea (MAL) method as a contraceptive at the Lampineung Polindes, Baitussalam District, Aceh Besar District in 2011 showed that 68.8% of respondents had less knowledge about the lactation amenorrhoea method, so the mothers have less knowledge about lactation amenorrhea methods. do not use the lactational amenorrhea method.

This research is in line with that conducted by Kusumanta (2013) which showed that the majority of respondents performed the MAL contraceptive method correctly even though their knowledge was still lacking. Mother's knowledge about MAL protection Relating to education. The higher a person's education, the easier it is for them to receive information. This study shows that the majority (48.9%) of respondents who did not use MAL contraception had elementary school education.

The results of the study showed that there were 13 respondents who had good knowledge but did not use MAL contraception, got sick because they were afraid they would not follow the rules of breastfeeding properly which would cause pregnancy. In addition, the respondent only wanted to continue breastfeeding her baby and did not know that what she was doing was MAL contraception. respondents who had good knowledge but did not use it, knew about MAL through activities that the respondents had participated in as posyandu cadres. In addition, respondents also received information from health workers.

CONCLUSION

Based on the results of the study, the description of knowledge about the lactation amenorrhea method in breastfeeding mothers in Waiselang Hamlet, Kairatu Village, Kairatu Regency, West Seram District, in 2023 can be interpreted as mother's knowledge about the

lactation amenorrhea method, breastfeeding mothers have good knowledge of 19 people (34.5%) enough as many as 22 people (40.0%) and at least 14 people (25.5%) had less knowledge. And the use of the lactation amenorrhea method in breastfeeding mothers mostly did not use the lactation amenorrhea method for contraception as many as 49 people (89.1%) and at least 6 people (10.9%) used the lactation amenorrhea method for contraception.

Suggestion Based on the motivation for the conclusions above, it is necessary to make efforts to improve services for breastfeeding mothers to be more active in participating in health education, especially about breastfeeding and to increase health knowledge, especially about the lactation amenorrhea method so that they can use exclusive breastfeeding as a contraceptive method.

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