

*THE EFFECT OF BANANA HEART ON INCREASING MILK PRODUCTION IN
BREASTFEEDING MOTHERS*

Septi Ratika¹, Sri Handayani²
septiratika.students@aiska-university.ac.id
1,2 : Universitas 'Aisyiyah Surakarta

ABSTRACT

Background; According to 2021 Basic Health Research (RISKESDAS) data, 52.5 percent or only half of the 2.3 million babies aged less than six months are exclusively breastfed in Indonesia, or a decrease of 12 percent from the figure in 2019. Breast milk production for breastfeeding mothers is influenced by several factors, one of which is the frequency of breastfeeding. One of the foods that can increase breast milk production is banana blossoms. The production of banana hearts in the research area is quite large so it is not difficult to get. Researchers chose banana hearts while taking advantage of the existing availability. **The Objectives of the research;** to determine the effect of banana blossoms on increasing breast milk production. **Methods;** This type of research uses pre-experimental design with a Post Test Only Control Group. **Result;** In respondents with normal delivery after being given banana heart, all respondents (100%) had enough breast milk. In respondents with secaria delivery after being given banana heart, all respondents (100%) had enough breast milk. There is an effect of increasing breast milk production in breastfeeding mothers in normal and secaria deliveries.. **Summary;** There is an effect of banana heart on increasing breast milk production in breastfeeding mothers.

Keywords : Nursing mothers, breast milk production, banana blossoms