

EFFECTIVENESS OF BREAST SEREP LEAF COMPRESS AND CABBAGE COMPRESS ON BREAST SWELLING BECAUSE OF THE DAM OF ASI

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ABSTRACT

Background; Breast milk dams are a condition where the breasts are full, characterized by the breasts feeling tense, swollen, heavy, painful and accompanied by a small amount of breast milk production, resulting in the mother finding it difficult to breastfeed. Meanwhile, in Indonesia, the incidence of postpartum mothers experiencing breast swelling (breast milk retention) is 16%. According to the Lampung Health Office 2020, the coverage of babies receiving exclusive breastfeeding in Lampung Province in 2019 was 69.3%, where this figure is still below the expected target of 80%, Dadap leaf compresses and cabbage leaf compresses on the breast can be used as non-pharmacological therapy. **Purpose;** The purpose of this research was to know effectiveness of the Dadap Serep leaf compress and the cabbage leaf compress Against breast swelling due to breast milk retention. **Methods;** The design used *Quasi experimental research with Pretest Posttest Two Group design, konsikatif sampling*. The total sample was 20 subjects (10 intervention for dadap serep leaves and 10 intervention cabbage leaves). The treatment group received a Dadap Serep leaf compress for 3 days. The treatment group was given cabbage leaf compresses for 3 days. The breast milk dam scale is measured using SPES (Six Point Engorgement Scale)). Statistical test with Shappiro Wilk and Mann-Whitney. **Results;** There was a decrease in the scale of breast milk dams in the treatment group after being given cabbage leaf compresses with a value of ($p=0.15 > \alpha=0.05$). **Conclusion;** Giving cabbage leaf compresses for 3 days is effective in reducing the pain scale of breast milk dams.

Keywords: Dadap Serep leaf compress and cabbage leaf compress, breast swelling, breast milk dams