THE INFLUENCE OF BIRTH BALL ON THE PROGRESS OF THE FIRST STAGE OF THE ACTIVE PHASE IN PRIMIGRAVIDA MOTHERS AT KARTIKA HUSADA HOSPITAL WEST BORNEO

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ABSTRACT

Background: *Breast feeding plays important role for infants's growth and development. Mother encounters challenges in breastfeeding due to insufficient knowledge and lack of effort. Caesarean section deliveries is one of the obstacles to successful breastfeeding, particularly in early postpartum period. These challenges may arise from the effect of anaesthesia, presence of surgical wounds in abdominal, and limited mobility. One of strategy to increase breast milk production is by consuming Nigella Sativa extract, which contains compounds known to stimulate hormones prolactin and oxytocin.* ***Objective:*** *To evaluate the effect of Nigella Sativa on adequacy of breast milk production after C-Section.* ***Methods:*** *This quantitative study utilized pre-experimental design, specifically a one-group pretest-posttest design without control group. Thirty postpartum mothers were selected using consecutive sampling technique, and bivariate analysis was performed using Wilcoxon test.* ***Results:*** *The findings indicate that Nigella Sativa supplementation significantly improves the adequacy of breast milk production after Caesarean Section. Mean score for milk production before therapy was 0, while mean score after therapy increased to 14.5, with mean difference of 14.5. Wilcoxon test earned a significant p-value of 0.000 ($p < 0.05$).* ***Conclusion:*** *Supplementation of Nigella Sativa positively affects the adequacy of breast milk production in mothers following Caesarean section.*

Keywords: *Nigella Sativa, breast milk, Sectio Caesarea*