

# The Effect Of Giving Bangun-Bangun Leaf Vegetables On The Smooth Breastfeeding Of Breastfeeding Mothers At The Satria Health Center, Bagelen Village, Padang Hilir District In 2023

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## Article Info

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## ABSTRACT

Breastfeeding is one of the first steps for a human being to get a healthy life. Breastfeeding is done by a mother by giving exclusive breastfeeding for at least until the child is 6 months old up to 2 years. One way that can be used to facilitate breast milk is to eat vegetables of bangun-bangun leaves. The purpose of this study is to determine the effect of giving bangun-bangun leaves vegetables on the smoothness of breast milk in breastfeeding mothers at the Satria Health Center, Bagelen Village, Padang Hilir District in 2023. This type of research is a pre-experimental design with a one group pre-test and post-test design approach. The population of this study was all breastfeeding mothers with infant age 0-6 months who were in the Satria Health Center, Bagelen Village, Padang Hilir District, which was as many as 20 people. The sampling technique takes the total population, namely all breastfeeding mothers in March 2023, which is 20 people. The results of the research showed that through statistical tests using the Wilcoxon test, a p-value of 0.000 (p-value <0.05) was obtained for the variable giving bangun-bangun leaves vegetables. The conclusion is that there is a significant influence between the effect of giving bangun-bangun leaves vegetables on the smoothness of breast milk in breastfeeding mothers at the Satria Health Center, Bagelen Village, Padang Hilir District in 2023. It is recommended for mothers who have problems with milk production to be able to use wake-up leaves as food to launch milk production.

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## INTRODUCTION

The United Nations Children's Fund (UNICEF) and the World Health Organization (WHO) recommend that children should only be breastfed for at least 6 months. This is done in order to reduce the rate of child illness and death. Solid foods should be given after the child is 6 months old, and breastfeeding continues until the child is 2 years old. In 2003, the Indonesian government changed the recommendation for the duration of exclusive breastfeeding from 4 months to 6 months (Ministry of Health, 2018).

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District In 2023—Saddiyah Rangkuti et.al

In connection with the Sustainable Development Goals (SDGs) or the 2030 sustainable development goals, breastfeeding is one of the first steps for a human to get a healthy and prosperous life, but not everyone knows it. In several developed and developing countries including Indonesia, many mothers work but do not breastfeed their babies exclusively. The low coverage of exclusive breastfeeding can have an impact on the quality of life of the nation's next generation and also on the national economy (IDAI, 2018).

According to the Ministry of Health (2018), the achievement of exclusive breastfeeding in Indonesia has not reached the expected figure, which is 80%. Based on the SDKI report in 2018, the achievement of exclusive breastfeeding was 42%. Based on a report from the Provincial Health Office in 2018, the coverage of breastfeeding for 0-6 months is only 54.3%. According to data from the Yogyakarta Health Office (2018), exclusive breastfeeding coverage data in five districts in Yogyakarta includes: Gunung Kidul Regency by 58.5%, Yogyakarta City by 60.8%, Bantul Regency by 74.7%, Kulon Progo Regency by 75.0% and Sleman Regency by 81.6% (6), stating that the impact of not breastfeeding is increased susceptibility to diseases (both children and mothers).

The government's efforts in order to support the mother's movement to provide breast milk to babies are by establishing several regulations. The regulations set by the government related to breastfeeding are contained in Law Number 36 of 2019 concerning Health which is mentioned in article 128 paragraphs 2 and 3, namely, that during breastfeeding, the family, local government and the community must fully support the provision of time and special facilities. Furthermore, Government Regulation of the Republic of Indonesia Number 33 of 2018 concerning Exclusive Breastfeeding in article 6 reads, every mother who gives birth must give exclusive breast milk to the baby she gives birth to (Ministry of Health, 2018).

Breastfeeding in Indonesia is currently concerning, this is because public awareness in encouraging an increase in breastfeeding is still relatively low. The achievement of 6 months of exclusive breastfeeding depends on the successful initiation of early breastfeeding in the first hour. Riskesdas data in 2018 shows the percentage of exclusive breastfeeding based on the age of the baby, namely 0-month-old 52.7%, 1-month-old 48.7%, 2-month-old 46%, 3-month-old 42.2%, 41.9% 4-month-old, 5-month-old 36.6%, and 6-month-old 30.2% (Ministry of Health, 2018).

Breastfeeding is a natural process, but often mothers do not succeed or stop breastfeeding early. There are many reasons put forward by the mothers, including mothers who feel that their milk is not enough and does not come out in the first days of the baby's birth, this is due to a lack of confidence that the milk is enough for the baby and lack of information about good and correct ways to breastfeed. In rural areas, mothers are generally breastfeeding, but the results of the study show that the influence of bad habits is not good, namely giving food or drinks to replace milk if it has not come out on the first day of birth. This habit can harm the baby's health and lack of opportunities to stimulate breast milk production as early as possible through suction on the mother's breast (Ministry of Health of the Republic of Indonesia, 2018).

Based on the results of Basic Health Research (Riskesdas) in 2018, the percentage of breastfeeding alone in the last 24 hours has decreased as the age of the baby increases with the lowest percentage in children aged 6 months (30.2%). The most breastfeeding process occurs 1-6 hours after birth (35.2%) and less than 1 hour (early initiation of breastfeeding) by 34.5% (RISKESDA 2018).

Based on the 2018 North Sumatra Provincial Health Profile, the coverage of infant presentations given exclusive breastfeeding in 2018 decreased sharply compared to 2018 and did not reach the national target of < from 40%. Regency / City with an achievement of  $\geq 40\%$  for the Regency is Labuhan Batu Utara (97.90%). Samosir (94.8%). Humbang Hasundutan (84.0%), Simalungun (60.6%), Dairi (55.7%), Pak-Pak Barat (50.5%), Tebing Tinggi (47.1%). Asahan (43.6%), Labuhan Batu (40.9%) and for the city, namely Mount Sitoli (84.5%), Sibolga (46.7%). The areas with an achievement of < 10% are Medan City (6.7%), Tebing Tinggi (7.4%).

The coverage of exclusive breastfeeding in Indonesia in 2018 which refers to the strategic plan target in 2018 which is 42%, nationally the coverage of exclusive breastfeeding for infants less than six months old by 54.0% has reached the target (Ministry of Health, 2018). Even though they have achieved the strategic plan, there are still many mothers who do not give exclusive breastfeeding to their babies. We know that exclusive breastfeeding is the best investment for children's health and intelligence (Ministry of Health, 2018).

The impact of not exclusively breastfeeding on babies is increased susceptibility to diseases for both mother and baby. Breastfeeding can prevent 1/3 of the incidence of upper respiratory tract infections, the incidence of diarrhea can be reduced by 50% and severe bowel disease in premature babies can be reduced by 58%. In mothers, the risk of breast cancer can also decrease by 6-10% (IDAI, 2018).

In Riskesdas 2018, data were collected on breastfeeding patterns and complementary breastfeeding patterns (MP-ASI) in children aged 0-23 months which include: breastfeeding initiation, early breastfeeding initiation (IMD), colostrum administration, prelact feeding, exclusive breastfeeding, and MP-ASI feeding. Breastfeeding from an early age has a positive impact on both the mother and the baby. For babies, breastfeeding has an important role to support the growth, health, and survival of babies because breast milk is rich in nutrients and antibodies. As for mothers, breastfeeding can reduce morbidity and mortality because the breastfeeding process will stimulate uterine contractions so as to reduce postpartum bleeding. ( Riskesdas, 2018)

The problem that mothers often complain about is the lack of smooth breastfeeding, even though breast milk is produced based on the needs of the baby. The position of the baby on the mother's breast when breastfeeding is a factor that must be considered for the breastfeeding process to be successful because the baby has a natural reflex to suck the nipple which will stimulate the smooth flow of breast milk. The more often the baby breastfeeds, the more milk the breast will produce. Milk production is always continuous, after the breast is breastfed, the breast will feel empty and softened. Ideally, babies are breastfed

as soon as possible in the first hours after birth when the sucking reflex is strongest. This is known as Early Breastfeeding Initiation. (Roesli, 2018)

There are many types of plants that are used to facilitate breast milk (breast milk), one of which is bangun-bangun leaves may still sound unfamiliar to your ears. The leaf, which has the Latin name *Coleus aromaticus*, comes from South Africa and East Africa. Now bangun-bangun leaves are starting to be cultivated widely, including in Indonesia. which has long been proven to facilitate the production of breast milk (breast milk) because it contains nutrient intake and body fluids so that breast milk can run smoothly. In addition, to facilitate breastfeeding, breastfeeding mothers can also try consuming several types of foods or herbal plants, including bangun-bangun leaves. This plant has been used for generations as a natural remedy to facilitate breast milk. This is because bangun-bangun leaves contain galactagog compounds that can increase breast milk supply (Maryunani, 2018).

Excessive consumption of bangun-bangun leaves (50g a day) is very dangerous because this plant contains the alkaloid papaverin which can damage the lungs. bangun-bangun leaves should also be consumed after cooking first to prevent unwanted side effects. bangun-bangun leaves are also used to overcome anemia because bangun-bangun leaves are included in high levels of iron.

Based on the results of Suwanti's research, (2018) on "The Effect of Extra Consumption of bangun-bangun Leaves on Breast Milk Adequacy in Breastfeeding Mothers in Klaten". It was concluded that in the treatment group before consuming bangun-bangun leaves, 53.3% breast milk was enough and after consuming bangun-bangun leaves, 70% more breast milk. Meanwhile, in the control group at the observation before 53% of breast milk was sufficient and after one month later 37% of breast milk was sufficient, 30% of breast milk was more. In the statistical analysis of the chi square test, the result of the value of  $p= 0.002$  was obtained, which proves that there is an effect of extra consumption of bangun-bangun leaves on the adequacy of breast milk in breastfeeding mothers in Klaten in 2018 (Maryunani, 2018).

Based on the results of an initial survey on March 7, 2023 conducted at the Satria Health Center in Bagelen village, of the 8 mothers who breastfed their babies between 0-6 months who were interviewed, 8 breastfeeding mothers did not give exclusive breastfeeding and 2 out of 8 breastfeeding mothers had given additional foods such as baby porridge, on the grounds that the milk production was small which resulted in fussy babies. and needs become unmet. and 6 breastfeeding mothers did not know that the bangun-bangun leaf plant can improve the smoothness of breastfeeding. 2 breastfeeding mothers know that the bangun-bangun leaf plant can improve the smoothness of breastfeeding but there is no bangun-bangun leaf plant around their environment.

## METHODS

The type of research used in this study is a type of Pre-experimental design research, which is a research that conducts activities because this is not yet a real experiment, because there are still external variables that affect the formation of dependent variables that are not solely influenced by independent variables.

The design of this research is all about planning to answer the research questions and anticipate some possible difficulties that arise during the research. This study uses One Group pre-test and post-test design without a control group, the subject group is observed before the intervention, then observed again after the intervention.

The population in this study is all breastfeeding mothers with a baby age of 0-6 months who are in the Satria Health Center, Bagelen village, which is 20 people. The sample in this study uses a total population sampling technique, where all breastfeeding mothers in the Satria Health Center area of Bagelen village in March 2023 are 20 people. In this study, all data was taken directly from the respondents (primary data). Validity is an indicator that explains that the instrument used is able to measure what has been measured. Reliability is the similarity of measurement results if the fact is measured repeatedly in different times (Arikunto. 2002).

This Univariate analysis is used to describe the characteristics of each variable studied, namely categorical to be searched for frequency and percentage, namely demographic data including maternal age, gestational age, parity, ethnicity, last education, work This data is filled in by researchers based on information from pregnant women. Bivariate analysis is used to determine the influence of each independent variable with dependent variables. The Wilcoxon test is used to see the effect between two variables with a 95% degree of confidence.

## RESULTS AND DISCUSSION

Characteristics of respondents at the Satria Health Center, Bagelen Village, Padang Hilir District, Tebing Tinggi City. In this study, they are grouped based on age, education and parity.

**Table 1.** Characteristics of Respondents at Satria Health Center, Bagelen Village, Padang Hilir District, Tebing Tinggi City

No	Demographic Data	Frequency	Percentage (%)
1	Age		
	<25 years	6	30,0
	25-35 years old	12	60,0
	>35 years old	2	10,0
	Amount	20	100
2	Education		
	Elementary, Junior High School	4	20,0
	SMA	14	70,0
	College	2	10,0
	Amount	20	100
3	Paritas		
	Primipara	11	55,0
	Multipara	9	45,0
	Amount	20	100

Most of the patients at the Satria Health Center, Bagelen Village, in 2023 are between the ages of 25-35 years, namely 12 respondents (60.0%) with the majority of high school

education levels, namely 14 respondents (70.0%). Judging from parity, most breastfeeding mothers are primipara mothers as many as 11 respondents (55.0%).

**Table 2.** Data on the Frequency of Smooth Breastfeeding in Breastfeeding Mothers Before Giving Bangun-bangun Leaf Vegetables

Smooth breastfeeding	Frequency	Percentage (%)
Good	0	0,0
Enough	9	45,0
Less	11	55,0
Amount	20	100,0

Based on the table above, it shows that the smoothness of breast milk in breastfeeding mothers before the administration of bangun-bangun leaf vegetables is mostly lacking, namely as many as 11 respondents (55.0%).

**Table 3.** Data on the Frequency of Smooth Breastfeeding in Breastfeeding Mothers After Giving Bangun-bangun Leaf Vegetables

Smooth breastfeeding	Frequency	Percentage (%)
Good	12	60,0
Enough	8	40,0
Less	0	0,0
Amount	20	100

Based on table 3, it shows that the smooth flow of breast milk in breastfeeding mothers after the administration of bangun-bangun leaf vegetables is the majority good, as many as 12 respondents (60.0%).

### Results of Bivariate Analysis

The results of the statistical test of the effect of giving bangun-bangun leaf vegetables on the smoothness of breastfeeding in breastfeeding mothers at the Satria Health Center, Bagelen Village, Padang Hilir District, Tebingtinggi City In 2023, the Wilcoxon Rank Test was used which showed that the smoothness of breastfeeding in breastfeeding mothers at the Satria Health Center, Bagelen Village, before and after the administration of bangun-bangun leaf vegetables experienced significant changes. Smooth breastfeeding in breastfeeding mothers before the administration of bangun-bangun leaf vegetables as many as 11 respondents experienced less smooth breastfeeding and 9 respondents whose breast milk was quite smooth. Then after the administration of bangun-bangun leaves, the smoothness of breast milk increased to good or smooth as many as 12 people, while the smooth flow of breast milk was quite smooth as many as 8 people.

**Table 4.** Effect of Feeding Bangun-bangun Leaf Vegetables on the Smooth Flow of Breast Milk in Breastfeeding Mothers

Smooth breastfeeding	Giving Leafy Vegetables Bangun-bangun				Z	p value
	f	Pre %	f	Post %		
Good	0	0,0	12	60,0	-3,906	0,000*
Enough	9	45,0	8	40,0		
Less	1	55,0	0	0,0		

The results of the statistical test using the Wilcoxon rank test are known that the p-value ( $0.000 < \alpha (0.05)$ ) means that  $H_0$  is rejected, so there is a significant influence of bangun-bangun leaf vegetables on the smooth flow of breast milk in breastfeeding mothers at the Satria Health Center, Bagelen Village in 2023. This result proves that the administration of bangun-bangun vegetables has a positive effect on the smooth flow of breast milk in breastfeeding mothers.

## Discussion

### Smooth Breastfeeding in Breastfeeding Mothers Before Giving Bangun-bangun Leaf Vegetables

Based on the results of the study before the administration of bangun-bangun vegetables to breastfeeding mothers, it was shown that the smoothness of breast milk in breastfeeding mothers before the administration of bangun-bangun vegetables at the Satria Health Center, Bagelen Village, was not smooth, as many as 11 respondents (55.0%).

Another factor that affects breast milk production is Early Breastfeeding Initiation (IMD) where a full-term baby will have the instinct to breastfeed the mother 20-30 minutes after birth. IMD that is done immediately after the baby is born and in the right way will stimulate the production of breast milk or better known as colostrum faster. This is in accordance with the research of Wulandari et al. (2014) found that the average time of colostrum excretion in the experimental group was 5.21 hours while the average time of colostrum excretion in the non-experimental group was 8.16 hours. According to Wulandari et al. (2014), that to produce good breast milk production, mothers must be in a calm state.

Istiqomah (2015) stated that in breastfeeding mothers, there are often obstacles such as insufficient milk production, mothers do not understand the correct lactation management, mothers want to breastfeed again after the baby is given formula (lactation), the baby has already gotten, prelacteal feeding (giving sugar/dextrose water, formula milk in the first days of birth) maternal abnormalities: mother's nipples are blistered, mother's nipples are injured, breasts are swollen and mothers work, While in babies, there are often obstacles such as sick babies or baby abnormalities. Efforts to increase breast milk production can be made by taking care of breasts early and routinely, improving breastfeeding techniques, or by consuming foods that can affect breast milk production.

According to Haryono and Setianingsih (2014), several efforts to produce more breast milk and improve the quality of breast milk include increasing the consumption of nutritious foods. Maternal food intake is one of the factors that affect the composition and production of breast milk. Indonesia is one of the countries that is rich in various types of plants that are efficacious as medicinal plants. Some of them are efficacious as lactagogums such as bangun-bangun leaves. Lactagogum is a drug that can increase or facilitate breast milk production.

According to the researcher's assumption, the lack of smooth breastfeeding at the beginning after the birth of the baby is not only caused by maternal psychological factors such as discomfort, lack of nutritional intake and emotional tension and insecurity, but also caused by IMD that is not appropriate in its implementation because this is related to suction power, frequency and duration of breastfeeding. Therefore, it is necessary to make efforts to increase

breast milk production by taking care of breasts early and routinely, improving breastfeeding techniques, or by consuming foods that can affect breast milk production, one of which is the administration of bangun-bangun leaves.

### **Smooth Breastfeeding in Breastfeeding Mothers After Giving Bangun-bangun Leaf Vegetables**

The results of the study showed that the smooth breastfeeding of breastfeeding mothers after the administration of bangun-bangun vegetables was mostly good or smooth, as many as 12 respondents (60.0%). This shows that there is an increase in the amount of breast milk production after the administration of bangun-bangun leaves. bangun-bangun leaves are a green vegetable that is highly recommended for consumption for pregnant and lactating women because it has useful nutritional content. bangun-bangun leaf vegetables have been known to have many benefits for health, especially in maintaining health related to the cardiovascular system, improving liver function, can prevent cramps, and also improve the kidneys.

In this study, it gives an overview that vegetables bangun-bangun are proven to have a positive effect in increasing breast milk production in breastfeeding mothers. This is possible the truth of the theory that bangun-bangun leaf vegetables are suspected to contain polyphenols and steroids that play a role in the prolactin reflex or stimulate alveoli to produce breast milk, as well as stimulate the hormone oxytocin to spur the production and flow of breast milk. Katuk leaves also contain several aliphatic compounds. The efficacy of bangun-bangun leaves as an increase in breast milk production is suspected to come from the hormonal effects of sterol compounds that are estrogenic. bangun-bangun leaves have been used as a special medicine by the community since ancient times in increasing breast milk production. The benefit is to be able to balance female hormones and also increase the amount of breast milk produced. (Elsabrina, 2013)

According to the researcher's assumption, the results of the study show that there is an effect of giving bangun-bangun leaves on the smooth flow of breast milk. This is because bangun-bangun vegetables contain polyphenyls and steroids that play a role in the prolactin reflex or stimulate alveoli to produce breast milk, as well as stimulate the hormone oxytocin to spur the production and flow of milk. bangun-bangun leaf vegetables also contain several aliphatic compounds. The efficacy of bangun-bangun vegetables as an increase in breast milk production, is suspected to come from the hormonal effects of sterol chemical compounds that are estrogenic. Thus, bangun-bangun vegetables are very helpful for mothers in the success of exclusive breastfeeding, so that it can help achieve comprehensive exclusive breastfeeding, especially in the work area of the Satria Health Center, Bagelen Village, thereby helping government programs in achieving exclusive breastfeeding targets.

### **The Effect of Giving bangun-bangun Leaf Vegetables on the Smooth Flow of Breast Milk in Breastfeeding Mothers**

Based on bivariate analysis, it was shown that the smooth flow of breast milk in breastfeeding mothers at the Satria Health Center, Bagelen Village, Padang Hilir District, Tebingtinggi City, before and after the administration of bangun-bangun leaf vegetables experienced significant changes. Smooth breastfeeding in breastfeeding mothers before the

administration of bangun-bangun leaf vegetables as many as 11 respondents experienced less smooth breastfeeding and 9 respondents whose breast milk was quite smooth. Then after the administration of bangun-bangun leaves, the smoothness of breast milk increased to good or smooth as many as 12 people, while the smooth flow of breast milk was quite smooth as many as 8 people.

The results of the statistical test using the Wilcoxon rank test are known that the p-value ( $0.000 < \alpha (0.05)$ ) means that  $H_0$  is rejected, so there is a significant influence of bangun-bangun leaf vegetables on the smooth flow of breast milk in breastfeeding mothers at the Satria Health Center, Bagelen Village, Padang Hilir District, Tebingtinggi City in 2023. This result proves that the administration of bangun-bangun vegetables has a positive effect on the smooth flow of breast milk in breastfeeding mothers.

bangun-bangun leaves have been proven to facilitate the production of breast milk (breast milk) because it contains nutrient intake and body fluids so that breast milk can run smoothly. In addition, to facilitate breastfeeding, breastfeeding mothers can also try consuming several types of foods or herbal plants, including bangun-bangun leaves. This plant has been used for generations as a natural remedy to facilitate breast milk. This is because bangun-bangun leaves contain galactagog compounds that can increase breast milk supply (Maryunani, 2018).

The results of this study are in line with Suwanti's research, (2018) on "The Effect of Extra Consumption of bangun-bangun Leaves on Breast Milk Adequacy in Breastfeeding Mothers in Klaten". The results of the study showed that in the treatment group before consuming bangun-bangun leaves, 53.3% breast milk was enough and after consuming bangun-bangun leaves, 70% more breast milk. Meanwhile, in the control group at the observation before 53% of breast milk was sufficient and after one month later 37% of breast milk was sufficient, 30% of breast milk was more. In the statistical analysis of the chi square test, the result of the value of  $p = 0.002$  was obtained, which proves that there is an effect of extra consumption of bangun-bangun leaves on the adequacy of breast milk in breastfeeding mothers in Klaten in 2018 (Maryunani, 2018).

From several studies, it is known that there is a galactagogue content in bangun-bangun leaves which is believed to be able to trigger an increase in breast milk production (Rizal, 2018). A study conducted by Rizal in 2018 obtained the results that bangun-bangun leaves have benefits to increase breast milk production which is supported by the content of bangun-bangun leaves, namely saponins, flavonoids, polyphenols, and increases breastfeeding hormones, namely prolactin and oxytocin.

The presence of polyphenols in bangun-bangun leaves can affect the increase in the hormones oxytocin and prolactin which function to stimulate alveoli that work actively in the formation of breast milk (Dinta et al, 2018). An increase in the hormone oxytocin will make breast milk flow faster than usual. In addition, bangun-bangun also contains vitamin B12 which is beneficial for breastfeeding mothers (Rizal et al, 2018)

The potassium content in bangun-bangun leaves functions as a blood cleanser, fights infections, reduces pain, and causes a sense of calm so that milk secretion is good. However,

potassium deficiency can also cause decreased appetite, reduced body weight, and reduced milk production (Delefrida et al, 2017) also used as a traditional remedy for cough, stomach, muall, vomiting, wound healing, canker sores, and so on (Novita et al, 2017)

The success of breastfeeding mothers is largely determined by diet, both during pregnancy and after childbirth. In order for breast milk to be guaranteed in quality and quantity, highly nutritious and balanced food needs to be consumed every day. This means that mothers must increase the consumption of carbohydrates, fats, vitamins, minerals and water in amounts that are in accordance with the body's needs during breastfeeding. If this need is not met, in addition to the quality of breast milk and the mother's health is disturbed, it will also affect the mother's time in producing breast milk (Fikawati et al., 2015).

According to the researcher's assumption, the administration of bangun-bangun vegetables has a positive effect on the smooth flow of breast milk in breastfeeding mothers and can be used as an optional action in overcoming breast milk production problems in postpartum mothers. This increase in breast milk production is due to the administration of bangun-bangun leaves which are high in fiber, and also contain a variety of other nutrients that can trigger the production of hormones to help the formation of breast milk in breastfeeding mothers.

## CONCLUSION

The smoothness of breast milk in breastfeeding mothers before the administration of bangun-bangun vegetables at the Satria Health Center, Bagelen Village, Padang Hilir District, Tebingtinggi City In 2023, the majority of them were not smooth, namely 11 respondents (55.0%). Smooth breastfeeding in breastfeeding mothers after giving bangun-bangun vegetables at the Satria Health Center, Bagelen Village, Padang Hilir District, Tebingtinggi City In 2023, the majority of respondents were good or smooth, namely 12 respondents (60.0%). There was a significant influence between the effect of giving bangun-bangun vegetables on the smoothness of breastfeeding in breastfeeding mothers at the Satria Health Center, Bagelen Village in 2023, with a p value of 0.000 ( $p < 0.05$ ). These results prove that the administration of bangun-bangun vegetables has a positive effect on the smooth flow of breast milk in breastfeeding mothers.

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