

## EFFECT OF EARLY INITIATION OF BREASTFEEDING ON UTERINE INVOLUTION: LITERATURE REVIEW

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### Abstract

Early initiation of breastfeeding is one of the factors that affect the involution of the uterus, which occurs when the baby sucks the nipple, stimulation occurs and secretes the hormone oxytocin. The hormone oxytocin accelerates uterine involution and minimizes the amount of blood loss. The coverage of newborns who received early initiation of breastfeeding (IMD) in South Kalimantan in 2019 was 73.48%. This is a fairly high number. To determine the effect of early breastfeeding initiation on uterine involution: Literature Review. Literature review in a literature search was sourced from Pubmed, using the keywords early initiation of breastfeeding and uterine involution from 10 journals. The literature review that carried out early initiation of breastfeeding (IMD) has an effect on changes in uterine involution. There was a significant change in mothers who did IMD and did not do IMD, there was a difference in the amount of blood loss and the return of the reproductive organs to their original state was faster in mothers who did IMD. There is an effect of early initiation of breastfeeding on uterine involution.

**Keywords:** Early Initiation of Breastfeeding, Uterine Involution

### Introduction

Early Initiation of Breastfeeding (IMD) is the process of a baby suckling immediately after birth for one hour. The new Evidence Based Protocol has been updated by the World Health Organization (WHO) and UNICEF regarding the care of newborns in the first hour, one of which is the statement that babies must have direct skin contact without any cloth barrier between mother and baby immediately after birth for at least one hour (Ambarwati & Wulandari, 2008).

Early initiation of breastfeeding is one of the factors that affect uterine involution. When the baby sucks the nipple, it stimulates and releases the hormone oxytocin, among others. The hormone oxytocin functions in addition to stimulating breast contractions, it also causes uterine contractions and retractions. This will compress the blood vessels resulting in reduced blood supply to the uterus. This process helps reduce the site of implementation and reduces bleeding.

The oxytocin hormone affects the smooth muscles of the uterus so that the uterus contracts better, so the uterine involution is faster.

Contractions in the uterus (womb) will also make the uterus clean quickly, because the contraction will encourage the remaining placental tissue, uterine wall cells, fetal fat cells, lanugo (fetal hair) to get out of the uterus immediately so that it will not cause postpartum complications or complications. infection. Uterine contractions will also make the size of the uterus back to the same as before pregnancy. When pregnant, the size is sufficient for a baby's capacity of 3-4 kg, after giving birth it will shrink by about 2 adult male fists. About two weeks later, with contractions, the uterus becomes one fist so that it becomes as big as a chicken egg, until finally it is no longer palpable in the abdomen (Zhea, 2015).

The figure in Indonesia is still low when compared to other countries in some Southeast Asian countries such as Myanmar (76%), Thailand (50%), and the Philippines (45%) (UNICEF, 2013). The incidence of Early Breastfeeding Initiation in Indonesia is still low at 49.3% (IDHS, 2012). In 2013 there was a decrease in the percentage of mothers who initiated early breastfeeding, namely 34.5% (Risksedas, 2013). In South Kalimantan, the coverage of newborns receiving early initiation of breastfeeding (IMD) in 2019 was 73.48% (Indonesian Health Profile, 2020).

Based on research by Wida Rahma Arwiyantasari, Edy Bachrun and Riska Ratnawati (2019) that mothers who initiate early breastfeeding experience hard uterine involution and strong contractions 17 (65.3%) and mothers who do not initiate early breastfeeding experience hard uterine involution. and strong as much as 9 (34.6%). Meanwhile, mothers who experienced soft uterine involution and weak contractions 2 (50%), did not breastfeed early conditions of soft uterine involution and weak contractions 2 (50%). So there is a relationship between early initiation of breastfeeding and uterine involution. This is in line with the results of research by Ike Ate Yuviska (2016), research by Desideria Yosepha Ginting, et al (2020), research by Iin Wahyuni and Nanda Masraini Daulay (2019).

The benefits of Early Initiation of Breastfeeding (IMD) for mothers are helping uterine contractions so that postpartum bleeding is lower, stimulating colostrum expenditure, increasing maternal and child affection, increasing breast milk (ASI) production and one of the factors that influence uterine involution. , 2011).

Based on the results of looking for experiences around which the author did with the author's family and friends on December 10, 2020, it was found that there were still those who did not initiate Early Breastfeeding Initiation in North Barito against Ny. Cecen at 5:51 PM WITA, Mrs. Mera at 19:01 WITA and Mrs. Bibah 19:13 WITA, in South Barito Mrs. Salai at 19:00 WITA and at Tanjung Ny. Satisfied 18:26. The author wants to increase the incidence of Early Breastfeeding Initiation.

Based on the background description above, there are still those who do not do IMD and several studies say that there is an effect of early breastfeeding on uterine involution, the authors are interested in exploring the Literature Review on the Effect of Early Initiation of Breastfeeding on Uterine Involution.

### **Materials and Methods**

The research method used is a literature review. The literature review method is a form of research carried out through searching by reading from various sources, both books, journals and other publications related to research topics to answer existing issues or problems (Neuman, 2011).

### **Results and Discussion**

The results of a journal review based on the keywords early initiation of breastfeeding and uterine involution were 10. There were 7 journals that discussed the effect of early initiation of breastfeeding on uterine involution, 1 journal explained the difference in bleeding for mothers who did IMD and did not do IMD, 1 journal discussed mothers who did IMD and doing IMD and postpartum gymnastics, as well as 1 journal discussing IMD and IMD and pineapple juice giving. According to a health journal entitled the effect of breastfeeding on uterine fundus decline in post partum mothers at the Blooming Baru Public Health Center, Tangerang Regency. The results obtained in this study are the population taken with a sample of 30 respondents and grouped by age parity, breastfeeding, and decreased uterine fundal height. Using univariate analysis at a minimum average age of 20 and a maximum of 40, the number of pregnancies was at most 2-4 pregnancies, breastfeeding was 76.7% and a decrease in uterine fundal height was 93.3. While the bivariate analysis on the effect of breastfeeding on the decrease in uterine fundal height, involution is good 96%, sub-involution is 4% and not breastfeeding is involution is good 80%, sub-involution is 20%.

According to the obstetrics journal Mahakam, the effect of early initiation of breastfeeding (IMD) on the rate of uterine involution in postpartum mothers at BPM Dwi Inggini Samarinda, the mean TFU for 12 hours was done IMD 10.50, not BMI 20, 50 and 2 days post partum was done IMD 11.00 and no IMD 22.00. There was a significant change between 12 hours post partum and 2 days postpartum. In line with Indrasari (2019) theory, breastfeeding immediately after birth stimulates the release of oxytocin due to the baby's sucking on the breast.

According to the health and development journal entitled The Effect of Early Breastfeeding Initiation (IMD) on the amount of blood in the mother 2 hours post partum at BPM Marfuah, Rambutan village, Banyuasin district in 2019. The results obtained are based on univariate analysis of the average amount of bleeding 2 hours post partum mean IMD was not done the

amount of bleeding was 90.83 and IMD was done the amount of bleeding was 50.33. Bivariate analysis was carried out by statistical test of the average difference in the number of 2 hours post partum, namely IMD was 4,819 and not BMI was 5,352. In line with Indrasari (2019) theory, breastfeeding immediately after birth stimulates the release of oxytocin due to the baby's sucking on the breast.

Based on the health science journal with the title The relationship between breastfeeding and uterine involution in physiological postpartum mothers in Rsia Aura Syifa, Kediri Regency. Obtained4 dIt is known that from 21 respondents there were 14 people (66.67%) who breastfed normal uterine involution correctly, 1 person (4.76%) who breastfed normal uterine involution incorrectly. fast uterine involution (normal), 2 people (9.52%) breastfed correctly with slow uterine involution (abnormal) and 4 people (19.05%) breastfed incorrectly with slow uterine involution (abnormal). In line with the theory of Sari and Rismadini (2014) breastfeeding immediately after the baby is born will also help stimulate the release of oxytocin due to the baby's suction on the breast.

Journal of mother and child with the title the effect of early initiation of breastfeeding to decrease in uterine fundal height 2 and 48 hours postpartum at a private clinic in Pekanbaru city in 2019. The results of a univariate analysis of the mean mean uterine fundal height for post partum mothers performed IMD after 2 hours were 12.69% and 48 hours 10,50 % and no IMD TFU 2 hours 14,70 % and 48 hours 14,10 %. Bivariate analysis of statistical test results performed IMD -4.68 and did not do IMD - 1.84. In line with Indrasari (2019) theory, breastfeeding immediately after birth stimulates the release of oxytocin due to the baby's sucking on the breast.

According to the nursing journal with the title the effect of early initiation of breastfeeding on the decrease in uterine fundal height in post partum patients at Permata Hati Hospital, Sawojajar Malang. The results showed that the 2-hour post partum TFU reduction in the control group averaged 2,985 cm and the intervention group an average of 3,485 cm. The effect of IMD on the decrease in uterine fundal height was  $0.000 < 0.05$  so that it was 95% that there was an effect of IMD on the decrease in uterine fundal height. In line with Indrasari (2019) theory, breastfeeding immediately after birth stimulates the release of oxytocin due to the baby's sucking on the breast.

Based on the nursing journal with the title early breastfeeding and puerperal exercise on uterine fundal height for multiparous postpartum mothers. The results obtained used 30 respondent characteristics in the early breastfeeding age category, 14 respondents (46.7%), early breastfeeding and postpartum exercise 15 respondents (50.0%). The last education category was early breastfeeding elementary school 9 (30.0%), breastfeeding and postpartum exercise 9 (30.0%). Based on the characteristics of workers and household workers 7 respondents (23.3%). The mean of the control group was given BMI 7,907 and the intervention group was given

postpartum exercise and BMI 4,820. In line with Anggraini's theory (2010) postpartum gymnastics is a physical exercise carried out by mothers after giving birth after the body has recovered where its function is to restore health conditions, to accelerate healing, prevent complications, restore and improve muscle strain after pregnancy. ,

Based on the journal entitled the effect of early initiation of breastfeeding on uterine involution in post partum mothers at the Hermayanti Padangsidempuan Maternity Clinic. The results obtained are based on the most age 21-25, high school education and household work. The difference in the height of the uterine fundus in the intervention group 2 hours was 12.2 cm, 12 hours was 10.2 cm and 7 days was 6.7 cm. While the control group 2 hours 12.5 cm, 12 hours 10.9 cm and 7 days 7.1 cm. In line with Indrasari (2019) theory, breastfeeding immediately after birth stimulates the release of oxytocin due to the baby's sucking on the breast.

Based on the title of early initiation of breastfeeding and the achievement of uterine involution in postpartum mothers. The results obtained using a sample of 16 achievements carried out by IMD at 2 hours post partum 3.13 and not BMI 1.63 and 12 hours 2.13 and not BMI 1.63. In line with Indrasari (2019) theory, breastfeeding immediately after birth stimulates the release of oxytocin due to the baby's sucking on the breast.

According to the journal with the title the difference in uterine fundal height reduction in postpartum mothers who underwent early initiation of breastfeeding (IMD) and IMD by being given pineapple juice at BPM Tias Susianah, North Lampung in 2018. The results obtained were group measurements before giving IMD and pineapple juice before the mean 13 ,22 and after 5.30. Measuring IMD group TFU before 13.13 and after 6.1. In line with Winkjosastro's theory (2007) good nutritional status can accelerate uterine involution, so that the postpartum care provided must be of high quality with a cup of calories, protein, fluids and fruits.

## **Conclusion**

The results of research and discussion of 10 journals used as literature, so it can be concluded that early initiation of breastfeeding has an effect on uterine involution. Early initiation of breastfeeding (IMD) has been shown to produce changes in the uterus.

## **Acknowledgements**

Thanks to Sari Mulia University for allowing me to conduct research using the journal review method and thanks also to supervisors 1 and 2 Fadhiyah Noor Anisa and Istiqamah who have guided me in conducting the review research this journal.

## Declaration of Interest Statement

It is for midwives to initiate early breastfeeding (IMD) because it has many benefits, one of which is for the mother, namely the occurrence of good uterine involution.

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