



INNOVATIVE: Journal Of Social Science Research
Volume 4 Nomor 4 Tahun 2024 Page 12272-12285
E-ISSN 2807-4238 and P-ISSN 2807-4246
Website: <https://j-innovative.org/index.php/Innovative>

Analysis Of Factors Relating to Post Partum Mother's Weight Loss in Midwife's Clinic of Lilik Sugiarti, Canggung Village, Kupang District Mojokerto District

Heni Purwati^{1✉}, Etik Khusniyati²
Universitas Bina Sehat PPNI Mojokerto
Email: hn.purwati@gmail.com^{1✉}

Abstrak

Ibu Post partum akan mengalami penurunan berat badan secara alami antara 5 Kg sampai 11 Kg. Penelitian ini bertujuan mengetahui faktor-faktor yang menyebabkan penurunan berat badan pada ibu post partum. Penelitian Deskriptif Analitik dengan desain menggunakan cross sectional pada 30 ibu postpartum. Hasil penelitian menunjukkan ada hubungan pemberian ASI Eksklusif terhadap penurunan Berat Badan ibu postpartum. Variabel yang dominan terhadap penurunan berat badan adalah ASI Eksklusif berpeluang terjadi penurunan berat badan dibandingkan ibu yang tidak memberikan ASI Eksklusif. Rekomendasi diharapkan bidan dapat menetapkan asuhan kebidanan pada ibu postpartum untuk memberikan ASI Eksklusif pada bayi nya

Kata Kunci: *ASI Eksklusif, Penurunan Berat Badan, Ibu Post partum*

Abstract

Post partum mother will experience decline body weight experience between 5 Kg to 11 Kg. Study This aim know causal factors decline mother 's weight postpartum . Study Descriptive Analytic with design using cross sectional study on 30 postpartum mothers . Research result show There is connection exclusive breastfeeding to postpartum maternal weight loss . Dominant variable to decline body weight is exclusive breastfeeding chance happen decline body weight compared mothers who don't provide exclusive breastfeeding . Recommendation expected midwife can set care obstetrics in postpartum mothers for provide exclusive breast milk to babies his

Keywords: *Exclusive Breastfeeding , Weight Loss , Post Partum Mothers*

INTRODUCTION

Happiness for mostly mothers is a long-awaited gift. Every candidate Mother want the baby being born and its pregnancy inside condition Healthy . Happiness cause happen change physique even though emotional to the mother as well as change social inside family so that required support to mother and family inside receive member family , for monitor change normal physical condition Mother even though intake nutrition Mother for growth and development the fetus . For get it healthy pregnancy so increase best body weight in accordance with established records Because increased recommended body weight for fertility is greatly influenced mother 's weight before pregnant (WHO. 2007; Indriati . 2009; Leveno . 2003; Bobak, Lowdermilk & Jensen. 2004; Pilliteri. 2003; Chuningharn, et al . 2005).

Increasing his total body weight happen after give birth although can also be caused excess nutrition , but at the moment a Mother known pregnant so one of them factor originator happen excess weight and excess this weight can survive in part Mother after give birth . For many Mother possible excess this weight No happened it's a problem Because realized necessity maintain healthy pregnancy For give birth baby Healthy . But part mother is very caring to appearance form his body happened slim as well as tend want heavy his body come back like moment before pregnant for run it postpartum period (Kinnunen. et al . 2007; Indriati. 2009; Keller , et al . 2008; Setse et al. 2008; O'Toole , Sawicki, Artal. 2003). Increase excessive body weight for harmony will cause it's a problem for Mother nor the baby . In babies can cause like microcornea , birth weight low and birth No Enough month , while in the mother can happen increasing operation cesarean delivery , preeclampsia , and gestational diabetes . Besides that can also happen baby born with disabled bone back , hypertension during pregnancy and increase infection during postpartum. Excess current weight pregnant

besides intake excessive nutrition can also be caused. Because baby twins, so need regular monitoring of mother and fetus intake nutrition. Mother nor in condition her pregnancy to addition mother's weight. Because will influence growth and development fetus (WHO. 2007; Chunningham, et al . 2005; Bobak, Lowdermilk & Jensen. 2004; Pilliteri . 2005).

Study what Smith, Hulsey, Goodnight (2003) did about effect obesity during pregnant find that body mass index before pregnancy is very important in increase weight during pregnant besides. That Mother also pays attention with disease diabetes. Many mothers are heavy his body exceed from provision increase recommended body weight will influence insulin production during pregnant, need calories and oxygen become increases, so found problem like fetal macrosomia, birth weight low, preterm birth, surgery Caesar increased, preeclampsia, and gestational diabetes as well as hypertension. That's the advantage current weight Pregnancy is also risky more big. For happen thrombosis in vessels blood, endometritis, postpartum hemorrhage, wound inflammation, infection channel urinary tract, and prolong day maintenance. For control excess mother's weight during pregnant to 1 year postpartum from study. This obtained good results. Where Mother can arrange intake during the pregnancy is also for excess weight during postpartum if officer do visit to House or do intervention to individual direct than the target officer to group in society.

Give birth to will cause Mother lost weight during pregnant around 5-6 kg of impact expenditure baby, placenta, amniotic fluid and blood. Where is the body do adaptation physiological. Because all organs will return like before pregnant since one hour of placenta born until 6 weeks postpartum. When This happen Again decline body weight of 2-3 kg through diuresis, excretion lochia and uterine involution so mother's current weight That Still excess 4 kg from weight before pregnant when during pregnant increase mother's weight No excessive. Most of the Mother almost reach return previous weight pregnant in six month after give birth to. But There is part still mother excess his weight around 1.4 2 kg (Leveno . (2003); Hadiyono . (2008). But according to Christna (2007) after give birth to Mother will experience decline average body weight experience after give birth to between 5.4 kg to 11.33 kg due to the birth and giving process. The baby is exclusively breastfed.

For obtain weight like before pregnancy as desired part moms specifically postpartum mother then moreover formerly need know factor affecting body weight or mass body That Alone. In terms of This There are two factors that are very influential

that is internal factors and factors external , which includes Internal factors include heredity such as genes, regulation thermal and metabolic processes are responsible answer to mass body Because No can be controlled in a way aware when somebody go on a diet. External factors is activity physical and nutritional nutrition Where habit life and pattern Eat somebody more dominant influence heavy body (Indriati . 2009).

Metabolism energy and organization lust Eat or intake food baby nor Mother The levels of the leptin hormone are regulated in breast milk vs straight with internal leptin levels blood Mother during period breastfeeding , and hormones This No found in excess postpartum mothers leptin- induced weight gain is not can Work with Good or lack of hormones . Leptin production especially regulated by insulin- induced changes in metabolism fat cells . So that growing baby Lots get heavy breast milk his body will more light as well as can prevent baby experience excess the weight of the gainer substitute for breast milk and mother can experience decline postpartum weight (Trijaya and Marzuki in breast milk surgery (2008))

Support husband and family are also factor external is very necessary . Engagement husband since mass pregnancy can role important in decide pattern giving Eat the baby with provide exclusive breastfeeding until baby 6 months old . Husband needs it learn technique correct breastfeeding so that it doesn't happen lack of breast milk syndrome and can give encouragement faith in mother For breast-feed with Good where is the mother's breast milk ? Enough for the baby . Besides that Mom also needs it support psychology Because during the breastfeeding period This Mother often experience stress and become easy angry or upset that can be caused fatigue after breast-feed or problem House ladder others (Februhartanty , 2009)

Often mothers Work justify Because his job For stop giving breast milk to the baby and the saddest thing when get agreement from husband . But part big Mother Still Anyone want it breast-feed the baby during six month although still do his job . For working mothers should utilise leave gave birth 3 months ago right workers , for prepare babies and caregivers the baby For skilled give expressed breast milk with use cup . Thu can train express breast milk before return work and get breast milk frozen For supply when has return Work . Make an effort during in the office can do Express breast milk every 3-4 hours and store it in refrigerator (Partiwati & Pumawati in breast milk surgery , 2008: Februhartanty , 2009)

Christian's (2007) research shows breastfeeding mother the baby in a way exclusive more Lots experience decline weight in six month first postpartum than those who

don't breast-feed his son . Body Mother need calories as much as 500 calories every day For produce the required breast milk during breast-feed baby his so that in a week breastfeeding mother the baby in a way exclusive will lost power as much as 3,500 calories or 0.45 kg weight his body For provide breast milk as food for the baby . So as long as six mother's postpartum month can experience lost body weight natural as much not enough just over 11kg with provide exclusive breastfeeding . When added exercise program as well as healthy food (diet). so postpartum maternal weight can return to weight before pregnant in nine until eleven month (Christian, 2007).

Some mothers House ladder nor working mother most No problematic change body caused by the process of pregnancy and childbirth . But different for very caring mother with slimness his body after birth child first and often found in artists who want to seen slim return after birth the baby . Can seen from study Kinnunen (2007) where Mother primi para willing follow session dietary guidance and activity physique For return heavy his body to before pregnant

Condition Mother after postpartum is expected back to normal weight body , with breast-feed the baby will can lost body weight as much as 5 kg to 7 kg in three or six months postpartum assisted exercise physical and follow a healthy diet No forget need nutrition for the baby as well as make the exclusive breastfeeding program a success (ABM, 2009; Cockett, 2008; WHO, 2005; Chunningham , et al . 2005).

Leveno , (2003) and Hadiyono . (2008) stated after give birth to Mother will lost weight during pregnant about 5 6 kg as a result expenditure baby , placenta , amniotic fluid and blood . Adaptation physiology carried out body Because all organs will return like before pregnant since one hour of placenta born until 6 weeks postpartum. When This happen Again decline heavy body as much as 2-3 kg through diuresis, excretion lochia and uterine involution so mother 's current weight That Still excess 4 kg from weight before pregnant if during pregnant increase mother 's weight No excessive . Most of the Mother almost reach return previous weight pregnant in six month after giving birth. But There is part still mother excess his weight about 1.4-2 kg.

Study show after give birth to will happen decline The postpartum mother's weight is between 5 kg and 11 kg due to the birth and giving process The baby is exclusively breastfed . Breastfeeding mother the baby in a way exclusive more Lots experience decline weight in six month first postpartum than those who don't breast-feed his son . Body Mother need power as much as 500 calories every day For produce breast milk needed during breast-feed baby his so that in a week breastfeeding

mother the baby in a way exclusive will lost power as much as 3,500 calories or 0.45 kg weight his body For provide breast milk as food for the baby . So as long as six month postpartum mother can experience lost body weight natural as much not enough more 11 kg only with provide exclusive breastfeeding . If you add an exercise program as well as healthy food (diet). so postpartum maternal weight can reduce in Nine to eleven moon (Christian. (2007).

Evaluation and monitoring weight is necessary done by mother during pregnancy and after childbirth . This matter important For know change weight and size appropriate calories with need Mother . Weight before getting pregnant is very important in evaluation and monitoring this , because determine whether changes that occur after labor is decline or precisely improvement mother's weight (Leveno , 2003; Kumiali & Abikusno , 2007; Indriati 2009).

METHOD

Types of research This is descriptive analytic with design study cross sectional . Researcher do measurement variable on a moment certain Where each subject just observing one time and measurement subject done at the same time For get clear picture about related factors with decline Postpartum maternal weight in place Practice Independent Midwife Lilik Sugiatirti Canggung Village Subdistrict Kupang Mojokerto Regency . Variable free that is give activity physical , and Mother Work . Variable bound that is decline postpartum maternal weight . Variable in study This variable bound is decline mother 's weight post partum and variable free that is activity physical , and mother Work .

On research this is what happened population is all women who have baby 6 months old and doing On -Site visits Practice Independent Midwife Lilik Sugiatirti Canggung Village Subdistrict Kupang Mojokerto Regency

Deep sample study This taken with consecutive sampling technique , namely all subjects who come and fulfill criteria election entered in study until amount sample fulfilled , technique taking all sample during the observation period in the same place (Sastroasmoro , 2008).

As for the criteria sample study is :

a. All mother who has birth and age baby I've been doing it for 6 months visit to Place Practice Independent Midwife Lilik Sugiatirti Canggung Village Subdistrict Kupang Mojokerto Regency

b. Can read and write

c. All mother who has completeness of data is required For research (BB one Sunday before giving birth , BB baby new birth , BB mother moment age baby 6 months postpartum, BB baby 6 months old)

d. Willing become respondents

Data collection tools used by researchers with use questionnaire question open and closed consists on the two parts created own by researchers : Viewing status about mother 's weight One Sunday before delivery and 6 months postpartum. Questionnaire For activity physical , and mother Work form question closed . The questionnaire model used is combined between question open and closed . So it's a gift assigned score researcher with the Guttman Scale.

Procedure data collection is carried out with method before study carried out , researchers will : File letter application permission targeted research to Place Practice Independent Midwife Lilik Sugiatirti Canggu Village Subdistrict Kupang Mojokerto Regency . Look for information about mother and baby weight with method see the status of the child's mother 6 months old about notes mother 's weight a week before birth and maternal weight moment this (age 6 month old baby). Share questionnaire to Place Practice Independent Midwife Lilik Sugiatirti Canggu Village Subdistrict Kupang Mojokerto Regency . Give explanation method filling and meaning from each question in questionnaire . Previously researcher explain purpose and objectives researchers to On -Site officers Practice Independent Midwife Lilik Sugiatirti Canggu Village Subdistrict Kupang Mojokerto Regency for every respondents requested sign letter agreement previously . The questionnaire has filled taken researcher moment visit Place Practice Independent Midwife Lilik Sugiatirti Canggu Village Subdistrict Kupang Mojokerto Regency .

Data processing with stages as following :

a. Data editing

Stages This used For research completeness and consistency answer from every questionnaire that has been filled respondents .

b. Giving data entry code

Next is the questionnaire data given code with method give code in the column that has been provided in each question item makes it easier in data processing . Furthermore data entry is carried out .

c. Data cleaning

The data has been entry checked return For ensure that the data has clean from error , well on time coding nor in read code , so Ready For analyzed .

As for technique analysis statistics used is Analysis Univariate used For do analysis distribution and percentage of each variable . The results of the independent variables , namely activity physical , mother working , and exclusive breastfeeding is displayed in form distribution frequency . Variable bound (dependent), namely decline Postpartum maternal weight results are also displayed in form distribution frequency . Analysis bivariate used For see connection between variable free that is activity physical , mother working , and exclusive breastfeeding with variable bound that is decline postpartum maternal weight . Test hypotheses in research This using the Chi Square test, for see whether There is connection meaningful between variable free and bound . Analysis Multivariate is technique analysis expansion or development from analysis bivariate . Technique This aim see or learn connection several independent variables with generally one dependent variable . Test analysis the multivariate using Regression Test Double Logistics caused variable independent categorical and variable dependent categorical

RESULTS

Distribution Frequency Respondent based on Age , Education, Number of Children in Place Practice Independent Midwife Lilik Sugiatirti Canggu Village Subdistrict Kupang Mojokerto Regency

| Variable | Frequency | Percentage (%) |
|--------------------------|-----------|----------------|
| Age Mother | | |
| < 20 years | 3 | 10 |
| 20-35 years | 23 | 77 |
| >35 years | 4 | 13 |
| Education | | |
| Elementary-middle school | 7 | 23 |
| SMA/MA | 17 | 57 |
| College | 6 | 20 |
| Number of children | | |
| Primipara | 9 | 30 |
| Multiparous | 21 | 70 |

Distribution Frequency Respondent Based on Post Partum Maternal Weight Loss in Place Practice Independent Midwife Lilik Sugiatirti Canggung Village Subdistrict Kupang Mojokerto Regency

| Variable | Frequency | Percentage (%) |
|--------------------|-----------|----------------|
| Weight loss < 5 kg | 12 | 40 |
| Weight loss > 5 kg | 18 | 60 |
| | 30 | 100 |

Distribution Frequency Respondent Based on Activity Physical , Working Mothers and Exclusive Breastfeeding In Place Practice Independent Midwife Lilik Sugiatirti, Canggung Village Subdistrict Kupang Mojokerto Regency

| Variable | Frequency | Percentage (%) |
|----------------|-----------|----------------|
| Program Sports | | |
| Do | 14 | 47 |
| Do not do | 16 | 53 |
| Mother's Job | | |
| Doesn't work | 13 | 43 |
| Work | 17 | 57 |
| Breastfeeding | | |
| Exclusive | 22 | 73 |
| Non exclusive | 8 | 27 |

Distribution Respondent Based on Post Partum Maternal Weight Loss With Variable Independent On -Site Practice Independent Midwife Lilik Sugiatirti Canggung Village Subdistrict Kupang Mojokerto Regency

Post Partum Maternal Weight Loss

| Variable | Post Partum Maternal Weight Loss | | | <i>p-value</i> |
|---------------------|----------------------------------|----|--------------------|----------------|
| | Lose Weight > 5 Kg | | Body Weight < 5 Kg | |
| | n | % | % | |
| 1 Programmed Sports | | | | |
| Do | 10 | 33 | 20 | 0.765 |
| Do | 8 | 26 | 20 | |

| | | .7 | | | |
|---|---------------|----|----|------|-------|
| 2 | Mother's Job | | | 16 | |
| | Doesn't work | 5 | .7 | 26.7 | 0.035 |
| | Work | 13 | | 13.3 | |
| | | .3 | | | |
| 3 | Breastfeeding | | | 56 | |
| | Exclusive | 17 | .7 | 16.7 | 0.001 |
| | Non Exclusive | 1 | | 23.3 | |
| | | 3 | | | |

DISCUSSION

Connection Activity Physique with Post Partum Maternal Weight Loss

Statistical test results obtained p- value 0.765. This matter show that No There is meaningful (significant) relationship between activity physique do it programmed sports and not do it programmed sports inside lower it more weight or same with 5 Kg. This result in accordance with research conducted by Keller, et al (2008) was obtained decline weight is meaningful in both group well that's just provide exclusive breast milk just go ahead and get it dietary intervention Healthy with or without exercise regularly, but do it exercise happens 25% increase in O₂ consumption which has a very good effect on the production of breast milk produced Mother so that explain decline postpartum body weight can happen only with provide exclusive breast milk without Do diet and activity physique

Working Mother Relationships with Post Partum Maternal Weight Loss

Statistical test results obtained p- value 0.035. This matter show that No There is meaningful (significant) relationship between mothers who don't Work with working mother inside decline body weight 2: 5 Kg. In accordance with Pratiwi and Pumawati inside breast milk surgery (2008) For working mothers should make use of it 3 month leave happened right workers , for prepare babies and caregivers the baby For selected Give expressed breast milk with use cup . Thu can berlativ Express breast milk beforehand come back work and get breast milk frozen For supply when has come back Work . Work Mother No barrier For provide exclusive breastfeeding For baby , so decline working mother 's weight even though No Work can come back to previous weight harnil

Connection Giving Exclusive breastfeeding with Post Partum Maternal Weight Loss

Statistical test results obtained p- value 0.001. This matter show There is meaningful (significant) relationship between giving breast milk Exclusive inside Weight loss of more than 5 kg in postpartum mothers . In accordance with WHO records (2003, 2007, and 2009) That one useful Mother provide exclusive breastfeeding is help Mother lower it weight and control happen boredom after give birth According to Susiana (2009) Managernen lactation For help Mother achieve success inside breastfeed the baby It goes through 3 tense stages role important inside success This that is first in taste harmony stage This Mother reassuring self Alone will success breastfeed . Stage Second moment Mother inside labor arrive go out runnah Sick go through clean it milk nipples before child born , breastfed quick after child born , no give food or ninurnan in addition to ASL Stage Third postpartum feeling after birth with Just give breast milk arrive baby aged 6 months or exclusive as well as continue supply of full breast milk baby 2 years old, food complementary breast milk is given moment baby start aged 6 months .

CONCLUSION

Based on results data analysis and discussion results research that has been done so can withdrawn conclusions and suggestions as following : Weight loss > 5 kg by 60 %, exclusive breastfeeding is influencing variables Thu Post Partum Weight Loss . There is no meaningful (significant) relationship between activity physical and maternal Work with decline postpartum maternal weight . Based on results research , it is hoped midwife can apply care midwifery on Mother postpartum For give exclusive breast milk to the baby . Breastfeeding very useful exclusive for baby and mother it's one of them is lower postpartum maternal weight

REFERENCE

- Amir, L. H. & Susan Donath, S. (2007). A systematic review of maternal obesity and breastfeeding intention , initiation and duration <http://www.biomedcentral.com/content/pdf/1471-2393-7-9.pdf>
- Almatsier , S. (2008). Dr. Cipto Mangunkusumo and Association Indonesian Dietitian . PT Gramedia Pustaka Utama. Jakarta.
- Bacon, L, et all. (2002). Evaluating a ' non-diet' wellness intervention for Improvement of metabolic fitness, psychological well-being and eating and activity behaviors <http://www.nature.com/ijournal/v26/n6/full/0802012a.html>

- Chunningham , FG, et all. (2005) Obstetrics Williams, 21st ed. over language Hartono, A. EGC. Jakarta.
- Fehler KL. et all. (2007). Postpartum Dietary Changes in Women With Previous Gestational Diabetes Mellitus. Canadian Journal of Diabetes. [http://www.diabetes.ca/files/Postpartum Diet -Feb232007 .pdf](http://www.diabetes.ca/files/Postpartum%20Diet%20-%20Feb232007.pdf)
- Gayton, A.C. & Hall, J.E. (2006). Textbook of medical physiology, 11th Edition. Translation Irawati, et al . (2007). Physiology textbook medicine , ed. 11. Jakarta, EGC.
- Ganong, WF . (2005). Review of medical physiology, 22nd ed. Translation Pendit , BU. (2008). Physiology textbook medicine . Jakarta. EGC.
- Keller C. et all . (2008). Interventions for Weight Management in Postpartum Women. AWHONN, the Association of Women's Health, Obstetric and Neonatal Nurses. <http://jognn.awhonn.org>
- Kinnunen. IT, Et all. (2007) . Reducing postpartum weight retention a pilot trial in primary health care.
- Kinnunen et al; licensee BioMed Central Ltd. [http://www.nutritionj .corn/content/pdf/1475-2891-6-21.pdf](http://www.nutritionj.com/content/pdf/1475-2891-6-21.pdf)
- Trijaya and Marzuki. (2008). Energy metabolism and regulation lust Eat in ASL Bond surgery Indonesian doctor Jakarta branch . FKUI Publishing House . Jakarta.