Pharmacoun Journal
Available online at https://ojs.stikeskeluargabunda.ac.id/index.php/pharmaconjurnal
Original Research Article

The Effect Of Non-Pharmacological *Galactagogue* Education Through *Leaflet* Media On Postpartum Mothers Knowledge

Deliana Br Karo [1] *, Putri Lestari [2], Yova Aditiatama [3], Sukma Oktafiani[4]

[1] Program Studi Pendidikan Profesi Bidan Program Profesi STIKes Keluarga Bunda Jambi, Jambi, Indonesia
[2] Program Studi Kebidanan Program Diploma STIKes Keluarga Bunda Jambi, Jambi, Indonesia
[3] Program Studi Farmasi Program Sarjana Farmasi STIKes Keluarga Bunda Jambi, Jambi, Indonesia
[4] Program Studi Farmasi Program Sarjana Farmasi STIKes Keluarga Bunda Jambi, Jambi, Indonesia

INFO ARTIKEL

*Penulis korespondensi.
Surel (***Deliana Br Karo[1] *, Putri Lestari, Yova Aditiyatama, Sukma Oktafiani***):
delianakaro@gmail.com

ABSTRAK

According to data from the Basic Health Research (RISKESDAS), in 2022, exclusive breastfeeding in Indonesia was 67.96%. Based on statistical data from 2021, it was stated that the province of Jambi had an exclusive breastfeeding rate below the national average. Educational sessions for breastfeeding mothers and additional support through the use of galactagogues were provided to enhance postpartum mothers' knowledge in supporting the secretion and production of breast milk. ***Objective:*** *To determine the effect of educational leaflets containing galactagogues on postpartum mothers' knowledge.* ***Method****: A quasi-experimental study design with a pretest-posttest design and a control group. Sampling was conducted using probability sampling with systematic odd-even selection techniques, using mean differences with 16 postpartum mothers in each group. Instruments included a knowledge questionnaire and educational leaflets. Data analysis was performed using the Wilcoxon test and the Mann-Whitney test.* ***Results:*** *Based on the research results, significant values were obtained from the pretest leaflet media p-value of 0.838 and the posttest p-value of 0.001. Leaflet media were more influential than lecture media with a p-value of 0.000 on postpartum mothers' knowledge.* ***Conclusion:*** *There is a significant influence of galactagogue education through leaflet media on knowledge.*

Keywords: *Education; Galactagogue; Postpartum Mothers; Leaflet media.*

INTRODUCTION

Exclusive breastfeeding for six months is an effective technique for improving the health, development, growth, and survival chances of infants [1]. From birth until six months of age, newborns should only be given breast milk, in accordance with Government Regulation of the Republic of Indonesia No. 33 of 2012 on exclusive breastfeeding [2]. The success of exclusive breastfeeding is influenced by the role and support of the family, healthcare workers, the community, and the government, as per Government Regulation of the Republic of Indonesia [2].

According to global data, breastfeeding rates are still far from the global target. From 2015 to 2021, the rate of breastfeeding within one hour of birth was 47%, while the target for 2030 is 70%. Exclusive breastfeeding stands at 48% and has increased by 10% from the previous decade. By 2030, exclusive breastfeeding is targeted to reach 70%, but it is still far from the target [3]. According to data from the Basic Health Research (RISKESDAS), in 2022, exclusive breastfeeding in Indonesia was 67.96%, while the rate of Early Breastfeeding Initiation (IMD) also decreased from 58.2% in 2019 to 48.6% in 2021 [4]. Based on statistical data from 2021, it is stated that the Province of Jambi has a breastfeeding rate that is still below the national average, at 71.37%, and has not yet reached the national target of 80% (Dinkes Tanjab Barat, 2022). A decline in exclusive breastfeeding coverage occurred in Tanjung Jabung Barat District, one of the districts in Jambi Province, from 77.6% in 2019 to 72.2% in 2022 [5]. Issues that may arise due to insufficient breastfeeding in children include an increased risk of stunting in growth and development [6].

Stunting in Tanjung Jabung Barat District had a prevalence rate of 19.7% in 2021, and Betara Subdistrict is one of the subdistricts that has not yet achieved the target for exclusive breastfeeding and has the highest incidence of stunting in Tanjung Jabung Barat District [7].

Health education media used to provide information can be in various forms, including leaflets and lectures [8]. One way to help mothers feel more confident in breastfeeding exclusively, overcome problems they may experience, and increase milk production is by consuming foods that contain galactagogues [9]. Galactagogues are substances found in foods or medications used to stimulate, maintain, and increase breast milk production [10].

The use of non-pharmacological plants as natural sources of galactagogues is believed to be effective for mothers in addressing issues related to breast milk production. Some traditional and easily accessible plants include coleus amboinicus Lour, katuk leaves, cassava leaves, green beans, moringa, bitter gourd, and papaya leaves [11].

The purpose of this study was to determine the effect of galactagogue leaflet education on postpartum mothers' knowledge of breastfeeding at the Sukarejo Community Health Center.

METHOD

This study is a quantitative study with an experimental design using a quasi-experimental design with a nonequivalent control group design using a two-group pretest-posttest design, namely the provision of leaflets to the treatment group

and the provision of lectures to the control group.

The sample in this study was based on inclusion criteria determined by the researcher, and a systematic sampling approach called odd-even selection was used in the probability sampling process. There were 16 postpartum mothers in each group, with a total sample of 32 respondents who met the researcher's criteria.

The research was conducted in the working area of the Sukarejo Community Health Center, Betara Subdistrict, Tanjung Jabung Barat Regency, Jambi Province. This research was conducted from April 2025 to July 2025.

RESULT AND DISCUSSION

Table 1. Wilcoxon Test Values

	Posttest leaflet Pengetahuan-*Pretest Leaflet* Pengetahuan	*Posttest* Ceramah Pengetahuan-*Pretest* Ceramah Pengetahuan
Z	-3,435[b]	-3,429[b]
Asymp. Sig. (2-tailed)	,001	,001

Table 1 shows that the leaflet media in the pretest-posttest knowledge with a sig. value of 0.001 is said to have an effect on mothers' knowledge with a significant value of <0.05.

Table 2. Knowledge scores between groups

Variabel	Pengetahuan		
	Mean	Selisih	*P-Value*
	Hasil *Pre test*		
Media *leaflet*	15,87	0,74	0,838
Media Ceramah	15,13		
	Hasil *Post test*		
Media *leaflet*	21,33	12,76	0,000
Media Ceramah	8,57		

Based on Table 2, it can be interpreted that between the pretest knowledge group with a p-value of 0.838 > 0.05, there is no significant difference between the leaflet media and the lecture media. Meanwhile, based on the posttest p-value results, a p-value of 0.000 was obtained. This indicates that there is no significant difference between the pretest knowledge group with a p-value of 0.838 > 0.05, meaning there is no significant difference between the leaflet medium and the lecture medium. Meanwhile, based on the posttest p-value results, a p-value of 0.000 was obtained.

This is in line with research [12] that health promotion using leaflets is better understood by postpartum mothers. The results of this study confirm that the use of leaflets in providing galactagogue education to postpartum mothers can provide information that is easier to understand and comprehend. Knowledge improvement occurs because galactagogue education using leaflets can influence a person's sense of sight, enabling most postpartum mothers to understand the material presented.

In line with research [13] which states that leaflets have advantages, namely visual media, can be used at any time, and can be used and viewed repeatedly.

Based on research [14], it was found that there was a difference in the level of knowledge between the group given lecture media and the group given leaflet media, with the group given leaflet media being more effective than the lecture media. Providing education using leaflet media is more effective in increasing the knowledge of postpartum mothers than providing education through lectures alone. Educational provision using the leaflet method can increase postpartum mothers' curiosity and make it easier for

them to follow the steps outlined in the leaflet.

This study proves that knowledge can be influenced by the provision of leaflets because they can be seen with the sense of sight and can increase knowledge compared to using only the sense of hearing.

In this study, postpartum mothers in the group that received galactagogue leaflet education showed better changes in knowledge. This is because visual media is an intermediary medium where material and its absorption are conveyed through sight, thereby creating conditions that enable postpartum mothers to acquire knowledge. The material in the leaflet is presented in the form of images and sentences that are easier for postpartum mothers to understand. This may indicate that leaflets are more appealing or easier to understand for postpartum mothers than lectures.

CONCLUSION

Providing education about non-pharmacological galactagogues through leaflets has been proven to have a positive effect on increasing the knowledge of postpartum mothers. Leaflets, as a simple and easy-to-understand educational tool, are able to convey important information about foods and natural methods that can stimulate breast milk production. With increased knowledge among postpartum mothers about non- pharmacological galactagogues, it is hoped that this will support the smooth process of breastfeeding and improve the success of exclusive breastfeeding.

REFERENSI

[1] Aslamiah S. Pengaruh Pemijatan Payudara terhadap Peningkatan Produksi ASI pada Ibu Nifas. Journal of University of Pahlawan 2021;1:74–84.

[2] Oktavira BA. Peraturan pemerintah terkait peberian ASI. Hukum OnlineCom 2023. https://www.hukumonline.com/klinik/a/perlindungan-hukum-atas-pemberian-asi-eksklusif-lt4ed4e8aa733c1 (accessed December 14, 2023).

[3] WHO. Global Breastfeeding Scorecard 2022 Protecting Breastfeeding Through Further Investments And Policy Actions. 2022.

[4] RISKESDAS. Dukungan terhadap pemberian ASI di Indonesia 2023.

[5] Dinkes Tanjab Barat. Profil Kesehatan Kabupaten Tanjung Jabung Barat. 2021.

[6] Sr A, Sampe SA. Hubungan Pemberian ASI Eksklusif Dengan Kejadian Stunting Pada Balita Relationship between Exclusive Breastfeeding and Stunting in Toddlers. Jurnal Ilmiah Kesehatan Sandi Husada 2020;11:448–55. https://doi.org/10.35816/jiskh.v10i2.314.

[7] Kusnandar VB. Prevalensi Balita Stunting di Kabupaten/Kota Provinsi Jambi 2021. Databoks 2022. https://databoks.katadata.co.id/datapublish/2022/07/19/ini-wilayah-jambi-dengan-prevalensi-balita-stunting-terbesar-pada-2021 (accessed January 3, 2024).

[8] Marlina Y, Widiasih R, Maryati I. Edukasi Kesehatan Teknik Menyusui Menggunakan Media Video dan Media Leaflet terhadap Pencegahan Puting Lecet pada Ibu Postpartum. Journal of Telenursing (JOTING) 2023;5:3892–9. https://doi.org/10.31539/joting.v5i2.8386.

[9] WHO. Global Strategy for Infact and Young Child Feeding 2003. World Health Ogranization 2023. https://www.who.int/publications/i/item/9241562218 (accessed January 3, 2024).

[10] Gyamfi A, O'neill B, Henderson WA, et al. Black/African American Breastfeeding Experience: Cultural,

Sociological, and Health Dimensions through an Equity Lens. Breastfeeding Medicine 2021;16:103–11. https://doi.org/10.1089/bfm.2020.0312 .

[11] Adhi IS. Penggunaan Tanaman untuk Pelancar ASI . Compas Health 2020. https://health.kompas.com/read/2020/04/18/163000768/cara-penggunaan-tanaman-untuk-pelancar-asi-di-sekitar-kita (accessed December 15, 2023).

[12] Ekaputri R, Ismed S, Afrika E. Faktor-faktor yang Mempengaruhi Pengeluaran ASI pada Ibu Postpartum Di Wilayah Kerja Puskesmas Tanjung Agung Kecamatan Tanjung Agung Kabupaten Muara Enim Tahun 2021. Jurnal Ilmiah Universitas Batanghari Jambi 2022;22:753. https://doi.org/10.33087/jiubj.v22i2.1814.

[13] Budiarto M, Bella, Yuliania N, et al. Media Promosi Dan Informasi Pada Pt. Gardena Karya Anugrah Berbentuk Video Company Profile. vol. 4. 2018.

[14] Ningsih DA. Faktor-faktor yang mempengaruhi pemberian ASI Eksklusif. Jurnal Penelitian Kesehatan Suara Forikes 2018;9:101–13.