

Experiences of Mothers in the Implementation of Breast Pump Use for Breast Health in Somawangi Village, Mandiraja, Banjarnegara

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ABSTRACT

The use of breast pumps plays a crucial role in supporting breastfeeding, especially for working mothers or those facing challenges with direct breastfeeding. However, the effectiveness of breast pump use and its impact on breast health in rural areas remains under-researched. A qualitative descriptive approach was used, involving in-depth interviews with 15 mothers who have used breast pumps. Thematic analysis was performed to identify key themes regarding the experiences of the participants. The results indicated that most mothers had positive experiences with breast pumps, reporting convenience and improved milk expression. However, challenges such as discomfort, lack of knowledge, and improper usage were identified. The study found that breast pump use improved breast health for many mothers, but improper use could lead to breast tissue damage. Breast pump use can be beneficial for supporting breastfeeding and improving breast health. However, it is essential to provide proper education and support to ensure its correct use. Programs aimed at enhancing breastfeeding knowledge and supporting breast pump use should be implemented in rural areas.

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1. INTRODUCTION

Breastfeeding is widely acknowledged as the optimal way to nourish infants, providing essential nutrients and boosting the infant's immune system. However, the practice of breastfeeding can be challenging for some mothers due to various reasons, including returning to work or medical conditions that hinder direct breastfeeding. As a solution, the use of breast pumps has become increasingly popular, allowing mothers to express and store milk for later use¹.

In Indonesia, while the use of breast pumps has been promoted as a means to enhance breastfeeding practices, there is limited research focusing on its implementation and effectiveness, especially in rural communities². In Somawangi Village, Mandiraja, Banjarnegara, an increasing number of mothers have turned to breast pumps as a solution to maintain breastfeeding while managing daily activities. Despite this, the experiences and challenges associated with breast pump use have not been thoroughly explored in this setting.

This study aims to explore the experiences of mothers in Somawangi Village regarding the use of breast pumps and to assess the impact of this practice on breast health. Understanding these experiences is crucial to improving maternal and child health interventions in rural areas.

2. RESEARCH METHOD

This study used a qualitative descriptive design to explore the experiences of mothers who have used breast pumps in Somawangi Village, Mandiraja District, Banjarnegara. A purposive sampling technique was employed to select 15 mothers who had used breast pumps for at least one month.

Data were collected through semi-structured interviews, which allowed participants to share their personal experiences in-depth. The interviews focused on their perceptions of breast pump use, benefits, challenges, and its effects on breast health. Interviews were conducted in the local language to ensure understanding and comfort.

The data were transcribed and analyzed using thematic analysis, which involves identifying, analyzing, and reporting patterns (themes) within the data³. This process was performed manually to ensure a thorough understanding of the participants' experiences. Thematic analysis allowed for the identification of key factors influencing the use of breast pumps, including knowledge, accessibility, comfort, and support from healthcare providers.

Describe the design of the experiment, such as the experiment procedures, surveys, interviews, observation characteristics, etc. Write the complete research procedure. Be sure that explanations made in the article will allow other researchers reproduce the work, or make future work out of it.

3. RESULT AND DISCUSSIONS

Results

The analysis revealed several themes regarding the mothers' experiences with breast pump use. Most mothers (80%) expressed satisfaction with breast pumps, citing convenience and the ability to express milk while continuing other tasks. However, discomfort and lack of proper education about breast pump use were also common concerns.

Table 1 Frequency of Positive And Negative Experiences with Breast Pump Use

Experience Category	Frequency (n)	Percentage (%)
Positive Experience	12	80%
Negative Experience	3	20%

In total, 80% of mothers had a positive experience, whereas 20% reported difficulties due to discomfort or lack of knowledge regarding proper breast pump use.

Discussion

The findings indicate that breast pump use is a beneficial tool for mothers in Somawangi Village, facilitating continued breastfeeding even with the challenges of modern life. However, the lack of knowledge about how to use the breast pump properly was a recurring theme. This issue, coupled with discomfort during use, highlights the need for more comprehensive education and support for mothers, particularly in rural areas⁴.

These findings are consistent with previous studies, which emphasize the role of education in improving breastfeeding practices, including the proper use of breast pumps⁵. Mothers who were properly educated about how to use breast pumps experienced fewer issues with discomfort and were more satisfied with the overall breastfeeding process. Additionally, while most mothers reported improved breast health after using the breast pump, some expressed concerns about potential breast tissue damage from improper usage⁶. Given these results, it is evident that while breast pump use has the potential to support breastfeeding

efforts, education and proper guidance are critical in ensuring its effectiveness. Rural health programs should focus on providing adequate training and support for mothers using breast pumps.

4. CONCLUSION AND RECOMMENDATION

In conclusion, this study demonstrates that the use of breast pumps has a positive impact on breastfeeding practices, especially among mothers in rural areas. However, to maximize its benefits, proper education and support regarding the correct use of breast pumps are essential. Healthcare providers and community health programs should prioritize these aspects to improve maternal and child health outcomes.

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