
THE CORRELATION BETWEEN EXCLUSIVE BREASTFEEDING AND WEIGHT LOSS IN LACTATING WOMEN IN THE INDEPENDENT PRACTICE MIDWIFE YUSIDA IN 2020

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ABSTRACT

Exclusive breastfeeding for Palembang in 2018 by 76,5%. This achievement is still below the target of exclusive breastfeeding in Indonesia is 80%. Exclusive breastfeeding is one way to lose weight on a lactating women because the fat reserves in the body are used for the process of breast milk production. The purpose of this study is to determine the effect of Exclusive breastfeeding on weight loss lactating women. The design of this research is using the analytic method with the approach of cross-sectional. The population in this study were all women who have children aged 6-7 months in the independent practice midwife Yusida 2020. The samples were taken by purposive sampling which amounted to 62 people. The results showed that the majority of the sample experienced a weight loss that is of 59.7% and most of the s do not give exclusive breastfeeding as much as 33,9%. In the results of the bivariate analysis, there is a correlation between exclusive breastfeeding with weight loss with the results of the p-value of 0.006. This result supports the world health organization's recommendation of Exclusive breastfeeding for the first 6 months of life to reduce the risk of weight retention or addition of weight gain in postpartum women. It has been known that exclusive breastfeeding is beneficial for infants and mothers, promote breastfeeding as a strategy to promote weight loss is important, because the excess weight in women of reproductive age is a public health problem.

Keywords: Exclusive breastfeeding, Weight Loss

INTRODUCTION

Exclusive breastfeeding is breast milk given to the baby until the age of 6 months without the addition of any food except the drug. Breastfeeding is the right way and healthy to feed the baby. Breast milk is the best food for babies because this is what the babies need. Various nutrients contained in breast milk are very useful for the growth and development of infants as well as can increase the intelligence of the baby. In addition, breast milk also contains antibodies that can prevent the baby from infection so the baby is not easily affected by the disease (1).

In Indonesia, the presentation of exclusive breastfeeding still does not meet the target by the Ministry of health of the Republic of Indonesia is 80%. Based on data from the health center of the Department of Health of the City of Palembang (2018) Sei Selincah health center is a health center with the coverage of exclusive breastfeeding, which already exceeded the target in Palembang in 2018, that amounted to 79.1% (246 of babies exclusively breastfed). Efforts to promote breastfeeding usually include health benefits for mother and child. The body changes as a result of breastfeeding can be a direct benefit. Most women feel that breastfeeding has a positive effect on their body, such as body shape back before pregnancy, health benefits, physical benefits, benefits of eating, and psychological (2).

The benefit for lactating women is weight loss. As we know that the weight during pregnancy increased every month. With breastfeeding can help to reduce body weight, as the information when breastfeeding means the same by burning 200 to 500 calories per day (3).

Women who breastfeed exclusively turns more easily and more quickly return to their weight before the pregnancy. During the pregnancy, weight gain in addition to because there is a fetus also because of the accumulation of fat

in the body. The fat reserves were prepared as a source of energy in the process of breast milk production, by feeding the body will produce more breast milk so fat deposits serve as the backup power will be used. If the fat reserves are reduced, then the weight will be more quickly return to the state before pregnancy (4). Breastfeeding exclusively can take 500 calories per day (the equivalent of swimming activities 30 rounds or cycling uphill for one hour) so that the lactating women's weight will be reduced naturally (5). Moreover, if the women is breastfeeding exclusively for 6 months and continued at least until the baby is 1 year old. In women who exclusively breastfeed their babies will experience a weight loss of 1-2 kg per month commencing from the weight loss. This is due to women who experienced a reduction of 250 kcal will be taken from the reserves of calories that fat reserves during pregnancy (6). This study will show the influence of Exclusive breastfeeding on weight loss in lactating mothers.

METHODS

The research method used is analytical, with a cross-sectional study design. The variables of this research were exclusive breastfeeding and weight loss. The study population was all women who come to visit the independent practice midwife Yusida who have children aged 6-7 months. The sampling technique is done by the purposive sampling method, the sample is of the population that met the inclusion criteria. The instruments used in this research are the sheet checklist, scales, data of maternal, and KIA book. The respondents of the research were required to fill the sheet approval and the guarantee of the confidentiality of respondent data. The analysis in this research is the analysis of bivariate statistical test chi-square (χ^2) with a significance level of 0.05 using SPSS software 20.0. The research hypothesis is that there is a correlation between exclusive breastfeeding with weight loss in lactating moms.

RESULTS

Variable weight loss is grouped into 2 categories: yes (when experiencing weight loss) and not (if not weight loss). Found that the frequency distribution of the weight loss lactating women from 62 of the majority of respondents experienced a weight loss of 59.7% and who do not experience weight loss as much as 40.3% of.

Table 1. Frequency Distribution Based On The Weight Loss

Weight loss	Frequency	Percentage
Yes	37	59.7
No	25	40.3
Total	62	100

Variables of Exclusive breastfeeding are grouped into 2 categories: yes (when fed exclusively breastfed), and not (if not exclusively breastfed). The results of the univariate analysis of the variables of exclusive breastfeeding can be seen from the table below that the majority of exclusive breastfeeding to 66.1%, and that does not give exclusive breastfeeding only 33,9%.

Table 2. Frequency distribution Based on Exclusive breastfeeding

Exclusively breastfed	Frequency	Percentage
Yes	41	66.1
No	21	33.9
Total	62	100

Bivariate analysis is used to determine the correlation between exclusive breastfeeding with weight loss can be seen from the table below. The results of the study found that of the 41 respondents who give exclusive breastfeeding is 73,2% experience weight loss. While the 21 respondents who were not exclusively breastfed are 66,7% who do not experience weight loss. The results of the Chi-Square test obtained a p-value of $0.006 \leq$ the value of α (0.05), the result show that there is a correlation between exclusive breastfeeding with weight loss in lactating women in the independent practice midwife Yusida 2020. With a value of OR = 5,455 which means that exclusively breastfeeding are at risk of undergoing weight loss 5,455 times compared to women were not exclusively breastfed.

Table 3 the correlation between Exclusive breastfeeding with Weight Loss in Lactating Women

Exclusively breastfed	Weight loss				Total		P P P value
	Yes		No		N	%	
	N	%	N	%			
Yes	30	73,2%	11	26,8%	41	100%	0,006
No	7	33,3%	14	66,7%	21	100%	
Total	37	59,7%	25	40,3%	62	100%	

DISCUSSION

Based on the results of the statistical test shows that there is an influence of exclusive breastfeeding with weight loss in lactating women in the independent practice midwife Yusida 2020. This can occur because of the time the baby sucks the mother's breast, occurring stimuli neurohormonal on the nipple and the areola. These stimuli will be forwarded to the pituitary through the nerve vagus, continue to the anterior lobe, of this lobe will be releasing the prolactin hormone, then enter into the circulation of the blood and to the glands breast milk makers so it will be stimulated to produce breast milk.

The body will take energy from the fat accumulated during pregnancy, especially in the thighs and upper arms, so that the weight of a lactating women will be more rapid return to the original weight. When pregnant, the body gains weight in addition to because there is a fetus also because of the accumulation of fat in the body. The fat reserves it actually was prepared as a source of energy in the process of the production of breast milk. At the time of feeding, the baby does imbibing for 15-25 minutes and the breast milk comes out to about 700-800 ml/day So that by feeding the fat reserves will be reduced by ½ kg (7). A lactating women will produce breast milk for about 750 CC every day. This condition is equivalent to a weight loss of about 200-500 calories per day, so in a week could lose about 0.5 kg (8).

The results of this study are in line with Anggraini's research (2019) show there is a correlation between Exclusive breastfeeding with weight loss postpartum, that women who breastfeed exclusively have the risk of 4,783 times decreased weight compared with women who did not breastfeed exclusively. The average weight loss of as much as 1.1 kg in the group of exclusive breastfeeding and as much as 0.4 kg in the group of breast milk is not exclusive (6).

Exclusive breastfeeding for at least 3 months resulted in weight loss of 3.2 pounds greater than 12 months postpartum (Jarlenski et al., 2014).

Different research conducted by Cahyati (2019), which shows a total of 43 women postpartum (71,7%) exclusive breastfeeding, 43 postpartum women (81,7%) experienced weight gain after breastfeeding exclusively. The results of the chi-square Test showed no correlation (p -value = 0,279) between exclusive breastfeeding with weight changes in postpartum women in the working area of Cipageran Cimahi Public health center.

One of the benefits of lactating women can lose weight because it can burn calories by 200-500 calories per day. Then the necessary nutrients is about 640-700 kcal/day. In the conditions of a healthy women can produce breast milk average of 850 ml/day, therefore, the women takes the energy of 750 kcal. Breastfeeding requires energy and the body will take it from the fat accumulated during pregnancy. Thus began loss breastfeeding will make faster down to the weight before pregnancy. With breastfeeding without realizing women are doing a diet because during lactation occurred fat burning naturally. Weight loss ranged from half to one kilogram per month provided with meal planning right (4).

The lactating woman who gives exclusive breastfeeding decreased the percentage of body fat by 31.8% and a mother who experienced a rise in body fat percentage as of 18.2%. On the contrary on the mother who does not give exclusive breastfeeding increased body fat percentage by 43.2% and women who experienced a decrease in body fat percentage as much as 6.8 percent (M. Repertoire, 2019).

Women who plan to breastfeed or are breastfeeding should be given realistic advice and improve the health of changes in body weight during lactation, should be informed that is normal to lose weight during the first 6 months of lactation. The monthly rate average weight loss is 0.5-1 kg after the first month of postpartum. Other research shows that lactating women for at least 6 months postpartum may lose weight faster than those who lactating for shorter periods and not lactating. (Laura N haik)

Important to be clarified, that the weight loss observed in this study can be attributed to the lower energy consumption based on the recommendations for women who are breastfeeding exclusively. Weight loss is greater during the period of postpartum is on women who have a diet low in energy and more physical activity. Several variables affect the recovery of body weight before pregnancy, age is not a determinant of weight change during the postpartum period. Women who have excess weight or obesity also showed a tendency to decrease body weight (12).

Weight gain or weight loss during breastfeeding is not a phenomenon that is not unexpected. Decreased levels of leptin after birth and the increased prolactin in early lactation are associated with increased energy intake, changes in the sensitivity of insulin and estrogen are also consistent with increased appetite and energy-saving during breastfeeding. Women who are overweight before pregnancy maintain a weight of about 7 kg after pregnancy, regardless of the duration of breastfeeding. Thus the change of weight of the women is related to breastfeeding at least in women with normal weight, and for women who are overweight during pregnancy is not reduced with breastfeeding (13).

According to the assumptions of the researcher, the influence of exclusive breastfeeding with weight loss in lactating women in the independent practice midwife Yusida is because lactating women will require more energy. This energy is taken from the reserve fat stored during pregnancy, then used as energy in the production of breast milk. So at the time of the lactating women, the fat will shrink so that the lactating women will reduce their weight.

CONCLUSION

The results of the bivariate analysis showed 41 respondents give exclusive breastfeeding and weight loss that 73,2% while 21 respondents who were not exclusively breastfed and did not experience weight loss that 66,7. The results of this study showed there is influence of exclusive breastfeeding with weight loss in lactating women in the independent practice midwife yusida 2020 with a p-value (0.006 to) < 0,05.

This result supports the world health organization's recommendation of Exclusive breastfeeding for the first 6 months of life to reduce the risk of weight retention or addition of weight gain in women postpartum. It has been known that exclusive breastfeeding is beneficial for infants and mothers, promote breastfeeding as a strategy to promote weight loss is important, because the excess weight in women of reproductive age is a public health problem.

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