

*Bachelor of Midwifery Study Program
STIKes Dharma Husada
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ABSTRACT

Ida Jamilah

THE EFFECT OF GREEN BETEL LEAF (PIPER BETLE L) COMPRESS ON BREAST SWELLING IN POSTPARTUM MOTHERS IN INDEPENDENT VILLAGE MIDWIFE PRACTICES CIKOPO, CICALENGKA KULON DISTRICT BANDUNG DISTRICT YEAR 2023

xiv+56 +6 Table + 6 Image +14 Attachments

Introduction: The cause of obstacles in exclusive breastfeeding is the swelling of the breasts of postpartum mothers. Swelling of the breasts also causes the mother to stop the breastfeeding process because the breasts feel sore, and uncomfortable while breastfeeding, and they think that if there is a problem with the breasts, the breastfeeding process will be stopped so as not to transmit the disease to their child. Evidence shows that the content of green betel leaves (*Piper betle L*) has essential oil compounds and flavonoids that function as anti-inflammatories it is expected to reduce breast swelling more quickly.

Objective: To determine the effect of green betel leaf compresses on reducing breast swelling in postpartum mothers.

Methods: a quasi-experimental study with a pretest-posttest control group design approach with a sample size of 40 postpartum mothers. Sampling used consecutive sampling to obtain 20 respondents in the intervention group (green betel leaf compress) and 20 respondents in the control group (breast care). Breast swelling was measured using the Durometer shore C scale. Statistical analysis was performed using the Shapiro-Wilk test for normality, then because the data were not normally distributed using the Mann-Whitney -test. Results and

Discussion: There is an effect of compressing green betel leaves on breast swelling, the decrease in breast swelling is faster in the intervention group than in the control group ($p < 0.05$) ***Conclusion:*** There is an effect of compressing green betel leaves on reducing breast swelling in postpartum women, so it is expected that compressing the leaves Green betel can be used as traditional medicine in reducing breast swelling.

Suggestion: For future researchers, it is necessary to develop research with more samples and increase the number of variables to be able to see how much influence green betel leaf compresses have on reducing swelling

Keyword : Breast Care, Breast Engorgement, Compress of Green Betel Leaves