

THE EFFECT OF COVID-19 PANDEMIC ANXIETY  
ON THE SMOOTH POSTPARTUM MOTHER'S BREAST MILK  
AT ROSELA HOSPITAL IN KARAWANG REGENCY, WEST JAVA PROVINCE,  
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**Abstract.** Background: Breast milk is a liquid generated by the mother's breast glands in the form of natural food or the most nutrient-rich and high-energy milk created during pregnancy, which is always accessible and free of contaminants (Intan & Fitria, 2020). Breast milk is a diet that includes all of the essential nutrients for the growth and development of infants (Lilie Fauziah, 2020). Postpartum refers to the period of time between the birth of the baby and the expulsion of the placenta from the uterus and the next six weeks or approximately 40 days, which are accompanied by the recovery of organs related to the womb, which undergo changes such as injuries and others related to childbirth.

Research Aim: The research aims to examine the relationship between postpartum mother anxiety and the ease of nursing during the Covid-19 epidemic.

Research Design: The research employs the method of analytical observation with a cross-sectional design. The sample consists of 59 postpartum mothers who gave birth between January and April of 2022. The analysis of data uses Chi Square.

Research Results: This study resulted in the distribution of the frequency of the influence of the Covid-19 pandemic anxiety on the smoothness of breastfeeding as many as 24 people (40.7%) while on smooth breastfeeding for postpartum mothers as many as 33 people (55.9%), who experienced Covid19 anxiety levels in postpartum mothers. the medium category was 19 people (32.2%), the level of anxiety of the Covid-19 pandemic in postpartum mothers was low as many as 16 people (10.2%) while breastfeeding was not smooth in postpartum mothers as many as 26 people (44, 1%) P value: 0.000 which is smaller than (0.05).

Conclusion and recommendation: With increasing levels of anxiety during the COVID-19 pandemic, the ability of postpartum mothers to breastfeed will be hindered. From this finding, the researcher makes a recommendation or input to postpartum women, namely to regulate their emotions so that they do not have worry over anything, particularly the covid-19 epidemic. In order to make the breast milk that will be given to the baby smooth.

**Keywords:** Anxiety, Covid-19, Smooth Breastfeeding Postpartum Mothers.

## INTRODUCTION

Breast milk is a liquid generated by the mother's breast glands in the form of natural food or the most nutrient-rich and high-energy milk created during pregnancy, which is always accessible and free of contaminants (Intan & Fitria, 2020). Breast milk is a diet that includes all of the essential nutrients for the growth and development of infants (Lilieik Fauziah, 2020).

Exclusive breastfeeding is extremely advantageous for both mother and child. The exclusive breastfeeding of infants contributes to the body's resilience, prevents the onset of all diseases, promotes cognitive and physical development, and aids in overcoming trauma. The absence of exclusive nursing for infants is one of the causes of breast cancer in breastfeeding moms, therefore exclusive breastfeeding helps prevent breast cancer in mothers.

The World Health Organization (WHO) or the World Health Organization and the United Nations International Children's Emergency Fund (UNICEF, 2020) recommend early initiation of breastfeeding within one hour after birth, and mothers should exclusively breastfeed their babies until the baby is 6 months old, and then continue until the child is 2 years old while introducing complementary foods. (WHO, 2020) has endorsed the worldwide objective to enhance the nutrition of mothers, babies, and young children; the 2025 global goal for exclusive breastfeeding is 50%. Then, the Global Breastfeeding Calletive, led by WHO and UNICEF, establishes a minimum goal of 70% exclusive breastfeeding by 2030, which is attainable. In 2018, the average worldwide percentage of exclusive breastfeeding was just 74.5 %, according to data from the World Health Organization (WHO).

## LITERATURE REVIEW

### 1. Anxiety

Anxiety is a sensation of concern, uneasiness, or restlessness around something whose outcomes are unclear; it can accompany, affect, or induce sadness (Kajdy et al, 2020). Anxiety is one of the most prevalent unpleasant feelings during pregnancy, especially during the third trimester, according to previous study (Angesti, 2020). The conclusion is that anxiety is a sensation of concern that is not supported by the situation of a person who feels fear, nervousness, and anxiety over something whose outcomes are unpredictable and will influence or lead to depression.

### 2. Covid-19

Covid-19 Corona viruses are a broad family of pathogenic viruses that affect both people and animals. It commonly causes respiratory tract infections in humans, ranging from the common cold to severe diseases like Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

Frequent clinical manifestations of Covid-19 include fever, dry cough, dyspnea, fatigue, muscle aches, and headaches (Lapostolle et al, 2020). According to research conducted by Huang et al. (2020), the most prevalent clinical symptoms in individuals with Covid-19 are fever (98%) and myalgia or weakness (44%). Other, less frequent symptoms include sputum production (28%), headache (8%), coughing up blood (5%), and diarrhea (3%). Up to 55% of individuals evaluated exhibited dyspnea. Kumar et al. also documented gastrointestinal tract-related clinical complaints (2020).

### 3. Smooth breast milk

Smooth Breast Milk Mother (ASI) is an emulsion of fat in a protein solution of lactose and inorganic salts that is good for a baby's nutrition. Breast milk is the initial and primary source of natural nutrition for infants, allowing for healthy growth and development (Walyani, 2015).

#### 4. Postpartum

The postpartum period begins after the delivery of the placenta and concludes until the uterus recovers to its pre-pregnancy form, which typically takes 6 weeks or 42 days. During the healing phase, the mother will encounter a number of physiological bodily changes that will cause her significant discomfort in the early postpartum, which does not preclude the chance of becoming pathological if not accompanied by adequate care (Yuliana & Hakim, 2020).

##### Uterine Changes

Time	TFU	Uterine Weight
Baby born	As high as the navel	1000 gr
Plasenta birth	2 fingers below the navel	navel 750 gr
1 week	½ pst symps	500 gr
2 weeks	Not palpable	350 gr
6 weeks	Getting smaller	50 gr
8 weeks	Normal	30 gr

## 5. *Postpartum* Period Needs

### a. Nutrition and Fluids

Nutritional issues require attention since proper nutrition can hasten the mother's recovery and significantly alter the composition of breast milk. Compassion's nutritional needs while breastfeeding are as follows:

1. Consume an additional 500 calories per day.
2. A balanced diet of protein, minerals and vitamins.

### b. Ambulatory

Early ambulation is not justified in postpartum mothers with complications such as anemia, heart disease, lung disease, fever and so on. Advantages of early ambulation:

1. Mother feels healthier.
2. Bowel and bladder function is better.
3. Allows us to teach mothers to care for their babies.

### c. Elimination

After 6 hours postpartum, the mother is expected to be able to urinate, if the bladder is full or more than 8 hours have not urinated, it is recommended to do catheterization. Things that cause difficulty urinating (predlo urine) in post partum: Reduced intra-abdominal pressure.

1. Abdominal muscles are still weak.
2. Edema and urethra.
3. The bladder wall is less sensitive.

### d. Personal hygiene in the postpartum period

A mother is very susceptible to infection. Therefore, the cleanliness of the body, clothing, bedding, and the environment is very important to stay awake. The steps taken are as follows:

1. Encourage cleanliness of the whole body, especially the perineum.
2. Teach the mother how to give the genitals with soap and water from front to back.

### **3. Danger Signs of the *Postpartum* Period**

- a. Heavy bleeding or sudden increase in bleeding (more than a regular period or if the bleeding soaks more than 2 sanitary pads in half an hour)
- b. Vaginal discharge with a strong foul odor.
- c. Pain in the lower abdomen or back Continuous headache. epigastric pain, or, vision problems.

#### **The Connection among Covid-19, Breastfeeding, and anxiety**

Anxiety is a mood condition characterized by intense and confused sensations of fear or anxiety. Complained symptoms are dominated by psychological causes, but can also be induced by external sources. Unsuccessful breastfeeding will have a negative influence on the life of the infant.

#### **The Breast Milk Role in Covid-19**

In the fight against the worldwide COVID-19 pandemic, it is vital to find variables, such as specific antibodies to SARS-CoV-2 in breast milk, that can give protection, particularly for babies who are most sensitive. Breast milk has high quantities of secretory type antibodies (sIgA); nursing moms recovering from COVID-19 may pass this immunity on to their infants, and it is likely that purified breast milk antibodies might be therapeutic for COVID-19-infected adults (Fox et al. al., 2020; Hahn-Holbrook, 2020).

#### **The Effect of Covid-19 Anxiety on the Smooth of Breastfeeding**

Failure in the breastfeeding process might be caused by breast milk that does not flow smoothly. The process of releasing the hormone oxytocin to drain milk (which has been generated in the breast) via the channels in the breast termed smooth nursing (Wiwin Sulastri, 2016). There are a number of elements that can influence breastfeeding, including breastfeeding behavior, mother's psychology, and mother's physiology, or indirectly, social culture and newborns, which will have a significant effect on the mother's psychology (Prima Dewi, et al, 2020).

### **Postpartum Mother's Anxiety Level**

Postpartum psychological changes are psychological processes or the soul of the woman after giving delivery. The psychological adaption process has happened throughout pregnancy, before to childbirth, and after childbirth. During this time, a woman's anxiety levels may rise. In adapting after childbirth, the mother will experience the following stages or phases:

#### **1. Taking In**

This level of dependency lasts from the first to second day following childbirth. At this period, the mother's attention is mostly focused on her own infant. The experience of delivery is repeated frequently. To avoid sleep deprivation symptoms, such as anger, moms who are fatigued must get sufficient rest.

#### **2. Taking Hold**

This period lasts between 3 and 10 days postpartum. During the taking hold phase, the mother is concerned about her capacity and sense of obligation to care for the baby. In addition, sentiments are extremely delicate and quickly insulted by careless speech.

#### **3. Letting Go**

This phase is the acceptance of responsibility for her new position, which occurs 10 days after childbirth. Mothers have begun to acclimate to their infants' reliance. During this time, the urge to care for herself and her baby rises.

The majority of a new mother's anxieties and concerns stem from trivial difficulties that may be readily resolved or averted by nursing staff, visitors, and spouses. Midwives can foresee potential sources of psychological stress. By meeting your spouse and mother's family, the midwife will have a better understanding of any underlying issues.

### **RESEARCH METHOD**

This study employs an observational analytic survey method with a cross-sectional design, also known as retrospective research, in which the subject is taken beginning with the identification of groups with and without effects, then traced back to determine whether the subject has risk factors and effect factors during a specific time period ( Syahdrajat, 2017).

## RESEACH RESULTS

### Univariate Analysis

**Table 1 Distribution of Anxiety Frequency**

COVID-19 pandemic anxiety	Frequency	%
High level of anxiety	24	40,7
Moderate anxiety	19	32,2
Low level of anxiety	16	27,1
Total	59	100

*Primary Data Source 2022*

Based on Table 1 above, it can be concluded that most of the pandemic anxiety experienced high anxiety levels as many as 24 people (40.7%), moderate anxiety levels as many as 19 people (32.2%) and low anxiety levels as many as 16 people (27.1%).

**Table 2 Frequency Distribution of Smooth Breastfeeding**

Smooth Breastfeeding for Mothers	Frequency	%
Smooth Breastfeeding	33	55,9
Unsmooth Breastfeeding	26	44,1
Total	59	100

*Primary data source 2022*

From table 2 above, it can be concluded that the level of smooth breastfeeding was mostly 33 people (55.9%), while those who experienced non-fluent breastfeeding were 26 people (44.1%).

### Bivariate Analysis

**Table 3 Frequency Distribution of the Effect of Covid19 Pandemic Anxiety on the Smooth Breastfeeding of *Postpartum* Mothers**

Category Covid 19 Pandemic Anxiety	Unsmooth Breastfeedin g		Smooth Breastfeeding		Total		<i>P.</i> <i>Value</i>
	F	%	F	%	F	%	
Low Category	7	11,9	9	15,2	16	27,1	0,000
Medium Category	8	13,5 6	11	18,7	19	32,2	
High Category	11	18,7	13	22	24	40,7	
<b>Total</b>	<b>26</b>	<b>44,1</b>	<b>33</b>	<b>55,9</b>	<b>59</b>	<b>100</b>	

*Source: Primary Data 2022*

Based on table 3 above, it can be concluded that post-partum mothers who experienced Covid19 anxiety were in the high category as many as 24 people (40.7%) while breastfeeding was smooth in post-partum mothers as many as 33 people (55.9%), who experienced Covid19 anxiety levels in Post-partum mothers were in the medium category, namely 19 people (32.2%), the anxiety level of the Covid19 pandemic was low for post-partum mothers, namely 16 people (10.2%) while breastfeeding was not smooth for post-partum mothers, which was 26 people (44).,1%).

### DISCUSSION

#### 1. *Postpartum* Mother's Anxiety about the Covid19 Pandemic in the Rosella Hospital, Karawang Regency

This study discusses the level of anxiety of *Postpartum* Mothers against Covid-19 at the hospital. Rosella Karawang Regency. The results showed that the anxiety of the Covid-19 Pandemic in Post Partum Mothers at the Hospital. Rosella. Many people in Karawang

regency experience high levels of anxiety, namely as many as 24 people (40.7%), moderate anxiety levels as many as 19 people (32.2%) and low anxiety levels as many as 16 people (27.1%).

## **2. Smooth breastfeeding for *Postpartum* mothers in the midst of the Covid19 pandemic at the Rosella Hospital, Karawang Regency**

The results showed that the smooth breastfeeding experienced by *Postpartum* Mothers at the Rosella Hospital, Karawang regency as many as 33 people (55.9%) while breastfeeding was not smooth experienced by *Postpartum* mothers as many as 26 people (44.1%) from 59 respondents.

## **3. The Effect of Covid-19 Pandemic Anxiety on the Smooth Breastfeeding of *Postpartum* Mothers at Rosela Hospital, Karawang Regency**

Based on table 5.3 above, it can be seen that the P value: 0.000 (0.05) means Post Partum Mother's Covid-19 Anxiety (Variable). So, the high and low flow of breast milk in Post Partum Mothers has an influence (correlation) with the high and low Covid19 Pandemic Anxiety in Post Partum Mothers. So, the higher the level of anxiety about the Covid19 Pandemic will have an impact on the lack of smooth breastfeeding in Post Partum Mothers and vice versa, this is due to psychological disorders felt by the mother causing reduced milk production, because it will inhibit the let down reflect. theory from Amalia (2021).

## **Conclusion**

Based on the exposure of the research and analysis that has been done, the results of the research on the influence of the anxiety of the COVID-19 pandemic on the smooth running of postpartum mothers at Rosela Hospital, Karawang Regency can be concluded as follows:

1. Based on the results of the recapitulation of data and respondents' responses regarding the variables, namely the anxiety of the COVID-19 pandemic at Rosela Hospital, Karawang regency in the high category, as many as 24 people (40.7%) where the number of respondents in this study were 59 respondents (100%).

2. Smooth breastfeeding in post partum mothers at the Rosella hospital, Karawang Regency (variable), the results showed that from 59 respondents, most of the Post Partum mothers who experienced smooth breastfeeding were 33 respondents (55.9%) of 59 respondents.

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