

The Effect of Counselling and Administration of Sweet Potato Leaf Decoction on Uterine Involution and Smooth Breastfeeding in Postpartum Mothers 1-7 Days

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ABSTRACT

The survey results at the UPT Pahandut Health Center, Palangka Raya City, the coverage of babies who do not receive exclusive breastfeeding in 2021 is 163 babies. Alternative measures or management are needed in the form of consuming foods or ingredients that are believed to increase milk supply. The purpose of this study was to determine the effect of counselling and administration of sweet potato leaf decoction on uterine involution and smooth breastfeeding in postpartum mothers for 1-7 days in the working area of the Pahandut Health Center. The type of research used was a quasi-experiment with a two-group pretest-posttest research design before being given treatment and after being given treatment. The total sample is 54 people. The results of the study showed that there was an effect of counselling and sweet potato leaf decoction on uterine involution and smooth breastfeeding p values 0.010 and 0.020 (<0.05). H₀ is rejected and H₁ is accepted. There is an effect of giving counselling and decoction of sweet potato leaves on uterine involution and the smoothness of breastfeeding in postpartum mothers 1-7 days in the working area of the Pahandut Health Center.

Hasil survey di UPT Puskesmas Pahandut Kota Palangka Raya cakupan bayi yang tidak mendapat ASI Eksklusif pada tahun 2021 yaitu sebanyak 163 bayi. Dibutuhkan upaya tindakan alternatif atau penatalaksanaan berupa dengan mengkonsumsi makanan atau ramuan yang dipercaya dapat meningkatkan suplai ASI. Tujuan dari penelitian ini bertujuan untuk mengetahui Pengaruh Konseling dan Pemberian Rebusan Daun Ubi Jalar terhadap Involusi Uteri dan Kelancaran Asi pada Ibu Nifas 1-7 Hari di Wilayah Kerja Puskesmas Pahandut. Jenis penelitian yang digunakan adalah quasi experiment dengan desain penelitian two group pretest-posttest sebelum diberi perlakuan dan sesudah diberi perlakuan. Total sampel sebanyak 54 orang. Hasil penelitian menunjukkan ada pengaruh pemberian konseling dan rebusan daun ubi jalar terhadap involusi uteri dan kelancaran ASI p value 0,010 dan 0,020 (<0,05). H₀ ditolak dan H₁ diterima. Ada pengaruh pemberian konseling dan rebusan daun ubi jalar terhadap involusi uteri dan kelancaran ASI pada ibu nifas 1-7 hari di wilayah kerja puskesmas pahandut.

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Introduction

According to the Indonesian Health Profile, the number of maternal deaths increased in 2020 by 4,627 and in 2021 by 7,389. According to the Indonesian Health Profile in 2020 maternal deaths in the puerperium period were 1,781 and experienced an increase in 2021 of 5,883. Then maternal deaths based on one of the highest causes, namely bleeding in 2020 amounted to 1,280 then experienced an increase in 2021 of 1,320. According to the Palangkaraya City Health Profile, the maternal mortality

rate from 2019 and 2020 is 2 and it occurs during the postpartum period (Ministry of Health, 2021). There is no data on the number of postpartum women who experience bleeding at the Pahandut Health Center, all good efforts from an accurate diagnosis, adequate treatment and prevention of all risk factors are very important to reduce maternal mortality due to postpartum haemorrhage (Julieta & Widiastuti Giri, 2021). Numerous variables, including age, nutritional status, parity, breastfeeding, and early mobilization, can influence the involution process. Several variables affect the rate of uterine involution, including maternal age, number of children born, occupation, educational attainment, early mobilization, exclusive lactation, and early breastfeeding (Septyara & Hindiarti, 2020).

The rate of uterine involution is additionally impacted by the intake of high-quality foods that are rich in protein, vegetables, and fruits that are abundant in vitamins. For instance, postpartum mothers who consume sweet potato leaves experience a notable acceleration in involution, according to research by Endang Suwanti (2014). The 2020 Indonesian Health Profile indicates that 66.1% of infants are exclusively breastfed; by 2021, this proportion is projected to decline by 56.9%. (Ministry of Health, 2021). The survey results at the UPT Pahandut Health Center in Palangka Raya City, the coverage of infants aged <6 months who did not receive exclusive breastfeeding in 2021 was 163 babies. The number of deliveries from January to October 2022 was 177 people and the number of babies who were not breastfed was 58 babies. One of the causes of the low achievement of exclusive breastfeeding is that babies have never been breastfed because breast milk does not come out or does not flow smoothly at the beginning of breastfeeding (65.7%), babies aged 0-5 months (33.3%) have been given pre lacteal food with this type of food. the most (84.5%) is formula milk (Ministry of Health, 2018).

Various factors cause the failure of IMD practices and exclusive breastfeeding such as working mothers, not having family support absence of assistance from midwives, low knowledge and attitudes of mothers, hereditary culture, incessant promotion of formula milk, abnormalities in the mother's nipples, and others (Sinaga & Siregar, 2020). One of the nutritional content in breast milk that impact on growth, development and health of the baby is the womb macro nutrition. The macronutrients in breast milk are carbohydrates, fats and proteins. Fill Carbohydrates in breast milk are in the form of lactose. Lactose In the small intestine it is broken down into glucose and galactose by the enzyme lactase. Lactase enzyme produced in the baby's small intestine is sometimes not enough, but by giving ASI to infants, the need for the enzyme lactase can be met by meeting the needs of 7.2g1.2. The protein content in breast milk should be 0.9 g contains essential amino acids important for a baby's growth. Fat used to fulfil some needs big baby energy The fat content in breast milk is 3.2- 3.7 g/dL and approximate energy output ranges from 65–70 kcal/dL so there is a correlation which is quite high between the energy required by babies with fat produced in breast milk 3 (Wardana, 2018). Food intake can stimulate increased levels of the hormone prolactin and milk supply.

In addition to stimulating breast milk production, postpartum mothers require sweet potato leaves in order to breastfeed their infants. Sweet potato leaves comprise lipid components and hormonal structures, which exhibit a lactogogum effect and thus actively participate in the process of milk production. Sweet potato leaves contain a substance known as lactagogum, which has the ability to

stimulate milk production. Synthetic lactogogum is a relatively uncommon and costly substance. This necessitates the search for alternative lactogogum medications. Sterols and polyphenols found in sweet potato leaves contribute to increased prolactin levels and breast milk production. Sweet potatoes are rich in carbohydrates which can provide energy to nursing mothers. Apart from that, sweet potatoes contain vitamin C, B Complex and magnesium which can make it a food that facilitates breast milk (Sutrani Syarif & Ani T Prianti, 2022)

Purple sweet potato (*Ipomoea batatas* var *Ayamurasaki*) is commonly called *Ipomoea batatas* blackie because it has a purple-black (dark purple) skin and sweet potato flesh. Purple sweet potato leaves contain 2.3 grams of protein per 100 grams and 1.0 mg of iron per 100 grams which can produce the maximum amount of breast milk (Prisusanti et al., 2013). Counselling on how to breastfeed is very important because through breastfeeding counselling it is hoped that it can increase the knowledge and attitudes of breastfeeding mothers about exclusive breastfeeding (Yuniarti & Susanto, 2012). Furthermore, sweet potato leaves comprise approximately 15% coarse fiber and nearly 7% protein. In addition to provitamin A (beta carotene), vitamins B and C, iron, calcium, phosphorus, and lipids, these leaves are abundant in vitamin A (Wardana & Pramono 2018). In addition to lactogogum constituents. Carotenoids and iron are also present in the leaves of sweet potatoes, which are known to stimulate breast milk production. Sweet potato leaves contribute to the efficacy of exclusive lactation due to the presence of prolactin or oxytocin, hormones that regulate the production of breast milk (Montolalu et al., 2023)

Based on research conducted by Subagio (2019), there is an effect of giving boiled sweet potato leaves for 7 days on breast milk adequacy so that midwives can advise postpartum mothers to use boiled sweet potato leaves as a cheap and easily available food alternative that can increase the production breast milk. The purpose of this study was to determine the effect of counselling (control group), the effect of counselling and administration of sweet potato leaf decoction (treatment group) on uterine involution and smooth breastfeeding in postpartum mothers 1-7 days in the working area of the Pahandut Health Center.

Method

This study applies an experimental design, specifically a quasi-experimental design. The experimental Two Group Pretest Posttest design was utilized in this study; it involved the participation of two distinct groups that underwent contrasting training protocols. Sampling is the procedure by which a representative subset of the population is chosen. Non-probability sampling is employed in the form of Purposive Sampling, which involves the deliberate selection of samples from the population in accordance with the researcher's objectives or research problems. The study sample comprised 177 postpartum mothers residing in the Working Area of the Pahandut Health Center Palangka Raya UPT between January and October 2022. The selection of participants for this study was predicated on inclusion criteria, which encompassed the overall attributes of the subjects selected from a target population that was within the researcher's geographical reach. A total of 54 postpartum mothers

residing in the Work Area of the Pahandut Palangka Raya Health Center comprised the sample for this research. The type of data used is primary data obtained directly from respondents. Primary data in this study are observation sheets and secondary data are data obtained by researchers from the Work Area of the Pahandut Health Center. In this study, the inclusion criteria were mothers who were willing to be respondents, mothers who were 1-7 days postpartum, mothers who did not experience breast abnormalities, mothers who breastfed babies and mothers with normal delivery. Exclusion criteria in this study were mothers who took breast-feeding drugs, there were certain periods when mothers did not consume boiled sweet potato leaves at a predetermined time, mothers who did not live in Palangkaraya, mothers who experienced postpartum complications and mothers who had reproductive diseases.

The steps in collecting data in the control group and the treatment group were to arrange a research code of ethics (ethical clearance No.59/III/KE.PE/2023) from the Palangka Raya Ministry of Health Polytechnic, arrange a research permit by bringing a letter from the Palangka Raya Ministry of Health Poltekkes to be submitted to the Investment and One-Stop Service Office. City of Palangka Raya, after being allowed to proceed to the Health Office of the City of Palangka Raya, Continued from the Health Office of the City of Palangka Raya, a permit is addressed to the Head of the BLUD UPT Pahandut Palangka Raya Health Center to allow and facilitate to conduct research, The researcher approaches and provides an explanation of the purpose of the research to postpartum mothers and provide informed consent if willing to be a respondent signed by the respondent, Check the uterus and check the smoothness of the mother's milk then enter the results on the observation sheet before being given counseling, Check the uterus and check the smoothness of the mother's milk then enter the results on the observation sheet before being sent provide counseling and decoction of sweet potato leaves, provide intervention or treatment in the form of boiled fresh purple sweet potato leaves as much as 50 grams with 350 ml of water consumed regularly once a day in the morning from 06:00 -10:00 WIB for 7 days, Researcher enter the results of the state of the uterus and the smoothness of the mother's milk after being given counseling, the researcher enters the results of the condition of the uterus and the smoothness of the mother's milk after being given counseling and boiled sweet potato leaves.

After processing the data (Process Editing, coding, Data Entry, Data Cleaning), data analysis is performed. The data that has been collected was analyzed by univariate analysis and bivariate analysis. Data analysis was performed with the help of a computer program. Bivariate analysis using the Independent T-Test test. Previously, the data normality test was carried out using the Kolmogorov-Smirnov Test, the data that had been obtained was analyzed statistically by a computer. After that, an Independent T-Test was carried out to find out whether there was a significant difference between the control group and the treatment group.

Results

Table 1. Frequency Distribution of Respondents Based on Family Support

Family support	Frequency (f)	Percentage (%)
Support	26	48.1%
Does not support	28	51.9%
Total	54	100%

From the table above it can be seen from the 54 respondents that based on family support, the respondents from the treatment group and the control group who supported totalled 26 people (48.1%) and did not support 28 people (51.9%).

Table 2. Frequency Distribution of Respondents Based on the Support of Health Workers

Health Workers Support	Frequency (f)	Percentage (%)
Support	49	90.7 %
Does not support	5	9.3 %
Total	54	100 %

From the table above it can be seen from the 54 respondents that based on the support of health workers, the respondents from the treatment group and the control group who supported totalled 49 people (90.7%) and did not support 5 people (9.3%).

Table 3. Frequency Distribution of Respondents' Uterine Involution Before and After Counseling.

Uterine Involution		Frequency (f)	Percentage (%)
Before	Normal	22	81.5 %
	Abnormal	5	18.5 %
After	Normal	24	88.9 %
	Abnormal	3	11.1 %
Total		27	100 %

From the table above it can be seen from the 27 respondents that the respondent's Uterine Involution based on before counselling obtained normal results there were 22 people (81.5%) then after counselling, the normal results were 24 (88.9%).

Table 4. Frequency Distribution of Respondents' Breastfeeding Before and After Counseling.

Smooth breastfeeding		Frequency (f)	Percentage (%)
Before	Not smooth	13	24.1 %
	Fluent	14	25.9 %
After	Not smooth	10	18.5 %
	Fluent	17	31.5 %
Total		27	100%

From the table above, it can be seen from the 27 respondents that based on before being given counselling, 14 people (25.9%) were Current Breastfeeding and after counselling, 17 people (31.5%) were Current Breastfeeding.

Table 5. Frequency Distribution of Respondents' Uterine Involution Before and After Giving Counseling and Sweet Potato Leaf Decoction.

Uterine Involution		Frequency (f)	Percentage (%)
Before	Normal	23	85.2 %
	Abnormal	4	14.8 %
After	Normal	27	100 %
	Abnormal	0	0 %
Total		27	100 %

From the table above, it can be seen from the 27 respondents that according to the respondent's Uterine Involution, based before counselling, there were normal results, there were 23 people (85.2%) then after counselling, the normal results were 27 (100%)

Table 6. Frequency Distribution of Respondents' Smooth Breastfeeding Before and After Being Given Counseling and Sweet Potato Leaf Decoction.

Smooth Breastfeeding		Frequency (f)	Percentage (%)
Before	Not smooth	15	55.6 %
	Fluent	12	44.4 %
After	Not smooth	5	9.3 %
	Fluent	22	90.7 %
Total		27	100 %

From the table above it can be seen from 27 respondents that the smoothness of breastfeeding was based on before being given counselling and sweet potato leaf decoction, there were 12 people (44.4%) breastfeeding smoothly. Then when it was done after being given Counseling and Sweet Potato Leaf Decoction there were 22 people (90.7%) breastfeeding smoothly.

Table 7. The Effect of Counseling on Counseling and Decoction of Sweet Potato Leaves on Uterine Involution and Smooth Breastfeeding Respondents

Group	Variable	
	Uterine Involution (Mean)	Smooth breastfeeding (means)
Counselling	1.11	4.11
Counseling and Decoction of Sweet Potato Leaves	1	4.88
<i>P Value</i>	0.020	0.010

From the table above, it can be seen from the control group and the treatment group on uterine involution, the p-value = 0.020 with the condition that the p-value is <0.05 so it can be concluded that there is an effect of counselling and sweet potato leaf decoction on uterine involution.

Meanwhile, the control group and the treatment group on the smoothness of breastfeeding were p-value = 0.010 with the provision that the p-value was <0.05 so that it could be concluded that there was an effect of counselling and sweet potato leaf decoction on the smoothness of breastfeeding.

Discussion

From the results of research conducted at the Pahandut Health Center to find the Effect of Counseling and Sweet Potato Leaf Decoction on the Smoothness of Breastfeeding and Uterine Involution in Postpartum Mothers 1-7 Days based on the following parameters From the results of the study, the control group with the most education was 11 high school graduates (40.7%), 7 academic/university graduates (25.9%), 5 junior high school graduates (18.5%), Elementary school graduates totalled 4 people (14.8%). From the results of the study, the treatment group with the most education was 9 high school graduates (33.3%), 9 academic/higher education graduates (33.3%), 5 junior high school graduates (18.5%), Elementary school graduates totalled 4 people (14.8%). From the 54 respondents, it was found that based on the education of the respondents from the treatment group and the control group, 20 people graduated from high school (37.0%), 16 people graduated from high school (29.6%), graduated from junior high school, 10 people (18.5%), 8 people graduated from elementary school (14.8%) and in this study, out of 54 respondents, many had high school education and ASI was not fluent, most of the respondents had high school education. The educational attainment and knowledge of the mother are significant determinants in promoting exclusive breastfeeding for infants, as individuals with higher levels of education have simpler access to information, thereby

enhancing their knowledge base. On the contrary, an inadequate education will impede the formation of an individual's perspective regarding the introduced values (Sihombing, S 2018).

From the results of the study, the control group who received the support of health workers totalled 23 people (85.1%) and those who did not receive the support of health workers totalled 4 people (14.8%). From the results of the study, the treatment group who received the support of health workers totalled 25 people (92.5%) and those who did not receive the support of health workers totalled 2 people (7.4%). From the research results, it can be seen from 54 respondents, that it was found that based on the support of health workers, respondents from the treatment group and the control group who supported totalled 49 people (90.7%) and did not support 5 people (9.3%). This indicates that all postpartum mothers in this study received substantial lactation support from health professionals. The effectiveness of exclusive lactation is contingent upon a multitude of factors, with assistance from healthcare professionals, such as midwives, being one such element. Midwives support exclusive breastfeeding, among other things, through initiatives to encourage exclusive breastfeeding from the moment of conception. In addition, midwives can assist expectant mothers in preparing themselves to breastfeed effectively through the implementation of breast care practices (Kusumawati, 2021).

From the research results it can be seen that 27 respondents found that based on being given counselling on Uterine Involution Respondents Based on before counselling it was found that there were normal results for 22 people (81.5%) and abnormal for 5 people (18.5%) then after counselling, normal results became 24 (88.9%) and abnormal 3 people (11.1%). One of the efforts to increase exclusive breastfeeding can be done by providing counselling. Counselling is a two-way interpersonal communication process between counsellor and client to help clients overcome and make the right decisions in overcoming health problems they face. (Yuliastanti & Utami, 2021). For Current ASI there were 14 people (25.9%) and Non-Smooth ASI before counselling there were 13 people (24.1%) and when it was done after counselling Smooth ASI totalled 17 people (31.5%) and Non-Smooth ASI totalled 10 people (18.5%), which means that being given counselling has little effect, which has increased only slightly from Current ASI before counselling, 14 people have increased to 17, which means there are only 3 people who have changed. Breastfeeding counselling can help mothers recognize problems encountered during breastfeeding, identify alternative solutions to problems, set priorities for alternative solutions to problems, conduct studies on the consequences and benefits of the selected alternatives, increase the ability of mothers to decide and act and encourage mothers to find ways to solve problems, what can be done and increase the mother's ability to be able to think positively and optimistically (Mariani, 2019).

From the research results it can be seen that 27 respondents it was found based on being given counselling and boiled sweet potato leaves were Uteri Involution Respondents Based on counselling and boiled sweet potato leaves, normal results were found there were 23 people (85.2%) and abnormal 4 people (14.8 %) then after counselling and sweet potato leaf decoction, the normal results were 27 (100%) and abnormal 0 people (0%). This means that involution which was initially abnormal returns to normal when it is carried out after counselling and boiling sweet potato leaves. Efforts to mitigate

postpartum hemorrhage can be initiated through the administration of oxytocin during the third and fourth phases of labor. The hormone oxytocin is a crucial component in the uterine involution process. Strongly uterine contractions are essential for a successful involution; therefore, measures must be implemented to enhance uterine contractions. Attempts to regulate hemorrhage through the use of oxytocin massage (Yuliawati et al, 2020). For smooth breastfeeding, the results of breastfeeding were not smooth, there were 15 people (55.6%), breastfeeding was smooth, there were 12 people (44.4%), when it was done after counselling and boiled sweet potato leaves, breastfeeding was smooth, there were 22 people (40.7%) and breastfeeding not current 7 people (9.3%). It was carried out after counselling and a decoction of sweet potato leaves changed, there was a reduction of 10 out of 15 people who experienced non-fluent breastfeeding. This proves that there is a change from giving counselling treatment and sweet potato leaf decoction to smooth breastfeeding for postpartum mothers. With counselling, mothers understand and can practice how to breastfeed properly know the benefits of breastfeeding for babies and mothers and how to deal with problems during the breastfeeding process. With family counselling, it is also understood that mothers who have their first babies need more support from the family so that mothers can be more motivated to breastfeed and care for their babies (Djogo et al., 2022). According to the results of research, boiled cassava leaves can stimulate to increase the hormone prolactin and increase milk production. Due to the content of structural elements of lipids and hormones, the active compounds are actively involved in the production of milk, namely the lactogogum effect. Lactogogum is a substance contained in sweet potato leaves that can help produce breast milk (Subagio, 2019).

From the results of the study, it can be seen from the control group and the treatment group on uterine involution, the p -value = 0.020 with the provision that the p -value is <0.05 so it can be concluded that there is an effect of counselling and sweet potato leaf decoction on uterine involution. Sucking on the nipple stimulates the release of prolactin and oxytocin. Prolactin stimulates milk production, oxytocin stimulates the myoepithelium around the alveoli which will contract and pump milk out and stimulate uterine contractions. Therefore, efforts to maintain uterine contractions through breastfeeding are an important part of postpartum care (Nuraini et al., 2019). Breastfeeding counselling is a form of education that is quite effective in addition to increasing knowledge but also providing approaches and support in exclusive breastfeeding for mothers to their babies. Breastfeeding counselling is part of the ANC service standard. Breastfeeding counselling activities that help motivate pregnant women to provide exclusive breastfeeding have not been optimally implemented (Mariana et al., 2020).

Breastfeeding counselling helps mothers and children to be successful in breastfeeding. Providing assistance and advice to breastfeeding mothers can be done through breastfeeding counselling. Breastfeeding counselling is very important, not only before childbirth and during pregnancy but also throughout the first and second years of a child's life.

Thus, we can give mothers useful advice so that mothers breastfeed their babies at any time when the babies are healthy or sick breastfeeding counselling can also help convince mothers that their milk is sufficient, overcome breastfeeding problems, or working mothers can still breastfeed their

babies. Breastfeeding counselling is expected to increase the knowledge and attitudes of breastfeeding mothers about exclusive breastfeeding. Research conducted by Nurfatihah et al (2019) concluded that there was an effect of lactation counselling on exclusive breastfeeding for 6 months. This study suggests that midwives provide counselling at visits to antenatal care about lactation counselling as preparation for lactation. Every health facility needs to have trained breastfeeding counsellors who have the competence to assist mothers and their families in carrying out early breastfeeding initiation (IMD) and exclusive breastfeeding for six months. Spearheading the implementation of breastfeeding counselling is a breastfeeding counsellor. Breastfeeding counsellors have been trained based on the Guidelines for Organizing Breastfeeding Counseling Training from the Indonesian Ministry of Health (Murtiyarini et al., 2014). Based on the mini-research conducted by Subagio (2019), there is an effect of giving boiled cassava leaves for 7 days on the adequacy of breast milk. Postpartum mothers can understand the adequacy of breast milk for their babies so that health workers can motivate the community and postpartum mothers to be able to make sweet potato leaf decoction as an alternative food that is cheap and easy to get which can increase milk production. The statistical test results from the Wilcoxon Sign Rank obtained a p-value = 0.000.

Sweet potato leaves are easy to find and beneficial for mothers. Because they contain galactagogue substances that can increase milk production and thus provide the nutritional needs of infants through breast milk, sweet potato leaves are readily utilized as food to increase milk production and ensure the success of an exclusive breastfeeding program. The effectiveness of exclusive lactation is contingent upon a multitude of factors, with assistance from healthcare professionals, such as midwives, being one such element. Midwives support exclusive breastfeeding, among other things, through initiatives to encourage exclusive breastfeeding from the moment of conception. In addition, midwives can assist expectant mothers in preparing themselves to breastfeed effectively through the implementation of breast care practices (Kusumawati, 2021). The obstacle in this research is that there are still respondents who do not want to drink this sweet potato leaf decoction but this can be overcome by researchers by communicating from heart to heart to convince mothers that this is not dangerous but on the contrary, it contains many benefits. Then for the shortcomings, the researcher did not provide patient monitoring sheets.

Conclusions

Breastfeeding for postpartum mothers at the Pahandut Health Center efforts are needed to make breastfeeding successful for infants, one of which is by providing counselling and boiling sweet potato leaves. Sweet potato leaves are believed to contain vitamins that the body needs, one of which is vitamin A which can help the anterior pituitary to stimulate the hormone prolactin in the brain epithelium so that it will increase and activate epithelial cells in the alveoli to collect milk in the breasts and cause milk supply to increase so that it can increase the mother's confidence in helping to increase the adequacy of breast milk supply.

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