



THE EFFECT OF GIVING VIGNA RADIATE TO PUBTER MOONS ON BREAST MILK PRODUCTION IN THE WORKING AREA OF PUSTU SEMPER BARAT II I YEAR 2023

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Abstract

Background: Breast milk (ASI) is expected to be given to babies from birth to 2 years of age and there are still many mothers who do not provide exclusive breastfeeding on the grounds that there is little breast milk, breast milk does not come out. One intervention that can be given to increase breast milk production is by giving postpartum mothers green bean juice regularly. **Objective:** to study the effect of giving vigna radiate to postpartum mothers on breast milk production in the Pustu Semper Barat III Working Area. **Method:** Quasy Experiment, one group pre-post design, the population in this study was all postpartum mothers in the West Semper III Pustu Working Area using total sampling with a sample size of 30 respondents, using data namely primary data with observation, analysis using the T Test - Dependent. **Results:** From the statistical test results of the dependent t test, it is known that there is an effect of giving vigna radiate to postpartum mothers on breast milk production in the Pustu Semper Barat III Working Area in 2023 with a value of $P=0.000 < 0.005$. **Conclusion:** it is hoped that health workers can provide additional information and socialize or provide counseling when visiting about the benefits of green beans to the community, especially breastfeeding mothers, to increase their breast milk production so that later mothers can breastfeed exclusively.

Keywords: Breast Milk Production, Giving Vigna Radiate Essence, Postpartum Mothers

Introduction

Based on data from the United Nations Children's Fund (UNICEF) and the World Health Organization (WHO) recommends breastfeeding until babies are 6 months old (UNICEF, 2020). Breast milk (ASI) is expected to be given to babies from birth to 2 years old. The process of exclusive breastfeeding is the process of giving breast milk to babies up to 6 months of age without adding or replacing it with other foods or drinks.

In Indonesia, exclusive breastfeeding is regulated in Minister of Health Decree No. 450/2004 and Government Regulation Number 33 of 2012 concerning Providing Exclusive Breast Milk. Exclusive provision of breast milk (ASI) for babies from birth to six months of age. Joint Regulation of the Minister of State for Women's Empowerment, Minister of Manpower and Transmigration, and Minister of Health No. 48/2008, no. Per. 27/2008, No. 1177/2008 concerning Increasing Breastfeeding during working hours at work (Azizah & Rosyida, 2019).

From the data obtained, exclusive breastfeeding coverage throughout the world was only around 36% during the 2007-2017 period. In the United States, the percentage of babies who are exclusively breastfed for up to 3 months is 45.3%, while the percentage of babies who are exclusively breastfed for up to 6 months is 25.4%. The Healthy Society 2030 Breastfeeding Goal aims to increase the proportion of babies who are exclusively breastfed until 6 months of age to 42.4% (CDCP, 2020).

The National Medium Term Development Plan (RPJMN) 2020-2024 aims to increase the percentage

of babies receiving exclusive breast milk to 80% by 2024 (Qurniyawati & Syahrul, 2022). Indonesia's exclusive breastfeeding coverage in 2022 was recorded at only 67.96%, down from 69.7% in 2021, indicating the need for more intensive support so that this coverage can increase. Meanwhile, the Sustainable Development Goals (SDGs) target an increase in the rate of exclusive breastfeeding in the first 6 months to at least 50% by 2025 (WHO Indonesia, 2023). In addition, according to the Ministry of Health in 2022, it has set a target of 69.7% for the percentage of babies under 6 months who receive exclusive breast milk in its annual performance report (Ministry of Health of the Republic of Indonesia, 2022)

According to 2021 Basic Health Research (RISKESDAS) data, only 52.5% of 2.3 million baby aged less from six month of exclusive breastfeeding in Indonesia. Based on data from Central Agency Statistics, percentage baby not enough of 6 months who are exclusively breastfed according to Provinces in 2020-2022 are Aceh 60.12%, West Sumatra 57.23%, Riau 62.16%, Bengkulu 60.12%, Seangkan for the regions of North Sumatra, South Sumatra, Bangka Belitung, Lampung, Banten, DKI Jakarta, West Java-Central Java, DI Yogyakarta, East Java, Bali, NTB, NTT, Kalimantan, Sulawesi and Papu reached 63.22%. Jakarta area figures percentage baby less than 6 months who receive exclusive breast milk every the year experience decrease, that is in 2020 (70.86%), 2021 (65.63%) and 2022 (67.22%). From numbers incident This can concluded that the Jakarta area does not meet the percentage target (BPS, 2022).

There are various obstacles that can affect exclusive breastfeeding, one of which is poor breast milk production (Jahriani & Zunisha, 2021) . Factors that influence breastfeeding mothers not to breastfeed exclusively are the most important i.e the breast milk factor is not go out It means related with inadequate breast milk production fluency, lack of knowledge of respondents which is thought to be caused by lack of information, lack of clarity of information, and lack of mother's ability to understand the information received (Maswarni & Hildayanti, 2019)

Peanut green is one of available food consumed breastfeeding mothers for help increase breast milk production due to contain compound active that can be increase breast milk production (Dewi et al., 2022; Handayani & Yulaikah, 2021; Lisviarose et al., 2023)

Green beans (*vigna radiate*) themselves are plants that can grow almost anywhere in Indonesia. Green beans contain 20-25% protein, *Vigna radiate* contains Vitamin B1 (thiamin) which functions to convert carbohydrates into energy, strengthens the nervous system and is responsible for breast milk production, where thiamin will stimulate the work of neurotransmitters which will convey messages to the posterior pituitary to secrete hormones oxytocin so that this hormone can stimulate contraction of mammary smooth muscles in the walls of the alveoli and duct walls so that breast milk is pumped out (Jahriani & Zunisha, 2021)

Research conducted by Widia (2018) states that with consume *Vigna radiate* can expediting A S I production on Mrs Nif A S. This matter in line with research conducted by Jahriani & Zunisha (2021) . that the total volume of breast milk before and after being given *Vigna radiate*, with the pretest and posttest of the treatment group showing a p value = 0.012, which means there is a significant difference in the amount of breast milk volume between the pretest and posttest of the treatment group after giving *Vigna radiate*, because the resulting significance value is <0, 05. So that There is an effect between giving *Vigna radiate* and increasing the amount of breast milk production.

Study This was also explained by Nasution et al., (2022) that Looking at the breast milk production score before being given green bean juice, 9 people (90%) had less than the score. The average increase in breast milk production before being given *Vigna radiate* at the Yeni Clinic, Tinggi Raja District, Asahan Regency in 2022 was 2.20 and after being given Green Bean Juice, the highest breast milk production score was 8 people (80%). The average increase in breast milk production after being given *Vigna radiate* was 7.20. Based on the research results, it shows that the p value is 0.000 <0.005, so it can be assumed that there is The effect between giving *Vigna radiate* and increasing the amount of breast milk production in mothers postpartum.

Based on data from Pustu Semper Barat III data Exclusive breastfeeding coverage in 2019,

namely of 69.5%, will but experience decrease in 2020, namely as much as 24.34% (Pustu SB III Data, 2023). Initial survey carried out researcher through interviews and observations to 7 people on 08-12 May 2023 in the Work Area Pustu Semper Barat III 2023 that Lots Mother No provide exclusive breastfeeding with the reason for little breast milk, no breast milk Get out, baby No Want to breastfeeding, mother Work. There is this problem so that writer interested in conducting research with Research title "The Effect of Giving Vigna Radiate to Postpartum Mothers on Breast Milk Production in the West Semper III Pustu Working Area in 2023".

Formulation problem in research " There is an effect of giving Vigna radiate to postpartum mothers on breast milk production in the Pustu Semper Barat III Working Area in 2023". The aim of the research is to study the effect of giving Vigna radiate to postpartum mothers on breast milk production in the Pustu Semper Barat III Working Area in 2023.

Research Methods

This type of research is quantitative research using a Quasy Experiment design, one group pre-post design. This research was conducted in the Pustu Semper Barat III Work Area on 25 October-17 November 2023. The population in this study were all postpartum mothers who were in the Pustu Semper Barat III Working Area in the month January 202 3 totaling 30 people, samples were taken with technique total sampling. Data collection uses primary and secondary data. Data analysis techniques, namely univariate and bivariate (paired sample T-Test).

Research Result

1. Analysis Univariate

a. Characteristics Respondent

Table 1. Frequency Distribution Based on Respondent Characteristics In the West Semper III Region

NO.	Respondent Characteristics	Frequency (F)	Percentage (%)
1.	Age		
	<20 years	1	3.3
	20-35 years	27	90.0
2.	>35 years	2	6.7
	Education		
	No school	0	0.0
	Elementary (Primary and Middle School)	5	16.7
	Intermediate (High School)	21	70.0
3.	High (D1-Bachelor)	4	13.3
	Work		
	Work	10	33.3
	Doesn't work	20	66.7

Based on table 1. above that of 30 respondents there is part small respondents namely 1 (3.3%) aged <20 years, almost all over 27 respondents (90%) were aged 20-35 years and some small respondent 2 (6.7%) was >35 years old. From 30 respondents there is part small 5 respondents (16.7%) were educated elementary (elementary and middle school), some big 21 respondents (70%) were educated middle school (high school) and some small respondent 4 (13.3%) was educated tall. From 30 respondents there is almost part 10 respondents (33.3%) worked and some big 20 respondents (66.7%) did not Work.

b. Average maternal breast milk production postpartum before and after giving vigna radiate

Table 2. Average maternal milk production postpartum before and after giving vigna radiate in the West Semper III Pustu Working Area in 2023 (n=30)

Group	Mean	Min	Max	Std. Deviation
Pre	105.33	75	150	18,191
Post	216.70	150	280	40,703

Based on table 2, the data obtained that of respondents who have not given vigna radiate on 30 respondents ' average breast milk production is 105.33 with a minimum of 75 and a maximum of 150 as well standard deviation 18.191. Average maternal breast milk production postpartum after giving vigna radiate on 30 respondents ' average breast milk production is 216.70 with a minimum of 150 and a maximum of 280 as well standard deviation 40.703.

2. Analysis Bivariate

Bivariate analysis was carried out to determine the effect of giving vigna radiate to postpartum mothers on breast milk production in the Semper Barat III I Village Community Health Center Working Area which can be seen in table 5.4 as follows:

Table 3. The effect of giving vigna radiate to postpartum mothers on breast milk production in the Pustu Working Area Semper Barat III Subdistrict in 2023

Variable	Mean	Mean Difference	N	Std. Deviation	P Value
Pre	105.33	-111,367	30	39,166	0,000
Post	216,70				

*Paired Sample T Test

Based on Table 3. above, data can be found that giving vigna radiate has influence to breast milk production in mothers postpartum in the Work Area Pustu Semper Barat III is known that average breast milk production before consumption vigna radiate as much 105.33 whereas after consumption vigna radiate experienced enhancement with an average breast milk production of 216.70, from the T-dependent test the significance value is <0.05, namely 0.000, then Ho is rejected so it is concluded that there is an effect of giving vigna radiate to postpartum mothers on breast milk production in the West Semper School III Year Working Area. 2023

Discussion

1. Characteristics Respondents in Work Areas West Semper Center III

Based on results study is known that of 30 respondents the average respondent 20-35 years old, high school education and most No Work. This matter show that majority age good reproduction, education intermediate and as Mother House ladder.

Age and parity in mothers who have given birth to babies more than once, breast milk production on the fourth day after giving birth is higher compared to mothers who give birth for the first time. This is in line with Wahyuni's theory (2017). Zarkoni (2022), the factors that influence breast milk production are the frequency of breastfeeding, low birth weight, premature babies, stress and acute illness as well as the mother's age, education, occupation and parity. Parity is one of the factors causing breast milk not to flow smoothly because mothers are giving birth for the first time so it takes time to make breast milk flow smoothly. Another factor that is also very influential is the level of education.

A higher level of education will make it easier for a person or community to absorb information and implement it in daily behavior and lifestyle, especially in terms of health and nutrition. Education level, especially women's education level, influences health status.

Ages less than 20 years are considered to be physically, mentally and psychologically immature in dealing with pregnancy, childbirth and breastfeeding. The younger the mother, the more likely the baby is not to be given exclusive breast milk due to social demands, the mother's psychology and social pressure which can affect production. expenditure breast milk. Age less than 20 years is a period of growth, including the reproductive organs (breasts), while over 35 years the reproductive organs are already weak and not optimal for exclusive breastfeeding, so a mother's ability to breastfeed exclusively is no longer optimal due to decreased function. from reproductive organs such as the breasts

Age influences a person's knowledge, motivation and activities. The age between 20-35 years is a healthy reproductive period, because physically the reproductive organs are ready, and the psychological condition of the mother has an impact on readiness to accept the presence of the baby. Older mothers are considered to have more experience in breastfeeding compared to young mothers, so their knowledge is better compared to their age. young (Gemilang, 2020).

Study Gemilang (2020) states that there is relationship between age and employment with exclusive breastfeeding with age values (p value 0.034) and (p value 0.004). This is because the older a person is, the more stable their thinking patterns will be so that they are able to balance their situation. Apart from that, working mothers can experience disruption in breast milk production because the work load will usually be less stressful, which can interfere with breast milk production.

2. Average breast milk production for postpartum mothers Before Providing Vigna Radiate in the Pustu Semper Barat III Working Area in 2023

Based on the results study is known that of respondents who have not given vigna radiate on 30 respondents ' average breast milk production is 105.33 with a minimum of 75 and a maximum of 150 as well standard deviation 18.191. This matter Steps required for increase breast milk production to ensure breast milk intake for babies sufficient.

One way to speed up breast milk production is by consuming vigna radiate, because it contains various nutritional compositions, including protein, iron and vitamin B1. Protein is useful in helping the formation of muscle cells, speeding up recovery, increasing endurance and keeping you full longer. And the B1 content contained in vigna radiate can change a person's feelings to be happy, happier and easier to concentrate so that the production and release of breast milk becomes plentiful and smooth (Arvianti, 2018).

According to research Irmawati. S and Rosdiana (2022) stated that before being given green bean juice, 66.7% of postpartum mothers experienced poor breastfeeding. However, after being given green bean juice for 7 days, 86.7% of postpartum mothers experienced an increase and smooth breast milk production. Based on the results of the analysis, the p-value was <0.009, which means that there was an effect of giving green bean juice on the smooth production of breast milk in postpartum mothers. Research conducted by Zarkoni (2022) states that On average, before being given green bean juice, the volume of breast milk produced by postpartum mothers was relatively small, namely 176.76 ml/one pump.

3. Average mother's breast milk production postpartum after giving vigna radiate in the West Semper III Pustu Working Area in 2023

Based on the research results, it is known that for respondents who had been given vigna radiate to 30 respondents, the average breast milk production was 216.70 with a minimum of 150 and a maximum of 280 and a standard deviation of 40.703.

Green beans can be used to facilitate breast milk production, apart from the thiamine content in green beans, there is a polyphenol content in green beans which can increase breast milk production (Shohib, 2018). Other benefits of green beans are that they can prevent the risk of breast cancer, maintain blood pressure, as a source of iron, protect the skin, increase hemoglobin levels (Edu Health & Helty, 2019).

Green beans are one of the foods that can be consumed by breastfeeding mothers to help increase breast milk production because they contain active compounds that can increase breast milk production (Dewi et al., 2022; Handayani & Yulaikah, 2021; Lisviarose et al., 2023).

In line with research conducted by Rizky (2021), after being given *Vigna radiate*, the results showed that 75% of respondents experienced an increase in breast milk production and it became smoother. So it can be concluded that there is an effect of giving *Vigna radiate* on increasing breast milk production, which states that the benefit of *Vigna radiate* is that it can facilitate the release of breast milk in Post Partum mothers due to the large nutritional content in *Vigna radiate* so that it converts carbohydrates into energy and is responsible for facilitating breast milk production, where The nutritional content of green beans will stimulate the work of neurotransmitters which will convey messages to the posterior pituitary to excrete the hormone oxytocin, thereby increasing breast milk production.

In line with research conducted by Widia (2018) entitled the effectiveness of consuming *vigna radiate* (*Vigna Radiate*) on increasing breast milk production in postpartum mothers in the work area of the Batulicin Community Health Center, Tanah Bumbu Regency, it is stated that the effectiveness of consuming *vigna radiate* on smoothing breast milk production in postpartum mothers. The research is in line with that carried out by Irfani, F (2019) with the title The Relationship of Giving *Vigna Radita* (*Vigna Radita*) to the Smooth Production of Breast Milk for Postpartum Mothers in the Pelambuan Banjarmasin Community Health Center working area, who said that the benefit of *Vigna Radiate* is that it can facilitate the production of breast milk in Post Partum Mothers due to the large amount The nutritional content in *vigna radiate* converts carbohydrates into energy and is responsible for facilitating breast milk production, where the nutritional content of green beans will stimulate the work of neurotransmitters which will convey messages to the posterior pituitary to excrete the hormone oxytocin.

4. The effect of giving *vigna radiate* to postpartum mothers on breast milk production in the Pustu Semper Barat III Working Area in 2023

Based on the research results, it was found that giving *vigna radiate* had an influence on breast milk production in postpartum mothers in the Pustu Semper Barat III Working Area. It was found that the average breast milk production before consuming *vigna radiate* was 105.33, while after consuming *vigna radiate* it increased by an average Breast milk production was 216.70 from the T-dependent test with a significance value of <0.05 , namely 0.000, so H_0 was rejected so it was concluded that there was an influence of giving *vigna radiate* to postpartum mothers on breast milk production in the West Semper III Pustu Working Area in 2023.

Green beans (*vigna radiate*) themselves are plants that can grow almost anywhere in Indonesia. Green beans contain 20-25% protein, *Vigna radiate* contains Vitamin B1 (thiamin) which functions to convert carbohydrates into energy, strengthens the nervous system and is responsible for breast milk production, where thiamin will stimulate the work of neurotransmitters which will convey messages to the posterior pituitary to secrete hormones oxytocin so that this hormone can stimulate contraction of mammary smooth muscles in the alveolar walls and duct walls so that breast milk is pumped out (Jahriani & Zunisha, 2021).

In line with Arvianti's (2018) research, it is stated that there is an influence between food factors and breast milk production. The food consumed must contain balanced nutrition and nutrition and is

needed by the body, because the breast milk producing glands (alveoli) cannot work perfectly without sufficient food, inadequate nutrition and nutrition cannot meet the mother's daily needs, causing breast milk production to not run smoothly because In the process of producing breast milk, good nutritional content of food is needed to be able to get the amount of breast milk needed by the baby. One way to speed up breast milk production is by consuming vigna radiate, because it contains various nutritional compositions, including protein, iron and vitamin B1. Protein is useful in helping the formation of muscle cells, speeding up recovery, increasing endurance and keeping you full longer. And the B1 content contained in vigna radiate can change a person's feelings to be happy, happier and easier to concentrate so that the production and release of breast milk becomes plentiful and smooth.

Research conducted by Widia (2018) states that consuming Vigna radiate can facilitate breast milk production in postpartum mothers. This is in line with research conducted by Jahriani & Zunisha (2021). that the total volume of breast milk before and after being given Vigna radiate, with the pretest and posttest of the treatment group showing a p value = 0.012, which means there is a significant difference in the amount of breast milk volume between the pretest and posttest of the treatment group after giving Vigna radiate, because the resulting significance value is <0.05. So there is an influence between giving Vigna radiate and increasing the amount of breast milk production.

Similar research was also explained by Nasution et al., (2022) who looked at the breast milk production score before being given green bean juice, which had a lower score of 9 people (90%). The average increase in breast milk production before being given Vigna radiate at the Yeni Clinic, Tinggi Raja District, Asahan Regency in 2022 was 2.20 and after being given Green Bean Juice, the highest breast milk production score was 8 people (80%). The average increase in breast milk production after being given Vigna radiate was 7.20. Based on the research results, it shows that the p value is 0.000 <0.005, so it can be assumed that there is an influence between giving Vigna radiate and increasing the amount of breast milk production in postpartum mothers.

Conclusion

1. Characteristics respondent Mother postpartum in the Work Area Pustu Semper Barat III from 30 respondents there is almost all over 27 respondents (90%) were aged 20-35 years, most of them big 21 respondents (70%) were educated middle school (high school) and some big 20 respondents (66.7%) did not Work.
2. Average breast milk production before consumption vigna radiate is 105.33 with a minimum of 75 and a maximum of 150 as well standard deviation 18.191.
3. Average breast milk production after consumption vigna radiate is 216.70 with a minimum of 150 and a maximum of 280 as well standard deviation 4 0.70 3.
4. There is an effect of giving vigna radiate to postpartum mothers on breast milk production in the Pustu Semper Barat III Working Area in 2023 with a value of p = 0.000.

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