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**THE EFFECT OF GREEN BEAN EXTRACT ON BREAST MILK
PRODUCTION IN POSTPARTUM MOTHERS IN KUALU NENAS
VILLAGE, KAMPAR REGENCY IN 2021**

XIV + 42 PAGES + 3 TABLES + 3 CHARTS + 14 APPENDICES

ABSTRACT

Breast milk is an emulsion of fat in a solution of protein, lactose and organic salts secreted by both sides of the mother's breast glands as the major food for the baby. The nutrients consumed by the mother will affect the production of breast milk produced. Green bean extract is a non-pharmacological method that can be used to increase the volume of breast milk production. The purpose of this study was to determine the effect of green bean extract on breast milk production in postpartum mothers in Kualu Nenas Village, Kampar Regency in 2021. This type of research was a *Quasy Experiment* research with *Posttest Only Control Design*. The population is all postpartum women in Kualu Nenas Village, Kampar Regency in March-April 2021, totaling 28 people, 10 postpartum women as the intervention group and 10 postpartum women as the control group. Sampling using purposive sampling technique as many as 20 postpartum mothers. Methods of data collection with the method of observation. The results showed that the average milk production in the intervention group was 120.50 mL (SD=16.236) while the average milk production in the control group was 89.80 mL (SD=12.533). The results of the independent t-test with a 95% confidence level showed that there was a difference in the average milk production of postpartum mothers who were given green bean extract and those who were not given green bean extract ($p = 0.000$) Conclusion: there is a significant effect of consumption of green bean extract on breast milk production in postpartum mothers. It is recommended to health workers, especially midwives, to educate pregnant women and postpartum mothers with knowledge of breast milk production, so that there are no more problems with the volume of breast milk production.

Keywords : Green Bean Extract, Breast Milk Production

Bibliography : 25 (2009 - 2019)