Vol. 3 No. 4 Edisi Agustus - Oktober 2026 E. ISSN. 3032-2472
Multidisciplinary Indonesian Center Journal (MICJO)
Journal page is available to
https://e-jurnal.jurnalcenter.com/index.php/micjo
Email: admin@jurnalcenter.com

BREASTFEEDING TECHNIQUE EDUCATION USING VIDEO AND LEAFLET TO PREVENT NIPPLE SORENESS IN POSTPARTUM MOTHERS

EDUKASI TEKNIK MENYUSUI MENGGUNAKAN MEDIA VIDEO DAN LEAFLET TERHADAP PENCEGAHAN PUTTING LECET IBU POSTPARTUM

Desi Kusmalasari[1], Ageng Septa Rini[2*], Salfia Darmi[3]

[1]Universitas Indonesia Maju, Email : desikusmalasari59@gmail.com
[2*]Universitas Indonesia Maju, Email : agengseptarini06@gmail.com
[3]Universitas Indonesia Maju, Email : salfiadarmi742@gmail.com

*email koresponden: agengseptarini06@gmail.com

DOI: https://doi.org/10.62567/micjo.v3i4.3331

Abstract

Nipple soreness is a common breastfeeding-related problem among postpartum mothers and may be associated with improper infant positioning and attachment during breastfeeding. Breastfeeding technique education is needed to improve mothers' ability to apply appropriate breastfeeding techniques. This study aimed to analyze changes in nipple soreness before and after breastfeeding technique education using video and leaflet media among postpartum mothers. A *quasi-experimental* study with a *two-group pretest-posttest design* was conducted at Warungkiara Public Health Center, Sukabumi Regency, in June 2026. The population consisted of 110 postpartum mothers, with 86 respondents selected through *purposive sampling*, comprising 43 respondents in the video group and 43 in the leaflet group. Nipple soreness was assessed before and after the intervention and categorized as no nipple soreness or nipple soreness. Data were analyzed using the *Wilcoxon Signed-Rank Test* at a significance level of $\alpha = 0.05$. In the video group, 36 respondents (83.7%) did not experience nipple soreness and 7 (16.3%) experienced soreness after the intervention ($p = 0.083$). In the leaflet group, 40 respondents (93.0%) did not experience soreness and 3 (7.0%) experienced soreness ($p = 0.008$). Leaflet-based education showed a statistically significant change in nipple soreness, whereas video-based education did not. Leaflets may support breastfeeding technique application by allowing mothers to repeatedly review information on proper positioning and attachment.

Keywords : Breastfeeding Technique, Video, Leaflet, Nipple Soreness, Postpartum Mothers.

Multidisciplinary Indonesian Center Journal (MICJO)
Journal page is available to
https://e-jurnal.jurnalcenter.com/index.php/micjo
Email: admin@jurnalcenter.com

Abstrak

Puting lecet merupakan salah satu masalah yang dapat dialami ibu postpartum selama menyusui dan berkaitan dengan ketepatan posisi serta perlekatan bayi. Edukasi teknik menyusui diperlukan untuk meningkatkan kemampuan ibu dalam menerapkan teknik menyusui yang tepat. Penelitian ini bertujuan menganalisis perubahan kejadian puting lecet sebelum dan sesudah edukasi teknik menyusui menggunakan media video dan leaflet pada ibu postpartum. Penelitian ini menggunakan desain *quasi-experimental* dengan pendekatan *two-group pretest-posttest design*. Penelitian dilaksanakan di Puskesmas Warungkiara Kabupaten Sukabumi pada Juni 2026. Populasi berjumlah 110 ibu postpartum dengan sampel 86 responden yang dipilih menggunakan *purposive sampling*, terdiri atas 43 responden kelompok video dan 43 responden kelompok leaflet. Kejadian puting lecet diukur sebelum dan sesudah intervensi. Analisis menggunakan *Wilcoxon Signed-Rank Test* dengan tingkat kemaknaan $\alpha = 0,05$. Pada kelompok video, setelah intervensi 36 responden (83,7%) tidak mengalami puting lecet dan 7 responden (16,3%) mengalami puting lecet, dengan $p = 0,083$. Pada kelompok leaflet, 40 responden (93,0%) tidak mengalami puting lecet dan 3 responden (7,0%) mengalami puting lecet, dengan $p = 0,008$. Edukasi teknik menyusui menggunakan media leaflet menunjukkan perubahan signifikan terhadap kejadian puting lecet, sedangkan media video tidak menunjukkan perubahan signifikan. Leaflet memungkinkan ibu membaca dan mengulang informasi mengenai posisi dan perlekatan menyusui setelah edukasi, sehingga dapat mendukung penerapan teknik menyusui.

Kata Kunci : Teknik Menyusui, Video, Leaflet, Puting Lecet, Postpartum.

1. INTRODUCTION

The postpartum period is an important stage in a woman's life, particularly as she adapts to her new role as a mother. During this period, mothers begin to fulfill their role in providing optimal nutrition for their infants through breastfeeding. Although breastfeeding is a natural physiological process, not all mothers can breastfeed easily. Various challenges may arise during breastfeeding, one of which is nipple pain or nipple soreness, which can affect maternal comfort. Proper infant positioning and attachment are important aspects of reducing nipple pain and supporting successful breastfeeding (World Health Organization, 2022).

Globally, exclusive breastfeeding coverage remains a major concern in efforts to improve infant health and survival. Data from the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) indicate that in 2024, approximately 48% of infants younger than six months worldwide were exclusively breastfed, representing an increase of more than 10% over the past 12 years. Although this achievement approaches the global target of 50% by 2025, further improvements are still needed to reach the 60% target by 2030 (World Health Organization & United Nations Children's Fund, 2025).

Exclusive breastfeeding provides protection against various infectious diseases, including diarrhea and pneumonia, while supporting optimal infant growth and development. WHO estimates that optimal breastfeeding practices could potentially save more than 820,000 children under five years of age each year**.** Therefore, appropriate support and education for mothers from pregnancy through the postpartum period are essential to promoting successful breastfeeding practices (World Health Organization, 2024).

According to the Indonesian Health Survey (Survei Kesehatan Indonesia/SKI), the proportion of infants aged 0–5 months who received exclusive breastfeeding nationally reached 68.6%. Meanwhile, based on the *Indonesia Health Profile*, the coverage of infants who received exclusive breastfeeding at six months of age reached 63.9% in 2023. These differences reflect variations in the indicators and age groups used to measure exclusive breastfeeding coverage (Ministry of Health of the Republic of Indonesia, 2024).

Multidisciplinary Indonesian Center Journal (MICJO)
Journal page is available to
https://e-jurnal.jurnalcenter.com/index.php/micjo
Email: admin@jurnalcenter.com

In 2024, according to the *Indonesia Health Profile 2024*, the national coverage of exclusive breastfeeding reached 69.26%**,** while West Java Province recorded a coverage of **72.39%**. This figure was higher than the national coverage in the same year. Nevertheless, successful exclusive breastfeeding is determined not only by breastfeeding coverage but also by mothers' ability to overcome various challenges during breastfeeding, including difficulties related to breastfeeding techniques and nipple pain or soreness (West Java Provincial Health Office, 2024).

Nipple soreness is one of the problems that may be experienced by breastfeeding mothers, particularly during the early postpartum period. This condition may involve nipple pain and tissue damage, resulting in discomfort during breastfeeding. One factor associated with nipple soreness is improper breastfeeding technique, particularly inadequate infant positioning and attachment. Improper attachment may cause the infant to suck primarily on the nipple rather than taking in a sufficient portion of the areola, resulting in excessive pressure and friction on the nipple that can lead to pain and tissue damage (World Health Organization, 2021).

Nipple soreness and pain may affect maternal comfort and potentially interfere with the continuation of breastfeeding. Mothers who experience pain during breastfeeding may encounter difficulties in maintaining breastfeeding practices and therefore require appropriate support and counseling (Jannah & Eliyana, 2025). WHO recommends that breastfeeding counseling be provided during the antenatal period and continued throughout the postnatal period as part of continuous breastfeeding support. Such counseling is intended not only to provide information but also to help mothers develop the skills, competencies, and confidence needed for successful breastfeeding (World Health Organization & UNICEF, 2021).

Proper breastfeeding technique is an important skill that postpartum mothers need to master. It includes maternal and infant positioning, maintaining the infant's body close to the mother, proper alignment of the infant's head and body, and appropriate attachment of the infant's mouth to the breast. Proper positioning and attachment enable effective breastfeeding while minimizing nipple trauma. Conversely, poor attachment may cause nipple pain and tissue damage, reduce the effectiveness of milk transfer, and ultimately interfere with breastfeeding. Therefore, mothers need appropriate assistance and education regarding proper positioning and attachment from the early stages of breastfeeding (Mislu et al., 2024).

The importance of proper breastfeeding technique in preventing nipple soreness is also supported by empirical evidence. Mujenah, Wahyutri, and Noorma (2023) conducted a study among postpartum mothers at RSD dr. H. Soemarno Sosroatmodjo Tanjung Selor and found that the majority of respondents, 68.4%, used improper breastfeeding techniques, while 57.9% experienced nipple soreness. The analysis demonstrated a significant association between breastfeeding technique and the occurrence of nipple soreness (p=0.000). These findings indicate that appropriate breastfeeding technique is an important aspect of preventing nipple soreness among postpartum mothers (Mujenah et al., 2023).

Nevertheless, successful implementation of breastfeeding techniques depends not only on mothers' knowledge but also on their ability to apply that knowledge in practice. Cahyani, Lestari, and Suci (2025) reported that 62.7% of breastfeeding mothers had good knowledge regarding nipple soreness, whereas 73.1% of respondents demonstrated poor practices in managing nipple soreness. These findings indicate a gap between knowledge and practice, suggesting that breastfeeding education should not only aim to improve knowledge but also facilitate the development of mothers' practical skills in applying appropriate breastfeeding techniques (Cahyani et al., 2025).

In addition to knowledge, maternal characteristics may also be associated with the ability to apply appropriate breastfeeding techniques. Herawati and Gustina (2025) found significant associations between maternal educational level, maternal knowledge, and breastfeeding technique. Maternal knowledge was significantly associated with breastfeeding technique (p=0.012), as was educational level (p=0.029). These findings indicate that maternal knowledge and educational

Multidisciplinary Indonesian Center Journal (MICJO)
Journal page is available to
https://e-jurnal.jurnalcenter.com/index.php/micjo
Email: admin@jurnalcenter.com

background are important aspects to consider in supporting the appropriate application of breastfeeding techniques (Herawati & Gustina, 2025).

One approach that can be implemented to improve postpartum mothers' knowledge and skills is health education. WHO recommends breastfeeding counseling as part of breastfeeding support services, including support during the postnatal period. Counseling and education should be provided continuously and tailored to mothers' needs, including the provision of information and assistance in addressing breastfeeding-related problems and challenges (World Health Organization & UNICEF, 2021). Therefore, selecting educational methods and media that can provide information while facilitating mothers' understanding and acquisition of breastfeeding skills is important in postpartum care.

Educational media have different characteristics in delivering information to target audiences. Video is an audiovisual medium that enables mothers to simultaneously see and hear information about breastfeeding techniques. In the context of breastfeeding education, video can demonstrate maternal positioning, infant positioning, how to bring the infant toward the breast, and proper infant attachment to the breast. These characteristics allow mothers to observe the procedure more concretely and replay the material as needed. In contrast, a leaflet is a printed educational medium that presents information concisely through written text and illustrations. Leaflets can be taken home and reread after the educational session, allowing them to serve as a reminder when mothers apply the information in daily practice (Rini & Apriyani, 2024; Marlina et al., 2023).

The use of video as an educational medium is also supported by empirical evidence regarding breastfeeding techniques. Marlina, Widiasih, and Maryati (2023) conducted a quasi-experimental study using a two-group pre-test–post-test design to compare breastfeeding technique education delivered through video and leaflet media among postpartum mothers. The results showed no significant difference in knowledge between the video and leaflet groups (p=0.301). However, a significant difference was observed in breastfeeding skills (p=0.008), with video-based education demonstrating an effect on mothers' breastfeeding skills. These findings suggest that video has potential as an educational medium for improving breastfeeding technique skills among postpartum mothers (Marlina et al., 2023).

These findings provide a basis for considering audiovisual media as a potentially useful approach for teaching procedural skills. However, comparisons between video and leaflet-based education remain relevant for further investigation in different healthcare settings, populations, and participant characteristics. Furthermore, previous research has primarily focused on changes in knowledge and breastfeeding skills, whereas the prevention of nipple soreness as a clinically relevant outcome among postpartum mothers requires further investigation, particularly in primary healthcare settings. Therefore, research involving postpartum mothers in primary healthcare facilities may provide additional evidence regarding the application of breastfeeding education media to prevent nipple soreness (Marlina et al., 2023).

Based on a preliminary study conducted at Warungkiara Public Health Center, 10 postpartum mothers were found to have experienced nipple soreness. This finding indicates that nipple soreness remains a problem encountered in postpartum care and highlights the need to strengthen education regarding proper breastfeeding techniques. It also provides a basis for considering educational media that can deliver information clearly and facilitate mothers' ability to understand and apply appropriate breastfeeding techniques in practice.

Comparing video and leaflet media is relevant because the two educational approaches have different characteristics in delivering information. Video enables mothers to observe breastfeeding techniques dynamically through a combination of moving images and sound, whereas leaflets provide written and visual information that can be reviewed independently. These differences may result in variations in mothers' ability to understand and apply appropriate breastfeeding techniques. Therefore, investigating the effectiveness of breastfeeding technique education using video and leaflet media in

Multidisciplinary Indonesian Center Journal (MICJO)
Journal page is available to
https://e-jurnal.jurnalcenter.com/index.php/micjo
Email: admin@jurnalcenter.com

preventing nipple soreness among postpartum mothers is important to generate empirical evidence within the context of primary healthcare services at Warungkiara Public Health Center.

2. RESEARCH METHOD

This study employed a quasi-experimental design using a two-group pretest–posttest approach. In this design, the researchers measured the occurrence of nipple soreness before (pretest) and after (posttest) the intervention in two different groups: an intervention group receiving education through video media and a control group receiving education through leaflet media. According to Sugiyono (2022), the pretest–posttest design is used to determine the effect of a treatment by comparing conditions before and after an intervention, either within a single group or between groups (Sugiyono, 2022). The population in this study consisted of all postpartum mothers in the working area of Warungkiara Public Health Center, Sukabumi Regency, totaling 110 mothers. Using the Slovin formula, the required sample size was 86 respondents. Based on this calculation, 43 respondents were assigned to the intervention group and 43 respondents to the control group. The samples were selected using purposive sampling. The study was conducted in June 2026 at Warungkiara Public Health Center. The statistical test used was the Wilcoxon Signed-Rank Test.

3. RESULT AND DISCUSSION

Result

Univariate Analysis

Frequency Distribution of Respondents by Age

Table 1 Frequency Distribution of Postpartum Mothers by Age at Warungkiara Public Health Center, Sukabumi Regency, 2026

Age	Video n	Video	Leaflet n	Leaflet %
20–25 years	18	41.9	17	39.5
26–35 years	17	39.5	17	39.5
>35 years	8	18.6	9	20.9
Total	**43**	**100**	**43**	**100**

Based on Table 1, the frequency distribution of postpartum mothers' age at Warungkiara Public Health Center, Sukabumi Regency, in 2026 showed that in the video group, mothers aged 20–25 years constituted the largest age group, with 18 respondents (41.9%). In the leaflet group, mothers aged 20–25 years and 26–35 years represented the largest age groups, with 17 respondents (39.5%) each.

Frequency Distribution of Respondents by Education Level

Table 2 Frequency Distribution of Postpartum Mothers by Education Level at Warungkiara Public Health Center, Sukabumi Regency, 2026

Education Level	Video n	Video %	Leaflet n	Leaflet %
Junior high school	19	44.2	17	39.5
Senior high school	14	32.6	16	37.2
Higher education	10	23.3	10	23.3
Total	**43**	**100**	**43**	**100**

Based on Table 2, the frequency distribution of postpartum mothers' education level at Warungkiara Public Health Center, Sukabumi Regency, in 2026 showed that in the video group, junior high school education was the most common educational level, comprising 19 respondents (44.2%). Similarly, in the leaflet group, junior high school education was the most common educational level, comprising 17 respondents (39.5%).

Multidisciplinary Indonesian Center Journal (MICJO)
Journal page is available to
https://e-jurnal.jurnalcenter.com/index.php/micjo
Email: admin@jurnalcenter.com

Frequency Distribution of Respondents by Employment Status

Table 3 Frequency Distribution of Postpartum Mothers by Employment Status at Warungkiara Public Health Center, Sukabumi Regency, 2026

Employment Status	Video n	Video %	Leaflet n	Leaflet %
Housewife	18	41.9	20	46.5
Employee	20	46.5	20	46.5
Civil servant	5	11.6	3	7.0
Total	**43**	**100**	**43**	**100**

Based on Table 3, the frequency distribution of postpartum mothers by employment status at Warungkiara Public Health Center, Sukabumi Regency, in 2026 showed that in the video group, employees constituted the largest group, with 20 respondents (46.5%), followed by housewives with 18 respondents (41.9%), and civil servants with 5 respondents (11.6%). In the leaflet group, housewives and employees had the same proportion, each comprising 20 respondents (46.5%), while civil servants accounted for 3 respondents (7.0%).

Frequency Distribution of Respondents by Parity

Table 4 Frequency Distribution of Postpartum Mothers by Parity at Warungkiara Public Health Center, Sukabumi Regency, 2026

Parity	Video n	Video %	Leaflet n	Leaflet %
Primipara	21	48.8	21	48.8
Multipara	22	51.2	22	51.2
Total	**43**	**100**	**43**	**100**

Based on Table 4, the frequency distribution of postpartum mothers by parity at Warungkiara Public Health Center, Sukabumi Regency, in 2026 showed that in both the video and leaflet groups, multiparous mothers constituted the largest group, with 22 respondents (51.2%) in each group, while primiparous mothers accounted for 21 respondents (48.8%) in each group.

Bivariate Analysis

Tabel 5 The Effect of Breastfeeding Technique Education Using Video and Leaflet Media on the Prevention of Nipple Soreness among Postpartum Mothers at Warungkiara Public Health Center, Sukabumi Regency, 2026

Media Group	Nipple Condition	Pre-test F	Pre-test %	Post-test F	Post-test %
Video	No nipple soreness	43	100	36	83.7
	Nipple soreness	0	0	7	16.3
	Total	**43**	**100**	**43**	**100**
	Wilcoxon test			**p = 0.083**	
Leaflet	No nipple soreness	43	100	40	93.0
	Nipple soreness	0	0	3	7.0
	Total	**43**	**100**	**43**	**100**
	Wilcoxon test			**p = 0.008**	

Based on Table 5, in the video media group, the pre-test results showed that all 43 respondents (100%) did not experience nipple soreness. After receiving breastfeeding technique education using video media, 36 respondents (83.7%) did not experience nipple soreness, whereas 7 respondents (16.3%) experienced nipple soreness. The Wilcoxon Signed-Rank Test yielded a *p*-value of 0.083 ($p > 0.05$), indicating that there was no statistically significant change in the occurrence of nipple soreness before and after breastfeeding technique education using video media**.** In the leaflet media group, the pre-test results showed that all 43 respondents (100%) did not experience nipple soreness. After receiving breastfeeding technique education using leaflet media, 40 respondents (93.0%) did not

Multidisciplinary Indonesian Center Journal (MICJO)
Journal page is available to
https://e-jurnal.jurnalcenter.com/index.php/micjo
Email: admin@jurnalcenter.com

experience nipple soreness, whereas 3 respondents (7.0%) experienced nipple soreness. The Wilcoxon Signed-Rank Test yielded a *p*-value of 0.008 ($p < 0.05$), indicating that there was a statistically significant change in the occurrence of nipple soreness before and after breastfeeding technique education using leaflet media.

Discussiom

Based on the findings of this study, the prevention of nipple soreness among postpartum mothers following breastfeeding technique education showed that in the leaflet media group, almost all respondents, 40 mothers (93.0%), did not experience nipple soreness, whereas in the video media group, 36 respondents (83.7%) did not experience nipple soreness. These findings indicate that the proportion of mothers who did not experience nipple soreness was higher in the leaflet group than in the video group. This condition suggests that following the educational intervention, most to nearly all postpartum mothers were able to maintain healthy nipple conditions without experiencing soreness.

Theoretically, the prevention of nipple soreness is closely related to proper infant positioning and attachment during breastfeeding. Appropriate positioning and attachment are important components of breastfeeding support because they facilitate effective breastfeeding and may reduce various breastfeeding-related problems, including nipple pain and soreness. The World Health Organization (WHO), in its 2025 recommendations on postnatal care, emphasizes the importance of supporting responsive breastfeeding, proper breastfeeding positioning, and appropriate infant attachment. WHO also recommends providing mothers with information about common breast conditions during lactation, including sore or cracked nipples (World Health Organization, 2025).

These findings are further supported by a meta-analysis conducted by Jia et al. (2025), which demonstrated that specific interventions for preventing and managing breastfeeding-related nipple pain or injury were more effective than nonspecific interventions. The study also indicated that preventive interventions provided before the onset of nipple pain were more effective than interventions provided after pain had occurred (Jia et al., 2025).

The findings of Utami and Angesti (2025) also showed that video-based education on lactation techniques had an effect on breastfeeding skills among postpartum mothers. Their quasi-experimental study reported a statistically significant result based on the Mann–Whitney test, with a *p*-value of 0.005 (Utami & Angesti, 2025). Similarly, Raka et al. (2024) examined the use of an educational video on breastfeeding techniques as a medium for improving breastfeeding skills among postpartum mothers and reported improvements in breastfeeding skills following the intervention (Raka et al., 2024).

In the present study, the proportion of mothers who did not experience nipple soreness was higher in the leaflet group (93.0%) than in the video group (83.7%), whereas the proportion of mothers who experienced nipple soreness was lower in the leaflet group (7.0%) than in the video group (16.3%). The Wilcoxon test showed that there was no statistically significant change in the video group ($p = 0.083$), whereas a statistically significant change was observed in the leaflet group ($p = 0.008$). These findings are not entirely consistent with several previous studies that have demonstrated the benefits of video-based education in improving breastfeeding skills. This discrepancy may be influenced by differences in respondent characteristics, the duration and frequency of exposure to the educational intervention, mothers' ability to apply breastfeeding techniques, and the specific characteristics of the intervention provided.

Leaflet media also have advantages because information regarding proper breastfeeding positioning and infant attachment can be reviewed repeatedly by mothers after the educational session. Therefore, both video and leaflet media can be used as educational media for breastfeeding techniques. However, their effectiveness in preventing nipple soreness should be determined based on the results of direct statistical comparisons between the two groups rather than solely by comparing the *p*-values obtained from the respective within-group analyses.

Multidisciplinary Indonesian Center Journal (MICJO)
Journal page is available to
https://e-jurnal.jurnalcenter.com/index.php/micjo
Email: admin@jurnalcenter.com

4. CONCLUSION

Based on the findings of this study, the prevention of nipple soreness among postpartum mothers following breastfeeding technique education showed that in the leaflet group, almost all respondents did not experience nipple soreness, accounting for 40 respondents (93.0%), whereas in the video group, 36 respondents (83.7%) did not experience nipple soreness. These findings indicate that the proportion of mothers who did not experience nipple soreness was higher in the leaflet group than in the video group. This condition suggests that following the educational intervention, the majority of postpartum mothers were able to maintain their nipple condition without experiencing soreness.

Theoretically, the prevention of nipple soreness is closely related to proper infant positioning and attachment during breastfeeding. Appropriate positioning and attachment are important components of breastfeeding support because they facilitate effective breastfeeding and may reduce breastfeeding-related problems, including nipple pain and soreness. The World Health Organization (WHO), in its 2025 recommendations for postnatal care, emphasizes the importance of supporting responsive breastfeeding, proper breastfeeding positioning, and appropriate infant attachment. WHO also recommends providing mothers with information regarding common breast conditions during lactation, including sore or cracked nipples (World Health Organization, 2025).

These findings are further supported by a meta-analysis conducted by Jia et al. (2025), which demonstrated that specific interventions aimed at preventing and managing breastfeeding-related nipple pain or injury were more effective than nonspecific interventions. The study also indicated that preventive interventions provided before the onset of nipple pain were more effective than interventions provided after pain had occurred (Jia et al., 2025).

The findings of Utami and Angesti (2025) also demonstrated that video-based education on lactation techniques had an effect on breastfeeding skills among postpartum mothers. Their quasi-experimental study reported a statistically significant result using the Mann–Whitney test, with a *p*-value of 0.005 (Utami & Angesti, 2025). Similarly, Raka et al. (2024) investigated the use of an educational video on breastfeeding techniques as a medium for improving breastfeeding skills among postpartum mothers and reported improvements in breastfeeding skills following the intervention (Raka et al., 2024).

In the present study, the proportion of mothers who did not experience nipple soreness was higher in the leaflet group (93.0%) than in the video group (83.7%), while the proportion who experienced nipple soreness was lower in the leaflet group (7.0%) than in the video group (16.3%). The Wilcoxon test showed that there was no statistically significant change in the video group (p = 0.083), whereas a statistically significant change was observed in the leaflet group (p = 0.008). These findings are not entirely consistent with several previous studies that have demonstrated the benefits of video-based education in improving breastfeeding skills. This difference may be influenced by variations in respondent characteristics, the duration and frequency of exposure to the educational intervention, mothers' ability to apply breastfeeding techniques, and the specific characteristics of the educational interventions.

Leaflets also have advantages because information regarding proper positioning and attachment can be reviewed repeatedly by mothers after the educational session. Therefore, both video and leaflet media can be used as educational tools for breastfeeding techniques. However, their effectiveness in preventing nipple soreness should be determined based on direct statistical comparisons between the two groups rather than solely by comparing the *p*-values obtained from the respective within-group analyses.

Multidisciplinary Indonesian Center Journal (MICJO)
Journal page is available to
https://e-jurnal.jurnalcenter.com/index.php/micjo
Email: admin@jurnalcenter.com

5. REFERENSI

Cahyani, V. M., Lestari, W., & Suci, W. P. (2025). Gambaran Perilaku Ibu Menyusui Dalam Mengatasi Permasalahan Puting Lecet. *Jurnal Keperawatan*, *13*(1).

Dinas Kesehatan Provinsi Jawa Barat. (2024). Profil Kesehatan Provinsi Jawa Barat. *Profil Kesehatan Jawa Barat*.

Herawati, I., & Gustina, F. (2025). PENGARUH TINGKAT PENGETAHUAN DAN PENDIDIKAN IBU DALAM TEKNIK MENYUSUI DENGAN KEADAAN PUTING SUSU LECET DI PMB YENNY SUSANTI, STR. KEB. *Jurnal Ners*, *9*(2).

Jannah, F. N., & Eliyana, Y. (2025). *Cara Mengatasi Putting Lecet pada Ibu Nifas*. *6*(3). doi.org/doi.org/10.34697/jai.v6i3.3714

Jia, X., Dong, Y., Shen, C., Cai, Y., Xu, Y., Yang, L., Jiang, J., Sun, T., Lu, W., & Huang, R. (2025). Interventions for breastfeeding-related nipple pain or injury: A meta-analysis. *Frontiers in Global Women's Health*, *6*, 1507723. https://doi.org/10.3389/fgwh.2025.1507723

Kementerian Kesehatan Republik Indonesia. (2024). Survei Kesehatan Indonesia (SKI) 2023: Hasil Utama. *Kementrian Kesehatan Republik Indonesia*.

Marlina, Y., Widiasih, R., & Maryati, I. (2023). Edukasi Kesehatan Teknik Menyusui Menggunakan Media Video dan Media Leaflet terhadap Pencegahan Puting Lecet pada Ibu Postpartum. *Journal of Telenursing (JOTING)*, *5*(2), 3892–3899. https://doi.org/10.31539/joting.v5i2.8386

Mislu, E., Kumsa, H., Arage, M. W., Shitie, A., & Adimasu, A. (2024). Effective breastfeeding techniques and associated factors among lactating women: A community-based study, north east Ethiopia. *Frontiers in Public Health*, *12*, 1337822. https://doi.org/10.3389/fpubh.2024.1337822

Mujenah, M., Wahyutri, E., & Noorma, N. (2023). HUBUNGAN TEKNIK MENYUSUI DENGAN KEJADIAN PUTING LECET PADA IBU POST PARTUM DI RSD dr. H. SOEMARNO SOSROATMODJO TANJUNG SELOR. *Aspiration of Health Journal*, *1*(1), 135–145. https://doi.org/10.55681/aohj.v1i1.94

Raka, A. P., Purnamaningrum, Y. E., & Widyasih, H. (2024). Video DURASI (Edukasi Cara Menyusui or Education on How to Breastfeed) to Improve Breastfeeding Skills in Postpartum Mothers. *Indonesian Journal of Health Research and Development*, *2*(3), 116–121. https://doi.org/10.58723/ijhrd.v2i3.298

Rini, A. S., & Apriyani, M. T. P. (2024). Edukasi Kesehatan Secara Daring Terhadap Pengetahuan Remaja Tentang Kesehatan Reproduksi. *JournalofHumanAndEducation*, *4*(3). https://doi.org/https://doi.org/10.31004/jh.v4i3.853

Sugiyono. (2022). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Alfabeta.

Utami, D. A. N., & Angesti, H. P. (2025). *Pengaruh Edukasi dengan Video Teknik Laktasi terhadap Keterampilan Menyusui pada Ibu Post partum di RSUD Kanjuruhan, Kabupaten Malang*. *5*(1). https://doi.org/http://dx.doi.org/10.52365/jond.v5i1.1394

World Health Organization. (2021). Implementation guidance on counselling women to improve breastfeeding practices. *World Health Organization*.

World Health Organization. (2022). Early Essential Newborn Care. *World Health Organization*.

World Health Organization. (2024). Infant and young child feeding. *WHO*.

World Health Organization. (2025). WHO recommendations on maternal and newborn care for a positive postnatal experience. *World Health Organization*.

World Health Organization, & United Nations Children's Fund. (2025). On World Breastfeeding Week, countries urged to invest in health systems and support breastfeeding mothers. *UNICEF*.

Zahra, I. M., Rini, A. S., & Hidayani, H. (2023). Hubungan Inisiasi Menyusu Dini, Tingkat Kecemasan, Dan Frekuensi Menyusui Terhadap Onset Laktasi Pada Ibu Postpartum Di Rsud Jagakarsa Tahun 2022. *SENTRI: Jurnal Riset Ilmiah*, *2*(7), 2405-2419. doi.org/10.55681/sentri.v2i7.1141