

# EFFECT OF BREASTFEEDING DURATION ON MENSTRUAL PERIOD RETURN AFTER CHILD BIRTH IN DELI SERDANG, NORTH SUMATERA

Loise Juliyanti Siagian, Asfriyati, Evawany Y Aritonang

Faculty of Public Health, Universitas Sumatera Utara

## ABSTRACT

**Background:** The length of postpartum amenorrhea is quite variable, and depends on several factors, including maternal age, parity, as well as duration and frequency of breastfeeding. The return of menstruation is not necessarily the result of preceding ovulation in the postpartum woman. Breastfeeding, however, suppresses menstruation at least for a while. For some mothers, there may be an absence of menstruation for weeks, months, and even years while still breastfeeding. This study aimed to determine the effect of breastfeeding duration on menstrual period return after child birth in Deli Serdang, North Sumatera.

**Subjects and Method:** This was a cross-sectional study conducted in Purwodadi village, Deli Serdang, North Sumatera. A sample of 78 postpartum women who had children aged 6 to 24 months were selected for this study. The dependent variable was menstrual period return. The independent variables were exclusive breastfeeding (EBF), EBF frequency, EBF interval, EBF duration, and EBF technique. The data were collected by questionnaire. The data were described in percent and analyzed by a logistic regression.

**Results:** The prevalence of EBF in this sample was about 22%. About 67% of mothers breastfed 8 to 12 times per day. About 95% of mothers breastfed in less than 6 hour interval per day. Menstrual period return was affected by EBF, frequency of EBF, and technique of EBF.

**Conclusion:** The prevalence of EBF in this sample was about 22%. Menstrual period return is affected by EBF, frequency of EBF, and technique of EBF.

**Keywords:** breastfeeding, duration, menstrual period, child birth.

### Correspondence:

Loise Juliyanti Siagian. Faculty of Public Health, Universitas Sumatera Utara, North Sumatera. Email: sofiahmanurung2@gmail.com.

Mobile: 081393990999, 081268111562