



## **Relationship Between Mothers' Knowledge Of Breastfeeding Techniques And The Incidence Of Nipple Cracking At The Telaga Dewa Health Center In Bengkulu City In 2025**

**Alia Pita Sari**<sup>1</sup>, **Yurizki Telova**<sup>2</sup>, **Ice Rakizah Syafrie**<sup>3</sup>  
<sup>1,2,3</sup> Universitas Dehasen Bengkulu  
e-mail: [aliapitasari59@gmail.com](mailto:aliapitasari59@gmail.com)

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**Abstract.** The postpartum period is a crucial transition period for both mother and baby, where successful breastfeeding is a key factor in supporting the health of both. One common problem experienced by postpartum mothers is sore nipples, generally caused by improper breastfeeding techniques and a lack of maternal knowledge. The purpose of this study was to determine the relationship between maternal knowledge of breastfeeding techniques and the incidence of sore nipples at the Telaga Dewa Community Health Center in Bengkulu City in 2025. This study was quantitative, using an analytical survey design. The population consisted of 57 postpartum mothers. The sampling method was accidental sampling, and data analysis was performed using the Chi-Square test. The results of the univariate analysis showed that almost half of the postpartum mothers (35.0%) had inadequate knowledge, and almost half (40.4%) had adequate knowledge. A small proportion (24.6%) had good knowledge, and the majority (56.1%) experienced sore nipples during breastfeeding. Bivariate analysis revealed a significant association between maternal knowledge of breastfeeding techniques and the incidence of sore nipples, with a p-value of 0.003 ( $p < 0.05$ ). Researchers recommend that postpartum mothers practice proper breastfeeding techniques to address sore nipples. Mothers can seek information about breastfeeding techniques from their local midwife or through social media.

**Keywords:** *Mother's Knowledge, Sore Nipples, Breastfeeding Techniques*

### **INTRODUCTION**

The postpartum period is the recovery period of the reproductive organs after childbirth, lasting 6-8 weeks. It begins after the placenta is delivered and ends when the reproductive organs return to their pre-pregnancy state. Biologically, the postpartum period is defined as the period following the delivery of the placenta and ends when the uterus has returned to its pre-pregnancy and pre-delivery state. The postpartum period lasts for six weeks, or 42 days. During the postpartum period, a recovery process occurs, during which the mother will experience many physical and physiological changes. The postpartum period can also cause discomfort in the early postpartum period, and these conditions can potentially become pathological if not followed by proper care (Dewi et al., 2025).

During the postpartum period, breastfeeding is a particularly rewarding activity for mothers. Breastfeeding involves the attachment of the nipple to the baby's mouth to draw milk from the breast. The postpartum period is a crucial transitional period for both mother and baby, with successful breastfeeding being a key factor in supporting the health of both. Difficulties that may arise include flat nipples, sore nipples, engorged breasts, mastitis, and abscesses.

Breastfeeding is a skill learned by both mother and baby, requiring time and patience to ensure the baby's nutritional needs are met for the first six months (Sumaifa & Risnawati, 2023).

Breastfeeding babies using proper technique and regularly is one way to increase breast milk production (Yulianto et al., 2022). Good breastfeeding technique can optimize milk production, thereby increasing the likelihood of successful breastfeeding. Therefore, it is important to understand the benefits of proper breastfeeding methods and remember the necessary steps. Correct breastfeeding technique offers many benefits, including safe nipples, a calmer baby, a strong latch during breastfeeding, and a reduced risk of spit-up (Munir & Lestari, 2023).

The World Health Organization (WHO, 2023) targets approximately 70 million babies to receive exclusive breastfeeding, as exclusive breastfeeding can save the lives of approximately 1.3 million babies worldwide. Many mothers experience breastfeeding problems, with approximately 17,230,142 of them. These include sore nipples (56.4%), affecting 9,719,080 mothers; engorgement (36.12%), and mastitis (7.5%), affecting 1,292,261 mothers.

Breastfeeding rates in Indonesia have declined significantly in recent years. Less than half of newborns (48.6%), or approximately 2,430,000 of the 5,000,000 births per year, receive breast milk within the first hour of life. The prevalence of exclusively breastfed infants has also declined sharply, from 64.5% (approximately 3,225,000 infants) in 2018 to 52.5% (approximately 2,625,000 infants) in 2021 (UNICEF, 2023).

Government regulations on exclusive breastfeeding (PP No. 33 of 2012 and PP No. 97 of 2018) stipulate the duties and responsibilities of the central and regional governments in developing breastfeeding programs, including establishing national and regional policies, implementing advocacy and outreach, and overseeing exclusive breastfeeding programs. Nationally, The national exclusive breastfeeding rate in 2023 increased by 2.68% compared to 72.04% the previous year. The increasing trend in infants receiving exclusive breastfeeding has been observed since 2019. The rate of exclusive breastfeeding jumped from 50.34% in 2018 to 66.69% in 2019. The percentage of exclusive breastfeeding in Indonesia reached its highest level in 2023, while the lowest rate occurred in 2018. By province, the highest national exclusive breastfeeding rate is in West Nusa Tenggara, with a percentage reaching 82.45%. Central Java and West Java followed, with percentages of 80.2% and 80.08%, respectively. Meanwhile, Gorontalo had the lowest exclusive breastfeeding rate, at only 55.11%. This was followed by Papua and Central Kalimantan, with exclusive breastfeeding rates of 55.41% and 55.78%, respectively (Ministry of Health, 2024).

According to the Indonesian Ministry of Health (2023), most regions have below-average breastfeeding rates. Mothers who neglect to breastfeed their babies selectively are the result of improper breastfeeding procedures, which often lead to adverse effects if not addressed promptly. In Bengkulu, the percentage of exclusive breastfeeding for infants under 6 months of age fluctuated from 2021 to 2024. In 2021, the percentage of infants exclusively breastfed was 67.08%, then increased to 67.84% in 2022, and then to 72.44% in 2023, and then to 73.94% in 2024 (Statistics, 2024). Meanwhile, the lowest exclusive breastfeeding coverage was found in Bengkulu City at 11.48% (60%), Seluma Regency at 16.38% (69%), and Central Bengkulu Regency at 10.08% (71%) (Bengkulu City Health Office, 2023).

Breast milk is the ideal food for babies to achieve optimal growth, both in brain and physical development. Up to 6 months of age, babies still grow according to standard curves. During this period, babies can grow and develop optimally solely by relying on the nutritional intake of breast milk. For newborns, all their vitamin and mineral needs are met through breast milk, as breast milk contains high-quality nutritional components that are beneficial for a child's intelligence, growth, and development. Breast milk has so many benefits that it is recommended for infants up to 2 years of age, and exclusive breastfeeding is recommended for infants from 6 months (Mujenah et al., 2023).

Breastfeeding failures are often caused by problems, both for the mother and the baby. Lack of information regarding breast care is one factor contributing to many problems in breastfeeding mothers, such as engorgement, mastitis, and sore nipples, which ultimately lead to mothers not breastfeeding their babies. Mothers need help, information, and support from all parties to care for their breasts during pregnancy and prepare for breast milk production upon delivery, thus increasing their confidence in breastfeeding effectively and understanding the function and benefits of breast care during pregnancy and postpartum (Muchtar & Novianti, 2025).

According to (Anita et al., 2023), one of the problems often experienced by postpartum mothers is sore nipples, which are generally caused by improper breastfeeding techniques and a lack of knowledge. Therefore, to avoid sore nipples, smear the nipples with breast milk every time you are about to breastfeed and after breastfeeding. Avoid cleaning the nipples with soap, cream, alcohol, or medications that can irritate the skin/nipples. Remove the baby's suction correctly by pressing the baby's chin or inserting a clean little finger into the baby's mouth. Avoid wearing a bra/bra that is too tight. When breastfeeding, check the baby's mouth is properly attached to the breast. To avoid continuous trauma to one side of the nipple, use a variety of breastfeeding positions, and periodically check the baby's mouth for thrush. Pain or soreness in the nipples is partly caused by improper breastfeeding techniques. Correct breastfeeding technique is how to provide breast milk to the baby with the correct attachment and position of the mother and baby. Breastfeeding skills, including the correct technique, are a key factor in determining whether breastfeeding will be successful or unsuccessful. Breastfeeding skills mean that postpartum mothers can apply the correct technique correctly when feeding their babies. The breastfeeding technique employed by postpartum mothers is influenced by their knowledge of breastfeeding techniques. Mothers with good knowledge and attitudes are more likely to use the correct breastfeeding technique (Fahmi, 2023).

## **LITERATURE REVIEW**

### **Understanding the Postpartum Period**

The postpartum period is defined as a process experienced by every mother after giving birth. It occurs from the delivery of the placenta to 42 days after delivery. The postpartum period is a difficult time for postpartum mothers and therefore requires special attention and monitoring. During the postpartum period, the mother will experience many changes, both physical and psychological. These changes are largely physiological; however, if not properly addressed through midwifery care, pathological conditions may occur. (Mirong & Yulianti, 2023)

The postpartum period (puerperium) is the period from the delivery of the placenta to the return of the reproductive organs to their pre-pregnancy state. The postpartum period lasts approximately 6 weeks. The puerperium, often known as the postpartum period, is the period during which the reproductive organs return to their pre-pregnancy state, lasting 6-8 weeks, beginning after the delivery of the placenta and continuing until they return to their pre-pregnancy state. (Sulfianti et al, 2021)

### **Understanding Breastfeeding**

Breastfeeding is a precious gift a mother can give her baby. In times of poverty, illness, or malnutrition, breastfeeding is a life-saving gift, fulfilling a mother's natural and noble duty. Breastfeeding is the process of providing nourishment to a baby in the form of breast milk directly from the mother's breast. Breastfeeding is the optimal way to provide nutrition to babies, protecting them from various diseases and infections, and is more economical than formula milk (Sutanto, 2018).

## Basic Concepts of Sore Nipples

A nipple fissure is a dry, painful, itchy, sore, and cracked nipple. This causes breast milk to be pink, making breastfeeding less frequent. For first-time mothers, sore or chafed nipples are normal. The pain can worsen and worsen with breastfeeding. Sore nipples can be prevented by treating sore nipples (Indrayani et al., 2022).

According to Sepduwiana (2021), sore nipples are inflamed nipple skin. This condition usually occurs due to the baby's incorrect positioning while breastfeeding. The baby only sucks on the nipple because most of the areola does not enter the baby's mouth. (Wahyuningsih, 2025) says that sore nipples occur at the beginning of breastfeeding. This is because breastfeeding mothers lack previous breastfeeding experience, which can lead to sore nipples.

## METHODS

### Analysis Univariate

Analysis univariate that is For see description distribution frequency from every variables studied including knowledge mother and sore nipples.

Interpretation of data according to Notoadmodjo (2018) :

1. 0% = None
2. 1-25% = A small portion respondents
3. 26 - 49% = Almost part respondents
4. 50% = Half respondents
5. 51 - 75% = Most respondents
6. 76 - 99% = Almost all over respondents
7. 100% = All respondents

### Bivariate Analysis

Analysis Bivariate used For know connection between variables independent ( Knowledge mother ) and variables dependent (Sore Nipples ) . Data analysis using the *chi-square* test that is test possibility connection .Data analyzed is data that has been done input encoding into the *master table* furthermore Analysis was carried out on the data that had been obtained. The conclusion from results study obtained comparison between p value with mark *absent* namely :

1. If the p-value < 0.05 then results calculation statistics meaning, this means There is connection between variables independent with variables dependent
2. If p -value > 0.05 then results statistical calculations do not meaning , this means No There is connection between variables independent with variables dependent

## RESULTS

### Analysis Univariate

**Table 1 Distribution Frequency respondents based on knowledge Mother at Telaga Dewa Health Center Bengkulu City in 2025**

Knowledge Mother	Frequency (f)	Percentage %
Not enough	20	35.0%
Enough	23	40.4%
Good	14	24.6%
Total	57	100.0

Source : Primary Data 2026

Based on table 1 above can known that of 57 respondents almost half his own lack of knowledge that is amounting to (35.0%) and respondents with knowledge Enough almost half his that is amounting to (40.4%) and respondents with knowledge Good only a small part that is amounting to (24.6%). This is means more part respondents own sufficient knowledge about sore nipples .

**Table 2 Distribution Frequency respondents based on incident of sore nipples at Telaga Dewa Health Center Bengkulu City 2025**

Sore nipples	Frequency (f)	Percentage %
Yes	32	56.1%
No	25	43.9%
Total	57	100.0

Source : Primary Data 2026

Based on table 2 above can known that of 57 respondents known that part big experiencing sore nipples that is amounting to (56.1%). This is means more part respondents experiencing sore nipples moment breast-feed .

### Analysis Bivariate

**Table 3 Connection knowledge Mother with incident of sore nipples at the health center lake god Bengkulu City in 2025**

Knowledge Mother	Sore Nipples				Total		P value
	Yes		No		f	%	
	f	%	f	%	f	%	
Not enough	16	80.0%	4	20.0%	20	100.0%	0.000
Enough	13	56.5%	10	43.5%	23	100.0%	
Good	3	21.4%	11	78.6%	14	100.0%	
Total	32	56.1%	25	43.9%	57	100.0%	

Source : Primary Data 2026

Based on table 3 above can known that from 20 mothers with knowledge not enough there were 16 people experiencing sore nipples and 4 people did not experience sore nipples , from 23 mothers with knowledge Enough there were 13 people experiencing sore nipples and 10 people did not experience sore nipples , whereas of 14 mothers with knowledge Good there are 3 people experiencing sore nipples and 11 people did not experience sore nipples.

## DISCUSSION

### Knowledge

Based on results study show from 57 respondents almost half his own lack of knowledge that is amounting to (35.0%) and respondents with knowledge Enough almost half his that is amounting to (40.4%) and respondents with knowledge Good only a small part that is amounting to (24.6%). This is means more part respondents own sufficient knowledge about sore nipples .

According to (Rahmi 2024) factor affecting giving breast milk is one of them is knowledge . Someone with level high knowledge naturally will support and behave Good compared to with knowledgeable low .

Knowledge is results from know and appear from experience someone who comes from from sensing to object certain . Sensing happen through function five senses that is with method see , smell , hear , feel with tongue and feeling with skin . So , from matter that's it somebody Can do something action on what is he obtained ( Notoatmojo , 2018)

There are six levels knowledge , namely know , understand , apply , analyze , synthesize , and evaluate . Know, what is obtained from remember return what has been studied . Understand , interpret as something ability in control materials , as well as Can interpret . Application , interpreted as capable in apply material . Analysis , is capable in description something object to in components . Synthesis , namely capable For linking parts certain . Evaluation , namely capable give assessment of a objects / materials that have been studied and observed ( Notoatmojo , 2018)

This matter in line with research conducted by (Habibah, 2021 ) Based on results study show knowledge wrong breastfeeding more often found in respondents namely 20 people (57.1%) compared to with technical respondents breast-feed Correct namely 15 people (42.9%). After statistical tests were carried out so obtained p value = 0.000 which shows existence connection technique breast-feed with condition sore nipples .

According to assumptions researchers skills in knowledge breast-feed influential to ability Mother in giving breast milk to the baby , including about How position breastfeeding , attachment mouth baby on the right breast , so baby can with easy sucking mother's nipples , and how to Mother hold baby at the time breastfeeding , with thus can reduce incident sore nipples . Comfortable position For breastfeeding is very important , there is Lots method For positioning mother and baby during the breastfeeding process ongoing .

Knowledge incorrect breastfeeding can result in occurrence sore nipples or other problems in breastfeeding , but abrasion nipples can also be caused by treatment wrong breast for example No guard cleanliness breasts , use a clean and supportive bra , do it massage to facilitate production breast milk , no wash breast especially nipples with use soap , thrush (candidates) and dermatitis. Most of the areola mammary must as much as possible Possible enter to mouth baby , so that nipples are located under palate and tongue baby will squeeze out breast milk from place breast milk storage located under the areola.

If baby only sucking on the nipple only, then will result in sore nipples . Condition sore nipples can prevented through education health care provided to mothers can done with a number of way , namely through demonstration , practice use dolls , videos see How method proper breastfeeding for babies new born through companion or guidance from officer health , counseling , provision of leaflets, flipcharts, etc., in the breastfeeding process is education health advanced for Mother breastfeeding . Condition sore nipples can prevented with give information for mothers and families in give breast milk to your baby properly and well , do it demonstration technique proper breastfeeding . The role of the nurse health in give information through counseling at the time accompany Mother breast-feed the baby . The problem of the incident sore nipples lies in the matter that is First Because environment , knowledge in technique breast-feed.

### **Sore Nipples**

Based on results research was obtained that from 57 respondents known that part big experiencing sore nipples that is amounting to (56.1%). This is means more part respondents experiencing sore nipples moment breast-feed.Sore nipples is one of the problems that occur during breastfeeding which are characterized by with sore nipples , colored redness and cracked nipples as well as felt pain. Nipples abrasion moment breast-feed usually happened in the week First after giving birth. Some mothers experience abrasion light that improves in a number of day . However , there are also those who experience abrasion until weeks duration . Condition This caused by many matter like technique incorrect breastfeeding or sticking

incorrect breastfeeding until infection . Make sure For always guard cleanliness area nipples breasts and cleaning the nipples before and after breast-feed (Zakiah, 2024)

Sore nipples will make it easier entry germs and their occurrence breast swollen breasts swelling that does not go away breastfed in a way adequate Finally will mastitis occurs . One of them factor affecting breast milk production where when technique breast-feed No right , can cause sore nipples , breasts swelling , blocked milk ducts , mastitis, abscess breasts , breast milk is not go out optimally so that influence breast milk production , baby reluctant breastfeeding , and babies become bloating (E. Wahyuni 2022)

This matter in line with research conducted by (Habibah, 2021 ) with title connection knowledge Mother about breastfeeding techniques with condition sore nipples in the sub -district Hajoran Pandan District, Regency Tapanuli middle . Based on results study can known that of 35 respondents , respondents most with condition sore nipples namely 19 respondents (54.3%), and the fewest respondents with condition nipples not abrasion namely 16 respondents (45.7%).According to assumptions writer sores on the nipples are caused by lack of knowledge Mother about knowledge proper and correct breastfeeding to child so that cause Mother experience abrasions on the breasts specifically part nipple.

### **Connection Knowledge Mother about breastfeeding techniques with sore nipples incident**

Based on results research was obtained results from 20 mothers with knowledge not enough there were 16 people experiencing sore nipples and 4 people did not experience sore nipples , from 23 mothers with knowledge Enough there were 13 people experiencing sore nipples and 10 people did not experience sore nipples , whereas of 14 mothers with knowledge Good there are 3 people experiencing sore nipples and 11 people did not experience sore nipples .

Based on results *statistical test* with *chi-square* obtained of p value = 0.000. Because the p value <0.05 then There is significant relationship between knowledge Mother about technique breast-feed with incident sore nipples at Telaga Dewa Health Center , Bengkulu City in 2025.

This result show that mother who has knowledge breastfeeding in the category Good about knowledge breast-feed more lower , than mothers who have knowledge breastfeeding wrong that gives indication that mother who has understanding / knowledge about incident sore nipples will become base to formation attitude with tips Mother in prevention and control occurrence sore nipples. Sore nipples are one of the the most common reason in women that accelerates weaning . Clinical impression show that beginning discomfort nipples are caused by position and attachment baby who is not right , right? order incidents experienced after breastfeeding . Pain and soreness can quick is lost with repair position and attachment baby on the breast.

Occurrence nipples scratch at the beginning breastfeeding in general caused by one of the or second matter following: position and attachment baby who is not appropriate moment breastfeeding , or baby No sucking with good . Baby can Study For sucking breast with Good when He attached with appropriate moment breastfeeding ( they will Study with itself ) (Wahyuningsih 2025)

Problematic sucking process often caused by poor adhesion Good . Pain caused by poor attachment good and the sucking process is not effective will feels the most painful moment baby attached to breasts and usually will reduce along baby breastfeeding . Pain or pain in the nipples is one of them caused by Because technique breastfeeding that is not Correct (E. Wahyuni 2022)

Pain can also be caused by Because let down reflex that is not perfect so thirsty baby so No satisfied . Dissatisfaction This will is addition stress for his mother . If there is stress from breastfeeding mothers so will happen a blockade of reflexlet -down this due to existence release

from adrenaline ( epinephrine ) which causes vasoconstriction from vessels alveolar blood , so that oxytocin A little his hopes For can reach target organ 4 myoepithelium (E. Wahyuni 2022)

According to (Mirong & Yulianti, 2023) , signs from different let-down reflexes between One woman with others . When the baby You breastfeeding , you can feel ticklish or A little breast pain You or breast milk starts go out from breasts that are not used For breastfeeding . This feeling and release of breast milk is sign from let-down reflex .

According to assumptions researchers skills in knowledge breast-feed influential to ability Mother in giving breast milk to the baby , including about How position breastfeeding , attachment mouth baby on the right breast , so baby can with easy sucking mother's nipples , and how to Mother hold baby at the time breastfeeding , with thus can reduce incident sore nipples . Comfortable position For breastfeeding is very important , there is Lots method For positioning mother and baby during the breastfeeding process ongoing.

According to assumptions researcher , level low knowledge cause Mother No understand method breastfeeding for children . This is caused by Because they tend to be lazy to do something matter like look for information or follow counseling health care provided by officers health . Research results to incident sore nipples caused by Because respondents only limited to know and not yet until understand , apply , analyze , synthesize , and evaluate to something related materials with breastfeeding.

Health education is one of the method For increase knowledge Mother through strengthening information about method proper breastfeeding that ultimately impact on behavior good breastfeeding for mothers postpartum. Health education delivered will more effective when delivered . in a individual that is with method face face , thing This in accordance with study Where method face advance is the most effective way in support breastfeeding . The same thing was also conveyed Where promotion / education health delivered individual increase understanding Mother about material presented so that created atmosphere conducive learning (Wiranata 2023). Various method can used in education health , effectiveness A method depending on various elements, namely level education, economic status, customs customs , beliefs community and availability time in society (Purwaningsih, 2022) With see various element the researchers choose use demonstration with use sheet flip (flipchart).

flipchart is a delivery medium message or information health that shaped sheet back . Usually each page containing picture props and pages on the contrary containing sentence as message or related information with picture said . The flipchart must be contains easy information understood and must included with agar image easy understood for reader . Knowledge will give impact attitude somebody so that his behavior support things positive (Sukaeti, 2021) Good knowledge about technique proper breastfeeding will form attitude positive mother, so that exclusive breastfeeding can walk according to what we expect.

Flipchart has superiority in make things easier give informatio, reduce errors understanding ,as well as expedite communication, so that potential increase knowledge in a way optimal. Research show that use of flipcharts as educational media effective Because helpful visual approach participant in understand material with more good . Sheet media come back own superiority in the form of clear and recognizable images seen together , and its appearance is attractive and easy understood . Use sheet return is also supported by the high enthusiasm and desire know Mother . Choosing the right media as well as attractive presentation plays a very important role in success delivery message in a way effective (Sundari & Rusmiati, 2022). According to (Wiranata, 2023) level success A education health influenced by the right method and packaging interesting in delivery message The correct method and packaging make participant become interested and not feel fed up when get material counselling. AIDS in counseling will the more interesting in packaging material presented in lecture use tool effective visual aids in increase knowledge Because with tool more visual aids easy in method delivery and reception information or material education explain tool props or

extension media arranged based on principle knowledge in humans accepted with five senses. The more widely used For accept something so the more many and more the meaning is clear or knowledge gained so that make things easier understanding (Sutrisno & Sinanto, 2022)

The flip sheet created special For study This there is accompanied by explanation picture about understanding sore nipples , benefits breastfeeding , causes of sore nipples, prevention of sore nipples, techniques breastfeeding , position in breastfeeding , signs adhesion baby, how to release the nipple and mark baby Enough breast milk (Sundari & Rusmiati, 2022)

## CONCLUSION

1. Of the 57 respondents, almost half (40.4%) had sufficient knowledge.
2. The majority of respondents experienced sore nipples (56.1%).
3. There was a relationship between maternal knowledge and sore nipples, with a p-value of 0.003 (less than 0.05), therefore, Ho was rejected and Ha was accepted.

## SUGGESTION

### 1. Theoretical

This research is expected to be beneficial in the development of scientific knowledge, particularly regarding mothers' knowledge of breastfeeding techniques and the dangers of sore nipples. It can also provide additional literature for readers and future researchers, thus providing considerations in research or planning health programs, particularly within the public health sector, and adding empirical evidence.

### 2. Practical

#### a) For Researchers

This research is expected to broaden researchers' insight and knowledge regarding the research methods they have acquired during their studies, as well as an understanding of the relationship between mothers' knowledge of breastfeeding techniques and the incidence of sore nipples.

#### b) For Institutions

This research is expected to provide input and scientific documentation, as well as develop obstetrics related to breastfeeding techniques in postpartum mothers to avoid sore nipples.

#### c) For Future Researchers

This research is expected to serve as a basis for further research on breastfeeding techniques for sore nipples, including other, more specific variables, so that future research can be further refined.

#### d) For Postpartum Mothers

Postpartum mothers in the Telaga Dewa Community Health Center area are expected to increase their knowledge and access information about proper breastfeeding techniques through various sources to reduce the incidence of sore nipples and, thus, increase breastfeeding success rates.

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