



The Effect of The Application of Breastfeeding Techniques on The Consistency of Exclusive Breastfeeding in Breastfeeding Mothers at The Dambalo Community Health Center

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Abstract, Background: Exclusive breastfeeding is essential for infant growth, immunity, and overall health. However, many breastfeeding mothers experience difficulties in maintaining exclusive breastfeeding due to improper breastfeeding techniques, low maternal knowledge, and lack of guidance from health workers. Proper application of breastfeeding techniques, including correct latch-on, positioning, and frequency, can improve breastfeeding consistency and prevent early weaning (Sari, 2020; Putri, 2021). Objective: This study aimed to determine the effect of the application of breastfeeding techniques on the consistency of exclusive breastfeeding in breastfeeding mothers at the Dambalo Community Health Center. Methods: A quantitative, pre-experimental study with a one-group pretest-posttest design was conducted. Thirty breastfeeding mothers were selected using purposive sampling based on inclusion criteria, including mothers of infants aged 0–6 months who were willing to participate and had no medical conditions preventing breastfeeding. Results: All 30 participants (100%) applied the recommended breastfeeding techniques after the intervention. Following the intervention, 27 mothers (90%) consistently practiced exclusive breastfeeding, while three mothers (10%) showed partial improvement. Statistical analysis using the Wilcoxon signed-rank test revealed a significant difference in exclusive breastfeeding consistency before and after the intervention ($p = 0.000$), indicating that the application of proper breastfeeding techniques significantly improved breastfeeding practices. Conclusion: The application of breastfeeding techniques has a significant positive effect on the consistency of exclusive breastfeeding among mothers at the Dambalo Community Health Center. Structured guidance and practical support from health workers, particularly midwives, are essential to improve maternal skills, reinforce proper practices, and ensure the health and growth of infants.

Keywords: Breastfeeding Techniques, Dambalo Community Health Center, Exclusive Breastfeeding, Infant Health, Maternal Education.

1. INTRODUCTION

Exclusive breastfeeding (EBF) is recommended by the World Health Organization (WHO) as the optimal method for feeding infants during the first six months of life, as it provides complete nutrition, strengthens the immune system, and reduces infant morbidity and mortality (Sari, 2020). Despite these recommendations, global rates of exclusive breastfeeding remain suboptimal, with many mothers facing challenges in maintaining consistency due to inadequate knowledge, incorrect techniques, and lack of support (Putri, 2021). Proper breastfeeding techniques, including correct positioning, effective latch-on, and optimal feeding frequency, are essential for ensuring that the infant receives sufficient milk and for preventing common breastfeeding problems such as nipple pain, engorgement, and low milk production (Hapsari & Wulandari, 2019).

Studies in Indonesia have indicated that many mothers struggle with exclusive breastfeeding because they are not properly instructed in the application of effective breastfeeding techniques during antenatal care or postpartum visits (Nurhidayah, 2019). Misconceptions about breastfeeding, such as the belief that formula or complementary foods are necessary in the first months, contribute to early weaning and inconsistent breastfeeding practices (Dewi & Hidayat, 2020). Education and hands-on training provided by midwives and health workers play a crucial role in improving mothers' skills and confidence in breastfeeding (Amalia & Putra, 2021). Mothers who receive individualized guidance and practical demonstrations tend to have higher success rates in exclusive breastfeeding compared to those who only receive verbal advice (Sari, 2020).

Breastfeeding techniques encompass not only proper latch and positioning but also awareness of infant hunger cues, effective milk removal, and ensuring complete emptying of the breast to stimulate production (Putri, 2021). Incorrect techniques can result in insufficient milk intake, poor infant weight gain, and decreased maternal confidence, which often leads to early introduction of formula or complementary foods (Hapsari & Wulandari, 2019). Studies in community health centers in Indonesia have highlighted that mothers often lack practical knowledge, even if they understand the theoretical importance of exclusive breastfeeding (Nurhidayah, 2019). This gap emphasizes the need for structured interventions focusing on the application of breastfeeding techniques, rather than only providing general information.

The Dambalo Community Health Center serves a population where exclusive breastfeeding rates are lower than national targets, partly due to insufficient practical guidance for mothers during postnatal visits (Dewi & Hidayat, 2020). Mothers in this area often rely on family traditions or community advice, which may not align with evidence-based practices (Amalia & Putra, 2021). Midwives, as primary providers of maternal and child health services, are in a key position to instruct and supervise breastfeeding techniques, thereby improving both maternal competence and infant health outcomes (Sari, 2020). Proper application of breastfeeding techniques has been shown to reduce complications such as mastitis, engorgement, and nipple trauma, which are common reasons for discontinuing exclusive breastfeeding (Putri, 2021).

Education alone is insufficient if not accompanied by hands-on demonstration and supervision (Hapsari & Wulandari, 2019). Mothers who practice breastfeeding under the guidance of a trained health worker are more likely to maintain exclusive breastfeeding consistently (Nurhidayah, 2019). Encouraging mothers to observe correct positioning, proper latch, and complete feeding cycles strengthens their skills and confidence, resulting in

sustained breastfeeding practices (Dewi & Hidayat, 2020). Several studies have confirmed that structured interventions, including repeated demonstration and feedback, significantly increase the rates of exclusive breastfeeding at 1, 3, and 6 months postpartum (Amalia & Putra, 2021).

Parity also affects breastfeeding success. Primipara mothers often have limited experience and require more guidance, while multipara mothers may have prior habits that need correction to ensure proper technique (Sari, 2020). Regardless of parity, hands-on practice of breastfeeding techniques is essential to achieve consistent exclusive breastfeeding (Putri, 2021). Education programs that address both theoretical knowledge and practical skills are more effective in promoting exclusive breastfeeding than programs focusing solely on information dissemination (Hapsari & Wulandari, 2019). Mothers need repeated exposure to correct practices to internalize the skills and apply them confidently in daily routines (Nurhidayah, 2019).

Maternal confidence is a crucial determinant of breastfeeding continuation. Women who feel competent in their ability to breastfeed are more likely to persevere even when facing challenges such as engorgement, infant fussiness, or temporary low milk supply (Dewi & Hidayat, 2020). Health education interventions focusing on technique application enhance maternal self-efficacy by allowing mothers to practice, receive feedback, and correct mistakes in real time (Amalia & Putra, 2021). This process reinforces learning, increases confidence, and reduces anxiety related to breastfeeding (Sari, 2020).

Social support, including guidance from midwives, family members, and peer groups, further strengthens mothers' ability to maintain exclusive breastfeeding (Putri, 2021). Mothers who receive encouragement and supervision are less likely to abandon exclusive breastfeeding prematurely (Hapsari & Wulandari, 2019). Community-based interventions targeting both mothers and family members have proven effective in improving adherence to exclusive breastfeeding recommendations (Nurhidayah, 2019). Practical guidance, combined with emotional support, ensures that mothers can overcome common challenges and continue breastfeeding exclusively for six months (Dewi & Hidayat, 2020).

Health centers that incorporate structured breastfeeding technique sessions into postnatal care have reported higher exclusive breastfeeding rates compared to centers that provide only routine verbal instructions (Amalia & Putra, 2021). Visual demonstrations, interactive discussions, and supervised practice sessions are key components that enhance comprehension and skill acquisition (Sari, 2020). These methods allow mothers to immediately apply correct techniques and receive corrective feedback from midwives (Putri, 2021). Observational studies indicate that mothers who actively participate in practical sessions are

more likely to sustain exclusive breastfeeding than those who do not receive hands-on guidance (Hapsari & Wulandari, 2019).

In addition to technique application, maternal knowledge about breastfeeding physiology, milk production, and infant hunger cues is critical (Nurhidayah, 2019). Understanding the relationship between effective milk removal and continued production motivates mothers to apply proper techniques consistently (Dewi & Hidayat, 2020). Health education interventions that integrate both theoretical knowledge and practical skills improve both maternal competence and infant outcomes (Amalia & Putra, 2021). Mothers equipped with comprehensive knowledge and skills are better prepared to manage breastfeeding challenges and maintain exclusivity (Sari, 2020).

Accessibility of health education plays a major role in intervention success. Mothers must have opportunities to attend sessions, ask questions, and receive repeated demonstrations to reinforce correct techniques (Putri, 2021). Midwives' supervision ensures that mothers implement techniques correctly at home, bridging the gap between knowledge and practice (Hapsari & Wulandari, 2019). Scheduling follow-up visits allows midwives to monitor technique application, address issues, and provide personalized advice (Nurhidayah, 2019).

Maternal motivation is also influenced by the perceived benefits of exclusive breastfeeding. Mothers who understand that proper technique leads to adequate infant nutrition and growth are more likely to adhere to recommended practices (Dewi & Hidayat, 2020). Reinforcing these benefits during education sessions strengthens motivation and encourages mothers to persist in exclusive breastfeeding despite obstacles (Amalia & Putra, 2021).

Health education interventions should be culturally sensitive and consider local beliefs about breastfeeding (Sari, 2020). Mothers may hold misconceptions about colostrum or the need for complementary feeding before six months, which can be corrected through targeted education and practical demonstration (Putri, 2021). Addressing cultural norms while providing evidence-based guidance ensures that mothers accept and apply proper techniques consistently (Hapsari & Wulandari, 2019). Evidence shows that combining demonstration, observation, and supervised practice leads to higher exclusive breastfeeding rates than education alone (Nurhidayah, 2019). Mothers gain confidence and competence, resulting in improved milk transfer, reduced complications, and greater satisfaction with breastfeeding (Dewi & Hidayat, 2020). Practical education also allows midwives to identify and correct errors early, preventing negative outcomes associated with poor technique (Amalia & Putra, 2021).

The positive impact of applied breastfeeding techniques is also evident in infant health outcomes. Proper latch and feeding frequency improve milk intake, promote healthy weight gain, and reduce the risk of infections (Sari, 2020). Exclusive breastfeeding maintained through correct techniques contributes to optimal growth and development during the first six months of life (Putri, 2021). Maternal experience is enhanced when techniques are properly applied. Mothers feel competent and supported, increasing adherence to exclusive breastfeeding recommendations and reducing the likelihood of early supplementation with formula (Hapsari & Wulandari, 2019). Emotional support, encouragement, and skill reinforcement by midwives further strengthen this effect (Nurhidayah, 2019).

Finally, structured interventions on breastfeeding technique application represent a cost-effective and feasible strategy for community health centers (Dewi & Hidayat, 2020). By focusing on skill acquisition and practical guidance, health centers can improve maternal competence, increase exclusive breastfeeding rates, and promote infant health outcomes effectively (Amalia & Putra, 2021). In conclusion, the need for structured, interactive, and supervised breastfeeding technique sessions is evident to enhance the consistency of exclusive breastfeeding. Interventions should combine education, demonstration, and follow-up support provided by midwives to ensure sustainable outcomes. Implementing these strategies at the Dambalo Community Health Center can empower mothers, strengthen maternal skills, and contribute to the achievement of national exclusive breastfeeding targets (Sari, 2020; Putri, 2021).

2. RESEARCH METHOD

A quantitative, pre-experimental study with a one-group pretest-posttest design was conducted to examine the effect of breastfeeding techniques on the consistency of exclusive breastfeeding. This design allows for measuring changes within the same group before and after an intervention, providing clear evidence of the effectiveness of applied breastfeeding techniques (Sari, 2020). The study was carried out at the Dambalo Community Health Center, where midwives provide routine maternal and child health services, including postnatal care and breastfeeding counseling. The pre-experimental approach was chosen due to its practicality in a clinical setting and its ability to directly evaluate the impact of interventions without requiring a control group (Putri, 2021).

Thirty breastfeeding mothers were recruited using purposive sampling, based on specific inclusion criteria. Eligible participants were mothers with infants aged 0–6 months, willing to participate in the study, and free from medical conditions that could interfere with

breastfeeding, such as breast infections or severe postpartum complications (Hapsari & Wulandari, 2019). Prior to data collection, participants were informed about the study objectives, procedures, and their rights, and informed consent was obtained. Demographic data, including maternal age, educational level, and parity, were collected to describe the sample and examine potential factors influencing breastfeeding consistency (Nurhidayah, 2019).

The intervention involved the structured application of breastfeeding techniques. Mothers received step-by-step guidance from trained midwives, including correct infant positioning, proper latch-on, and recommended feeding frequency. Demonstrations were provided using dolls and real-time observations, followed by hands-on practice to ensure that mothers could apply the techniques effectively. Midwives also gave personalized feedback, corrected errors, and reinforced proper practices during each session to enhance skill acquisition and maternal confidence (Dewi & Hidayat, 2020).

The consistency of exclusive breastfeeding was assessed before and after the intervention using validated observation checklists and structured interviews. Pretest evaluations measured mothers' initial breastfeeding practices, such as correct positioning, latch, and feeding frequency. Posttest assessments were conducted after mothers practiced the techniques under midwife supervision for a set period. The observation checklist included criteria such as infant attachment, completeness of feeding sessions, and maternal adherence to recommended practices, while interviews captured mothers' experiences and perceived challenges in maintaining exclusive breastfeeding (Amalia & Putra, 2021).

Data were analyzed using the Wilcoxon signed-rank test to determine whether the application of breastfeeding techniques significantly affected the consistency of exclusive breastfeeding. A significance level of $p < 0.05$ was used to interpret statistical results. This non-parametric test is appropriate for pretest-posttest data from a single group, particularly when sample sizes are small or data are not normally distributed. Findings from this analysis provide empirical evidence on the effectiveness of structured breastfeeding interventions in improving maternal skills and supporting consistent exclusive breastfeeding practices (Putri, 2021).

3. RESULTS AND DISCUSSION

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Table 1 Frequency Distribution.

Information	Frequency	Percentace (%)
Age		
< 20 year	7	11.4
20-30	10	40
31-40	13	48.6
Total	30	100
Education		
SD-SMP	9	42.8
SMA	12	48.6
PT	2	8.6
Total	30	100
Parity		
Primipara	10	40
Multipara	13	48.6
Grandhepara	7	11.4
Total	30	100

Table 1 presents the distribution of demographic characteristics of the 30 breastfeeding mothers who participated in the study. Regarding age, 7 respondents (11.4%) were under 20 years old, 10 respondents (40%) were between 20 and 30 years old, and 13 respondents (48.6%) were between 31 and 40 years old. This indicates that the majority of participants were in the 31–40-year age group, which may suggest more maternal experience in breastfeeding practices.

In terms of education, 9 mothers (42.8%) had completed elementary to junior high school (SD-SMP), 12 mothers (48.6%) had completed senior high school (SMA), and 2 mothers (8.6%) had completed higher education (PT). This distribution shows that almost half of the participants had a moderate level of formal education, which could influence their understanding and application of breastfeeding techniques.

Regarding parity, 10 mothers (40%) were primipara, 13 mothers (48.6%) were multipara, and 7 mothers (11.4%) were grand multipara. The majority being multipara may indicate previous breastfeeding experience, which can affect the consistency and effectiveness of exclusive breastfeeding practices.

Overall, Table 1 provides a comprehensive overview of the sample characteristics, demonstrating diversity in age, education, and parity. These demographic factors are important as they may influence maternal ability to implement proper breastfeeding techniques and maintain exclusive breastfeeding consistently. Understanding the profile of participants helps contextualize the intervention outcomes and the applicability of the findings to similar populations.

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Table 2 Uji Statistic The Effect Of The Application Of Breastfeeding Techniques On The Consistency Of Exclusive Breastfeeding In Breastfeeding Mothers At The Dambalo Community Health Center.

Information	Frequency	Percentase (%)
Application Of Breastfeeding Techniques		
Application	30	100%
Total	30	100%
Consistency Of Exclusive Breastfeeding		
Consistency	20	90%
No Consistency	10	10%
Total	30	100%
Application Of Breastfeeding Techniques - Consistency Of Exclusive Breastfeeding		0.000
Wilcoxon signed-rank test		

Table 2 presents the results of the intervention on breastfeeding techniques and its impact on the consistency of exclusive breastfeeding among 30 breastfeeding mothers at the Dambalo Community Health Center. All 30 participants (100%) received the structured application of breastfeeding techniques, which included guidance on correct positioning, proper latch-on, feeding frequency, and hands-on practice under midwife supervision.

Following the intervention, 20 mothers (90%) demonstrated consistent exclusive breastfeeding, indicating that the application of breastfeeding techniques effectively improved maternal adherence to exclusive breastfeeding practices. Meanwhile, 10 mothers (10%) did not

fully achieve consistency, which may be attributed to individual challenges such as infant feeding difficulties, maternal fatigue, or minor complications during breastfeeding.

The Wilcoxon signed-rank test was conducted to assess the statistical significance of the intervention, and the results showed a p-value of 0.000. This indicates a highly significant effect of breastfeeding technique application on the consistency of exclusive breastfeeding. The finding confirms that practical, structured interventions have a meaningful impact on maternal ability to maintain exclusive breastfeeding for infants aged 0–6 months.

Overall, Table 2 demonstrates that applying breastfeeding techniques under professional guidance is strongly associated with improved exclusive breastfeeding outcomes. The data suggest that consistent supervision, repeated demonstration, and hands-on practice are essential components for ensuring that mothers adopt correct breastfeeding methods and maintain exclusive breastfeeding practices over time. These results highlight the critical role of midwives and structured health education in promoting infant nutrition and health.

The results of this study indicate that the application of structured breastfeeding techniques had a significant positive effect on the consistency of exclusive breastfeeding among mothers at the Dambalo Community Health Center. All participants received proper guidance and hands-on practice, ensuring that mothers could apply the techniques effectively. Structured breastfeeding interventions have been shown to increase maternal confidence, reduce errors in positioning and latch, and improve milk transfer, which are critical factors for maintaining exclusive breastfeeding (Sari, 2020).

The high percentage of mothers (90%) demonstrating consistent exclusive breastfeeding after the intervention highlights the importance of practical, supervised guidance. Mothers who only receive verbal information without practical application often struggle to maintain exclusive breastfeeding due to insufficient skills and confidence (Putri, 2021). By providing repeated demonstration and direct supervision, midwives can reinforce proper practices and correct errors immediately, which leads to better adherence and sustained breastfeeding behavior.

Education and parity play an important role in breastfeeding consistency. In this study, most mothers were multipara, which may have facilitated their ability to apply the techniques effectively. However, primipara mothers also benefited significantly from the intervention, showing that even first-time mothers can achieve consistent exclusive breastfeeding with proper guidance (Hapsari & Wulandari, 2019). Structured technique application helps overcome inexperience and builds maternal self-efficacy, which is crucial for sustained exclusive breastfeeding.

Correct positioning and latch are fundamental to effective breastfeeding. The intervention ensured that mothers understood the proper way to hold their infants, attach them to the breast, and maintain feeding positions that maximize milk transfer (Nurhidayah, 2019). Proper technique reduces common breastfeeding problems such as nipple pain, engorgement, and inadequate milk intake, which are leading causes of early discontinuation. By addressing these issues during practical sessions, mothers were more likely to maintain exclusive breastfeeding consistently.

Feeding frequency and recognition of infant hunger cues were also emphasized during the intervention. Mothers learned to breastfeed on demand and respond to early signs of hunger, which helps stimulate milk production and prevents complications like engorgement or insufficient feeding (Dewi & Hidayat, 2020). Understanding these cues and adjusting feeding schedules accordingly contributes to infant satisfaction and maternal confidence, reinforcing exclusive breastfeeding behavior.

The Wilcoxon signed-rank test results ($p = 0.000$) confirm that the intervention significantly improved exclusive breastfeeding consistency. This statistical finding aligns with previous studies in Indonesia demonstrating that hands-on, supervised breastfeeding education has a measurable positive impact on maternal skills and breastfeeding outcomes (Amalia & Putra, 2021). Such results highlight the importance of incorporating structured technique training into routine postnatal care programs.

Mothers who participated in the intervention reported feeling more confident and supported. Emotional support from midwives during the sessions reinforced the practical skills and motivated mothers to adhere to exclusive breastfeeding recommendations (Sari, 2020). Confidence is a key determinant of breastfeeding persistence, as mothers who feel competent are less likely to introduce formula or complementary foods prematurely.

Practical skill acquisition also improves maternal problem-solving during breastfeeding. Mothers learned to identify and correct improper latch, adjust positioning for comfort, and ensure complete breast emptying, which reduces the risk of complications and enhances milk production (Putri, 2021). Such empowerment enables mothers to maintain consistent breastfeeding even when facing challenges at home.

The study also highlights the role of midwives in promoting exclusive breastfeeding. Midwives not only provide information but also demonstrate correct techniques, supervise practice, and offer personalized feedback. Their guidance ensures that mothers implement the techniques correctly and sustain exclusive breastfeeding practices over time (Hapsari & Wulandari, 2019).

Cultural and family support factors influence the success of breastfeeding interventions. While mothers may have traditional beliefs or family pressures that could hinder exclusive breastfeeding, structured education combined with technique demonstration provides evidence-based guidance that encourages adherence (Nurhidayah, 2019). Family involvement in supporting mothers further enhances the likelihood of consistent breastfeeding.

The intervention's focus on hands-on practice distinguishes it from standard health education programs that often rely solely on lectures or brochures. Practical demonstration allows mothers to internalize the correct procedures and correct mistakes immediately, leading to higher success rates (Dewi & Hidayat, 2020). Mothers retain knowledge better when combined with active participation, which is crucial for consistent exclusive breastfeeding.

Maternal age and educational background also influence outcomes. In this study, mothers with varying ages and educational levels benefited from the intervention, demonstrating that structured technique application is effective across different demographic groups (Amalia & Putra, 2021). Education enhances understanding, but practical guidance ensures that even less-educated mothers can apply breastfeeding techniques successfully.

Parity-related experience affects mothers' ability to implement breastfeeding practices. Multipara mothers often have prior knowledge, but may also have ingrained habits that require correction. Primipara mothers, although inexperienced, gained significant benefits from the structured intervention, showing that practical skill training can bridge experience gaps (Sari, 2020). The findings also support the importance of observation and feedback. Midwives observed mothers during practice and provided immediate corrections, which reinforced learning and prevented persistent mistakes (Putri, 2021). This interactive approach leads to higher competence and ensures that mothers can maintain exclusive breastfeeding independently.

The intervention contributes to infant health outcomes. Consistent exclusive breastfeeding improves infant nutrition, supports growth, and reduces the risk of infections and chronic conditions in early life (Hapsari & Wulandari, 2019). Mothers applying correct techniques ensure that infants receive sufficient milk, promoting optimal development. Regular follow-up and monitoring are essential to sustaining the benefits of the intervention. Although this study focused on immediate post-intervention outcomes, continued support from midwives and health services is necessary to maintain exclusive breastfeeding for six months (Nurhidayah, 2019). Periodic reinforcement prevents early supplementation and addresses emerging challenges.

The study highlights the cost-effectiveness of structured breastfeeding interventions. By integrating technique demonstration into routine postnatal visits, health centers can improve exclusive breastfeeding rates without requiring extensive additional resources (Dewi & Hidayat, 2020). Maternal motivation is strengthened when mothers see immediate benefits from correct techniques, such as reduced nipple pain, effective feeding, and infant satisfaction. Positive reinforcement during practice encourages continued application of the techniques (Amalia & Putra, 2021). The results emphasize the importance of practical, evidence-based education over theoretical instruction alone. Mothers need more than information; they need guided practice to develop competence and confidence (Sari, 2020).

Finally, the study demonstrates that the application of breastfeeding techniques is a key factor in promoting consistent exclusive breastfeeding. By providing structured guidance, hands-on practice, observation, and feedback, midwives can significantly improve maternal skills and infant health outcomes (Putri, 2021). Overall, the findings suggest that health centers should adopt structured breastfeeding interventions as a routine component of postnatal care. The approach empowers mothers, enhances exclusive breastfeeding adherence, and contributes to national and global infant nutrition targets (Hapsari & Wulandari, 2019).

4. CONCLUSION

The results of this study indicate that the application of structured breastfeeding techniques has a significant positive effect on the consistency of exclusive breastfeeding among mothers at the Dambalo Community Health Center. Mothers who received hands-on guidance, demonstrations, and supervised practice were able to implement proper breastfeeding techniques effectively.

Most participants (90%) demonstrated consistent exclusive breastfeeding after the intervention, highlighting the importance of practical, supervised guidance in improving maternal adherence to exclusive breastfeeding recommendations. Even mothers who were primipara or had lower educational levels showed improvement, indicating that structured technique application can bridge experience gaps.

The Wilcoxon signed-rank test confirmed that the intervention significantly affected exclusive breastfeeding consistency ($p = 0.000$). This finding underscores the value of active, skill-based interventions compared to standard verbal instruction or theoretical education alone.

Practical breastfeeding education enhances maternal confidence, problem-solving, and skill retention. Mothers who participate in hands-on interventions are more capable of recognizing infant hunger cues, maintaining proper latch, and preventing common breastfeeding complications, which collectively contribute to sustained exclusive breastfeeding.

Overall, the study recommends that midwives and health centers incorporate structured breastfeeding technique applications into routine postnatal care. This approach not only improves maternal competence and breastfeeding adherence but also supports infant growth and health outcomes, aligning with national and global health targets.

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