

PREGNANT WOMEN'S KNOWLEDGE ABOUT BREAST CARE IN THE WORK AREA OF THE NGLONGSOR POLINDES

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ABSTRACT

Background: Breast care during pregnancy is an important step in preparing for successful exclusive breastfeeding. Lack of knowledge of pregnant women about breast care can impact breastfeeding problems. **Objective:** To determine the knowledge of pregnant women about breast care in the working area of Nglongsor Village Health Center. **Method:** The research design used is descriptive quantitative with a total sampling technique of 25 pregnant women. Data collection used a questionnaire. Data analysis was carried out descriptively in the form of frequency distribution. **Results:** The results showed that most respondents had good knowledge (96%) and sufficient (4%) about breast care. The characteristics of respondents were all aged 20-35 years, most of them had a high school education, worked as housewives, had their first pregnancy, had routine antenatal care, had antenatal care with a midwife, had their previous delivery spontaneously/normally, and had their previous delivery with a midwife. **Conclusion:** Most pregnant women had good knowledge about breast care, which indicates that information about the importance of breast care during pregnancy has been conveyed well. This is likely influenced by access to health services, education from health professionals, and ease of access to information through various media.

Keywords: Knowledge, Pregnant women, Breast care