

Nama : Yundarti
NIM : 1033231037
Judul Skripsi : Hubungan perawatan payudara dengan kelancaran produksi ASI pada ibu nifas di Rumah Sakit Bhayangkara Tk. I Puskor Polri.

ABSTRAK

Latar belakang: Kelancaran ASI selama menyusui sangat penting diperhatikan oleh ibu, karena pemberian ASI eksklusif dapat dicegah 6 bulan sebelum pemberian MPASI. Ibu nifas yang mengalami ASI tidak lancar sehingga harus diberikan susu formula, hal ini dapat dikurangi risiko terjadinya dengan melakukan perawatan payudara untuk memastikan kelancaran keluarnya ASI. Tujuan penelitian ini untuk mengetahui hubungan perawatan payudara dengan kelancaran produksi ASI pada ibu nifas di Rumah Sakit Bhayangkara Tk. I Puskor Polri.

Metode: Rancangan penelitian dengan metode *cross sectional*, dilaksanakan bulan Juli-Agustus 2024, dengan jumlah populasi dan sampel sebanyak 32 orang ibu nifas. Analisis data menggunakan univariat dan bivariat dengan uji *chi-square*.

Hasil: analisis univariat menunjukkan bahwa mayoritas responden memiliki perawatan payudara yang baik sebanyak 18 orang (56,2%), sedangkan kurang sebanyak 14 orang (43,8%). Responden yang produksi ASInya lancar sebanyak 21 orang (65,6%), sedangkan yang tidak lancar sebanyak 11 orang (34,4%). Hasil analisis *chi-square* menunjukkan ada hubungan yang signifikan antara proporsi perawatan payudara dengan kelancaran produksi ASI ($P\text{-value} = 0,027 < 0,05$).

Kesimpulan: ada hubungan antara perawatan payudara dengan kelancaran produksi ASI pada ibu nifas.

Kata Kunci : perawatan payudara, produksi ASI, ibu nifas.

Daftar Pustaka : 38 buah (2015-2024)

Name : Yundarti
NIM : 1033231037
Thesis title : The relationship between breast care and the smooth production of breast milk in postpartum mothers at Bhayangkara Tk Hospital. I Police Health Center.

ABSTRACT

Background: It is very important for mothers to pay attention to the smooth flow of breast milk during breastfeeding, because exclusive breastfeeding can be prevented 6 months before giving MPASI. Postpartum mothers whose breast milk is not flowing smoothly so they have to be given formula milk. This risk can be reduced by carrying out breast care to ensure the smooth flow of breast milk. The aim of this research was to determine the relationship between breast care and the smooth production of breast milk in postpartum mothers at Bhayangkara Tk Hospital. I Police Health Center.

Method: Research design using a cross sectional method, carried out in July-August 2024, with a population and sample of 32 postpartum mothers. Data analysis used univariate and bivariate with the chi-square test.

Results: univariate analysis showed that the majority of respondents had good breast care, 18 people (56. 2%), while 14 people (43. 8%) had less. Respondents whose breast milk production was smooth were 21 people (65. 6%), while those whose breast milk production was not smooth were 11 people (34. 4%). The results of the chi-square analysis showed that there was a significant relationship between the proportion of breast care and smooth breast milk production ($P\text{-value} = 0.027 < 0.05$).

Conclusion: there is a relationship between breast care and the smooth production of breast milk in postpartum mothers.

Keywords : breast care, breast milk production, postpartum mothers.

Bibliography : 38 pieces (2015-2024)