

ABSTRAK

Eni Susilawati

HUBUNGAN IMD DENGAN PENGELUARAN KOLOSTRUM DAN INVOLUSI UTERUS PADA IBU NIFAS POST SC DENGAN METODE ERACS
xix + 68 Halaman + 11 Tabel + 7 Lampiran

Pendahuluan. Kolostrum merupakan ASI pertama yang mengandung zat antibodi dan berguna memberikan perlindungan bagi bayi baru lahir terhadap infeksi. Hisapan bayi saat IMD merangsang hipotalamus mensekresikan hormon prolaktin dan oksitosin, sehingga kolostrum bisa keluar. Selain itu, hormon oksitosin juga mempengaruhi kontraksi uterus pada saat pascasalin, yang berpengaruh terhadap perdarahan pascasalin dan kembalinya uterus ke ukuran normal sebelum hamil. Tujuan penelitian ini untuk mengetahui apakah terdapat hubungan IMD dengan pengeluaran kolostrum dan involusi uterus pada ibu nifas post SC dengan metode ERACS.

Metode: Penelitian ini menggunakan desain *pre-experimental one-shot case study* dengan total sampel 40 responden yang merupakan ibu nifas hari pertama post-SC metode ERACS di RSUD dr. Wahidin Sudiro Husodo, Kota Mojokerto, selama Februari–Maret 2025. Sampel dipilih dengan teknik *purposive sampling*. Variabel independen adalah IMD, sedangkan variabel dependen meliputi pengeluaran kolostrum dan involusi uterus. Pengumpulan data dilakukan menggunakan SOP dan checklist observasi IMD, pengeluaran kolostrum, dan tinggi fundus uteri (TFU). Analisis data dilakukan dengan uji *Chi Square* pada taraf signifikansi $p < 0,05$.

Hasil penelitian menunjukkan responden berhasil IMD sejumlah 24 responden (60%), responden yang dapat mengeluarkan kolostrum sejumlah 20 responden (50%) dan responden yang mengalami involusi uterus normal sejumlah 24 responden (60%). Hasil Analisa data IMD dengan pengeluaran kolostrum didapatkan *P-Value 0,010* ($P\text{-value} < 0,05$) yang berarti terdapat hubungan antara IMD dengan pengeluaran kolostrum, sedangkan hasil analisa data IMD dengan involusi uterus didapatkan *P-Value 0,000* ($P\text{-value} < 0,05$), yang berarti terdapat hubungan IMD dengan involusi uterus. Keberhasilan pengeluaran kolostrum dan involusi uterus yang normal tidak hanya disebabkan oleh IMD, tetapi ada beberapa faktor lain, pengeluaran kolostrum dapat dipengaruhi oleh perawatan payudara selama hamil, nutrisi ibu dan pengalaman menyusui sebelumnya, sedangkan involusi uterus dapat dipengaruhi oleh pemberian obat uterotonika, mobilsasi dini dan paritas.

Simpulan dalam penelitian, bahwa IMD berperan penting dalam pengeluaran kolostrum dan involusi uterus pada ibu nifas post SC dengan metode ERACS. Saran bagi peneliti selanjutnya, perlu penambahan variabel lain seperti

perawatan payudara selama hamil dan mobilisasi dini yang mempengaruhi pengeluaran kolostrum dan involusi uterus.

Kata kunci : IMD, Pengeluaran Kolostrum, Involusi Uterus

Daftar bacaan : 21 buku (2015-2025) dan 21 jurnal (2020-2025)

ABSTRACT

Eni Susilawati

THE RELATIONSHIP BETWEEN EARLY INITIATION OF BREASTFEEDING (IMD) WITH COLOSTRUM OUTPUT AND UTERINE INVOLUTION IN POST-CAESAREAN SECTION MOTHERS USING THE ERACS METHOD

xix + 68 Pages + 11 Tables + 7 Appendices

Introduction. Colostrum is the first breast milk that contains antibodies and is useful for providing protection to newborns against infections. The baby's suckling during IMD stimulates the hypothalamus to secrete the hormones prolactin and oxytocin, enabling the colostrum to be released. In addition, the hormone oxytocin also affects uterine contractions during the postpartum period, which influences postpartum bleeding and the return of the uterus to its normal size before pregnancy. The purpose of this study is to determine whether there is a relationship between IMD and colostrum output and uterine involution in post-caesarean section mothers using the ERACS method. Case study approach to midwifery care management which consists of 2 Varney steps, namely: assessment and implementation.

Method: This research uses a one-shot case study pre-experimental design with a total sample of 40 respondents who are postpartum mothers on the first day post-SC using the ERACS method at the dr. Wahidin Sudiro Husodo Hospital, Mojokerto City, during February-March 2025. The sample was selected using purposive sampling technique. The independent variable is Immediate Breastfeeding (IMD), while the dependent variables include colostrum output and uterine involution. Data collection was carried out using SOP and observation checklist for IMD, colostrum output, and uterine fundal height (TFU). Data analysis was performed using Chi Square test at a significance level of $p < 0.05$.

The results of the study show that respondents who successfully implemented early initiation of breastfeeding (IMD) amounted to 24 respondents (60%), respondents who could express colostrum amounted to 20 respondents (50%), and respondents who experienced normal uterine involution amounted to 24 respondents (60%). The analysis of IMD data with colostrum expression obtained a P-Value of 0.010 ($P\text{-value} < 0.05$) which indicates a relationship between IMD and colostrum expression, while the analysis of IMD data with uterine involution obtained a P-Value of 0.000 ($P\text{-value} < 0.05$), which indicates a relationship between IMD and uterine involution. The success of colostrum expression and normal uterine involution is not only caused by IMD, but there are several other factors; colostrum expression can be influenced by breast care during pregnancy, maternal nutrition, and previous breastfeeding experience, while uterine involution can be influenced by the administration of uterotonics, early mobilization, and parity.

The conclusion of the research is that IMD plays an important role in the secretion of colostrum and uterine involution in postpartum mothers after SC using the ERACS method. Suggestions for future researchers include adding other variables such as breast care during pregnancy and early mobilization that affect colostrum secretion and uterine involution.

Keywords : IMD, Colostrum Release, Uterine Involution

References : 21 Books (2015-2025) and 21 Journals (2020-2025)