

ABSTRAK

Mailina Firdausiyatun Nada

EFEKTIVITAS *BREAST PUMP* DAN *DIRECT BREASTFEEDING* (DBF) TERHADAP *BOUNDING ATTACHMENT* ANTARA IBU DAN BAYI PADA MASA MENYUSUI

xv + 79 Halaman + 10 Tabel + 4 Gambar + 14 Lampiran

Banyak ibu menghadapi kendala dalam menyusui langsung, seperti keterbatasan waktu dan masalah kesehatan, sehingga penggunaan *breast pump* menjadi alternatif untuk tetap memberikan ASI eksklusif. Meskipun memberikan fleksibilitas, frekuensi *direct breastfeeding* (DBF) yang menurun dapat memengaruhi kualitas *Bounding* ibu dan bayi. Tujuan penelitian ini untuk mengetahui seberapa efektif *breast pump* dan DBF guna memperkuat *Bounding Attachment* antara ibu dan bayi.

Penelitian ini menerapkan desain kuantitatif dengan rancangan *cross-sectional*. bertempat di Puskesmas Simomulyo Kota Surabaya dan waktu penelitian pada bulan Maret 2025. Populasi yaitu seluruh ibu menyusui di Puskesmas Simomulyo sebanyak 88 orang, 72 orang sampel dipilih dengan teknik *purposive sampling*. Variabel independen yaitu *breast pump* dan *direct breastfeeding* (DBF), sedangkan variabelv dependen yaitu *bounding attachment*. metode menyusui dan tingkat ikatan emosional diukur dengan kuesioner dan dianalisis dengan uji-T.

Sebagian besar responden yang sering menggunakan *breast pump* memiliki *bounding attachment* yang baik (64%), dan hampir setengah responden yang sering DBF juga memiliki *bounding attachment* yang baik (48,5%). Uji T mengindikasikan nilai signifikansi 0,000 ($p < 0,05$), Temuan ini mengindikasikan adanya perbedaan signifikan antara kedua metode terhadap *bounding attachment*.

Kedua metode menyusui yaitu *breast pump* dan *direct breastfeeding* (DBF) sama-sama efektif dalam meningkatkan *bounding attachment*, namun efektivitas *breast pump* sedikit lebih tinggi, diduga karena tingkat pengetahuan, intensitas penggunaan, dan mayoritas responden adalah ibu bekerja. DBF dapat terhambat oleh gangguan kenyamanan dan waktu, yang memicu kecemasan ibu. Oleh Karena itu, dapat pula mengombinasikan kedua metode agar *bounding attachment* tetap terjaga secara optimal.

Kata Kunci : *Breast pump*, *Direct Breastfeeding* (DBF), *Bounding Attachment*, Menyusui

Daftar Bacaan : Buku 6 (2019-2023)

ABSTRACT

Mailina Firdausiyatun Nada

**EFFECTIVENESS OF BREAST PUMP AND DIRECT BREASTFEEDING (DBF)
ON BOUNDING ATTACHMENT BETWEEN MOTHER AND INFANT DURING
BREASTFEEDING**

xv + 79 Pages + 10 Tables + 4 Images + 14 Appendices

Many mothers face challenges in direct breastfeeding, such as time constraints and health issues, making the use of breast pumps a viable alternative to ensure exclusive breastfeeding. Although it offers flexibility, reduced frequency of direct breastfeeding (DBF) may affect the quality of mother-infant bonding. This study aims to determine the effectiveness of breast pump use and DBF in strengthening bonding attachment between mother and baby.

A quantitative cross-sectional design was applied, conducted at Simomulyo Public Health Center, Surabaya, in March 2025. The population consisted of 88 breastfeeding mothers, with 72 respondents selected through purposive sampling. Independent variables included breast pump use and DBF, while the dependent variable was bonding attachment. Breastfeeding methods and emotional bonding levels were measured using a questionnaire and analyzed using a T-test.

The results showed that most mothers who frequently used breast pumps had a good bonding attachment (64%), and nearly half of the frequent DBF respondents also showed good bonding (48.5%). The T-test indicated a significant difference ($p = 0.000$; $p < 0.05$), suggesting that both methods significantly influenced bonding attachment.

While both methods proved effective, breast pump use showed slightly higher effectiveness, possibly due to higher knowledge levels, usage intensity, and the fact that most respondents were working mothers. DBF may be hindered by comfort issues and time limitations, which can increase maternal anxiety. Therefore, combining both methods is recommended to maintain optimal bonding attachment.

Keyword :Breast pump, Direct Breastfeeding (DBF), Bounding Attachment, Breastfeeding

References : 6 Books (2019-2023)