

ABSTRAK

Laporan Kasus Pada Ibu Menyusui Dengan Permasalahan Pemberian ASI Eksklusif Di Puskesmas Bulak Banteng Surabaya

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Pendahuluan : Pemberian ASI eksklusif menghadapi tantangan akibat kondisi keluarga yang bekerja, kesulitan ekonomi, serta kurangnya dukungan dan pengetahuan keluarga tentang pentingnya pemberian ASI. Akibatnya, bayi-bayi tersebut berisiko mengalami gizi buruk, gangguan pertumbuhan dan perkembangan, serta produktivitas yang rendah. Tingkat pemberian ASI di Pusat Kesehatan Masyarakat Bulak Banteng, Surabaya, pada tahun 2024 hanya mencapai 49%, jauh di bawah target yang ditetapkan. Tujuan Penelitian : Mendeskripsikan laporan kasus pada ibu menyusui dengan permasalahan pemberian ASI Eksklusif.

Metode : Penelitian deskriptif melalui pendekatan *case report*. Penelitian ini dilakukan di Puskesmas Bulak Banteng Surabaya dan waktu pengambilan data pada bulan April – Mei 2025. Pengumpulan data ini dengan wawancara, teknik observasi, dan studi dokumen. Subjek penelitian yaitu satu pasien ibu menyusui dengan Permasalahan Pemberian ASI Eksklusif. **Hasil Penelitian dan Pembahasan :** Pasien ibu menyusui dengan permasalahan pemberian ASI Eksklusif dapat diatasi dengan meningkatkan tingkat pengetahuan ibu dalam pemenuhan ASI Eksklusif, cara pemenuhan nutrisi pada ibu dan support keluarga sangat dibutuhkan dalam pemberian ASI Eksklusif. Penerapan asuhan kebidanan pada ibu menyusui dengan permasalahan pemberian ASI Eksklusif mengacu pada langkah-langkah SOAP. Seluruh langkah dilaksanakan dengan tepat sesuai kebutuhan pasien, sehingga masalah dapat teratasi. **Simpulan :** Berdasarkan hasil pengkajian dan evaluasi, pengkajian dilakukan secara tepat sesuai kriteria guna klien bias memberi ASI saja selama 6 bulan. Sedangkan evaluasi pasca ibu bersalin untuk mengedukasi ibu terkait pentingnya pemenuhan ASI Eksklusif.

Kata Kunci : Ibu Menyusui Dengan Permasalahan Pemberian ASI Eksklusif

ABSTRACT

Case Report on Breastfeeding Mothers with Exclusive Breastfeeding Problems at Bulak Banteng Community Health Center, Surabaya

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Introduction : Exclusive breastfeeding faces challenges due to working families, economic difficulties, and a lack of family support and knowledge about the importance of breastfeeding. As a result, these babies are at risk of malnutrition, growth and developmental disorders, and low productivity. The rate of breastfeeding at the Bulak Banteng Community Health Center in Surabaya in 2024 was only 49%, far below the target set. ***Research Objective:*** To describe case reports on breastfeeding mothers with problems in exclusive breastfeeding. ***Method :*** Descriptive research using a case report approach. This research was conducted at the Bulak Banteng Community Health Center in Surabaya, and data was collected from April to May 2025. Data collection was conducted through interviews, observation techniques, and document studies. The research subject was a breastfeeding mother with problems providing exclusive breastfeeding. ***Research Results and Discussion :*** Breastfeeding mothers with problems related to exclusive breastfeeding can be helped by increasing their knowledge about exclusive breastfeeding, how to meet their nutritional needs, and the importance of family support in exclusive breastfeeding. The application of midwifery care for breastfeeding mothers with problems in exclusive breastfeeding refers to the SOAP steps. All steps are carried out appropriately according to the patient's needs so that the problem can be resolved. ***Conclusion :*** Based on the results of the assessment and evaluation, the assessment was carried out appropriately according to the criteria so that clients could exclusively breastfeed for 6 months. Meanwhile, the postnatal evaluation was conducted to educate mothers on the importance of exclusive breastfeeding.

Keywords : Breastfeeding Mothers With Exclusive Breastfeeding Problems