

ABSTRAK

Nunung Devi Maliyani

EDUKASI TEKNIK MENYUSUI TERHADAP KEBERHASILAN MENYUSUI PADA IBU NIFAS PRIMIPARA

xv + 65 Halaman + 5 Tabel + 11 Lampiran

Menurut WHO 2020 Presentasi ibu menyusui baru ada di angka 55,3 % di Indonesia, ibu nifas yang mengalami gangguan menyusui di Indonesia tercatat ada sebanyak 31,12% dari 107.654 ibu nifas sehingga tidak menyusui secara Eksklusif. Berdasarkan pengamatan peneliti selama dinas, dari 46 ibu nifas yang bersalin di Rumah Sakit ada 18 ibu nifas primipara yang mengalami kesulitan dalam menyusui setelah pulang dari tempat bersalin. Ibu nifas terutama yang mengalami kehamilan pertama kali, merasa khawatir tentang cara memberi ASI bayi mereka.

Penelitian ini merupakan *kuantitatif pre eksperimen* yaitu suatu rancangan penelitian yang mengacu pada salah satu desain, yaitu *One Group Pretest-Posttest* design. Populasi adalah 40 ibu nifas primipara. Sampel sejumlah 37 ibu nifas primipara yang di ambil dengan *sampling accidental*. Variabel Independent adalah Edukasi Teknik Menyusui sedangkan variabel dependent Keberhasilan Menyusui pada Ibu Nifas Primipara. Teknik akuisisi data yang digunakan dalam penyelidikan ini melibatkan pengumpulan data primer melalui pengamatan langsung pasien dalam lingkungan perawatan pascapersalinan, diikuti dengan penilaian selanjutnya menggunakan skor LATCH. Data kemudian dianalisis menggunakan *Wilcoxon Signed Ranks Test*.

Hasil ini menunjukkan bahwa sebelum menerima pendidikan teknik menyusui, ibu pascapersalinan menunjukkan keberhasilan menyusui yang sebagian besar buruk, sedangkan ibu primipara menunjukkan hasil yang meningkat secara signifikan, dengan analisis statistik mengungkapkan efek penting dari pendidikan teknik menyusui pada keberhasilan menyusui di Rumah Sakit Dr. Sayidiman Magetan (nilai $p < 0,005$).

hasil ini menggarisbawahi peran penting pendidikan menyusui dalam meningkatkan keberhasilan menyusui di antara ibu postpartum primipara, yang memerlukan dukungan dan instruksi yang ditargetkan karena status pemula mereka dalam pengalaman ini.

Kata kunci : Edukasi, keberhasilan, menyusui, nifas, primipara

Daftar bacaan : 5 buku (2010-2024)

ABSTRACT

Nunung Devi Maliyani

**BREASTFEEDING TECHNIQUE EDUCATION TOWARDS BREASTFEEDING
SUCCESS IN PRIMIPARA POST-POTERN MOTHERS**

xv + 65 Pages + 5 Tables + 11 Attachments

According to WHO 2020, the presentation of breastfeeding mothers is only at 55.3% in Indonesia, postpartum mothers who experience breastfeeding disorders in Indonesia are recorded as many as 31.12% of 107,654 postpartum mothers so they do not breastfeed exclusively. Based on the researcher's observations during the service, of the 46 postpartum mothers who gave birth at the hospital, there were 18 primipara postpartum mothers who experienced difficulties in breastfeeding after returning from the birthing place. Postpartum mothers, especially those who are experiencing their first pregnancy, feel worried about how to breastfeed their babies.

This research is a quantitative pre-experiment, namely a research design that refers to one of the designs, namely One Group Pretest-Posttest design. The population is 40 primipara postpartum mothers. A sample of 37 primipara postpartum mothers was taken by accidental sampling. The Independent variable is Breastfeeding Technique Education while the dependent variable is Breastfeeding Success in Primipara Postpartum Mothers. The data acquisition technique used in this investigation involves the collection of primary data through direct observation of patients in a postpartum care setting, followed by subsequent assessment using LATCH scores. The data was then analyzed using the Wilcoxon Signed Ranks Test.

These results show that before receiving breastfeeding technique education, postpartum mothers showed mostly poor breastfeeding success, while primipara mothers showed significantly improved outcomes, with statistical analysis revealing an important effect of breastfeeding technique education on breastfeeding success at Dr. Sayidiman Magetan Hospital (p value <0.005).

These results underscore the important role of breastfeeding education in improving breastfeeding success among primipara postpartum mothers, who require targeted support and instruction due to their novice status in this experience.

Keywords : Education, success, breastfeeding, postpartum, primipara

Reading list : 5 books (2010-2024)