

Abstrak

HUBUNGAN ANTARA PENINGKATAN BERAT BADAN SELAMA HAMIL DENGAN PRODUKSI ASI PADA IBU *EARLY POSTPARTUM* DI RSUP DR SARDJITO YOGYAKARTA

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Latar belakang: Cakupan pemberian ASI eksklusif di Indonesia masih rendah. Banyak faktor yang memengaruhi produksi ASI salah satunya yaitu obesitas pada ibu. Peningkatan berat badan selama hamil yang berlebihan akan menyebabkan obesitas. Penelitian ini bertujuan mengetahui hubungan antara peningkatan berat badan selama hamil dengan produksi ASI ibu *early postpartum* di RSUP Dr Sardjito Yogyakarta.

Metodologi: Penelitian ini merupakan bentuk penelitian observasional analitik korelasi. Penelitian ini melibatkan 69 responden pada ibu melahirkan *aterm* (cukup bulan) pada hari pertama kelahiran. Produksi ASI diukur pada hari kedua dan ketiga setelah melahirkan. Responden merupakan ibu yang tidak rawat gabung dengan bayinya. Instrumen penelitian menggunakan kuesioner dan *sputit*. Uji korelasi menggunakan *Chi Square*

Hasil penelitian: Hasil univariat menunjukkan karakteristik responden sebagian besar merupakan ibu usia produktif, pendidikan SMA, ibu yang bekerja, jenis persalinan SC, ibu multipara, memiliki pendapatan yang cukup, memiliki IMT normal dan melahirkan bayi dengan berat normal. Uji bivariat antara peningkatan berat badan selama hamil dengan produksi ASI menunjukkan signifikansi hubungan sebesar 0,006 dengan Odds ratio 3,75.

Kesimpulan: Terdapat hubungan antara peningkatan berat badan selama hamil dengan produksi ASI ibu *early postpartum*.

Kata kunci: Obesitas, Peningkatan BB, Produksi ASI.

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Abstract

THE CORRELATION BETWEEN WEIGHT GAIN DURING PREGNANCY AND BREAST MILK PRODUCTION IN EARLY POSTPARTUM AT RSUP DR SARDJITO YOGYAKARTA

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Background: Exclusive breastfeeding rate in Indonesia is still low. One of the factors that influence breastmilk production is obesity. The increased of excessive maternal weight during pregnancy will cause obesity. The objective of the study to determine the correlation between maternal weight gain during pregnancy and breast milk production.

Methods: This study is a form of correlation analytic observational study. The study involved 69 respondents with woman aterm pregnancy on the first day of giving birth. Breastmilk production is measured on the second and third day after giving birth. The respondents were mothers who opted for separated care. The instrument of this study were questionnaires and syringe. Correlation test was conducted using *Chi Square*.

Result: Univariat test results showed that the characteristics of respondent were mostly mothers with reproductive age, with high school education and working mothers. Their type of labor is SC, have sufficient income, have a normal BMI and they gave birth to a baby with normal weight. Bivariate test beetwen weight gain during pregnancy and breastmilk production showed a significance relationship (0,006) with an OR is 3,75.

Conclusion: There is relationship between weight gain during pregnancy and breastmilk production in early postpartum mothers.

Keyword: Obesity, Weight gain, Breastmilk production.

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