ABSTRAK

Ulfin I, Djumadi. 2014. *Hubungan Perawatan Payudara Dengan Produksi ASI Pada Ibu Primipara Di Wilayah Kerja Puskesmas Wongkaditi Kota Gorontalo*. Skripsi, Jurusan S1 Keperawatan, Fakultas Ilmu-Ilmu Kesehatan dan Keolahragaan, Universitas Negeri Gorontalo. Pembimbing I DR. Hj. Rama P. Hiola, M.Kes dan Pembimbing II Ns. Wirda Y. Dulahu, S.Kep, M.Kep.

Air Susu Ibu (ASI) merupakan makanan terbaik yang dibutuhkan bayi sejak lahir tanpa makanan tambahan. Didalamnya terkandung semua zat gizi yang dibutuhkan oleh bayi. Namun dewasa ini, ASI yang dihasilkan oleh ibu primipara cenderung sedikit bahkan tidak ada, sehingga untuk meningkatkan pemberian ASI antara lain dengan melakukan perawatan payudara. Tujuan penelitian ini ingin mengetahui hubungan antara perawatan payudara dengan produksi ASI pada ibu primipara.

Penelitian ini menggunakan desain *Cross sectional* dengan tehnik pengambilan sampel yaitu *Purposive sampling*, menggunakan instrumen berupa kuesioner, dengan jumlah sampel sebanyak 34 responden. Analisis data yang digunakan adalah uji statistik *Fisher's Exact Test*.

Berdasarkan hasil penelitian dari 34 responden didapatkan sebagian besar responden dalam perawatan payudara kategori baik, sebanyak 29 responden (85,3%). Kemudian didapatkan sebagian besar responden berproduksi ASI banyak, yaitu 23 responden (67,6%). Dari hasil uji statistik *Fisher's Exact Test* diperoleh hasil nilai *Exact Sig*. sebesar 0,002 < 0,05 artinya terdapat hubungan antara perawatan payudara dengan produksi ASI pada ibu primipara.

Simpulan pada penelitian ini adalah adanya hubungan perawatan payudara dengan produksi ASI pada Ibu Primipara. Kemudian disarankan agar perawatan payudara dapat dilakukan secara rutin untuk kelancaran produksi ASI.

Kata Kunci *: Produksi ASI, Perawatan Payudara, Ibu Primipara*

ABSTRACT

Ulfin, I, Djumadi. 2014. *The Relationship between Breast Treatment and the Production of Breast Milk of Primipara Mothers at Working Area of Puskesmas Wongkaditi of Gorontalo City.* Skripsi, Department of S1 Nursing, Faculty of Health and Sport Sciences, Universitas Negeri Gorontalo. The principal supervisor was DR. Hj. Rama P. Hiola, M.Kes and the co-supervisor was Ns. Wirda Y. Dulahu, S.Kep, M.Kep.

Breast Milk is the best food for babies from they were born without any additional food. Breast Milk contains all nutrients which are needed by babies. Unfortunately, nowadays, the breast milk that produced by primipara mothers tend to be slightly even none at all. Therefore, to increase the production of Breast Milk, it can be done by doing breast treatment. The research aimed to find out the relationship between breast treatment and the production of breast milk of primipara mothers.

The research applied *cross sectional* design by having *Purposive sampling* as the technique of sampling. The instrument of research was questionnaire. The total samples of research were 34 respondents. The data were analyzed through *Fisher's Exact Test* statistical test.

The research result showed that there were 29 of 34 respondents (85,3%) in breast treatment which categorized as good. Besides, there were 23 respondents (67,6%) who produced the breast milk in significant amounts. From *Fisher's Exact Test,* it gained the value of *Exact Sig.* as 0,002 < 0,05 which meant that there was a relationship between breast treatment and the production of breast milk of primipara mothers.

To conclude, there was a relationship between breast treatment and the production of breast milk of primipara mothers. Then, it suggests doing the breast treatment continuously so that the production of breast milk will be smooth.

Keywords: *Production of Breast Milk, Breast Treatment, Primipara Mothers.*

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