

HUBUNGAN PRAKTIK PEMBERIAN ASI PADA BAYI BARU LAHIR DENGAN IKTERUS NEONATORUM DI RSUD WATES YOGYAKARTA

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INTISARI

Latar Belakang: Ikterus neonatorum merupakan perubahan warna kekuningan pada kulit dan atau sklera bayi baru lahir yang disebabkan oleh deposisi jaringan bilirubin. Ikterus pada bayi baru lahir terdapat pada 25-50% neonatus cukup bulan dan lebih tinggi pada bayi yang kurang bulan. Ikterus fisiologis timbul pada umur ≥ 24 jam sampai ≤ 14 hari dan tidak sampai telapak kaki dan tangan. Kuning pada bayi baru lahir dapat dicegah dengan praktik pemberian ASI.

Tujuan: Mengetahui hubungan praktik pemberian ASI pada bayi baru lahir dengan ikterus neonatorum di RSUD Wates Yogyakarta.

Metode: Menggunakan rancangan survey analitik dengan pendekatan *cohort prospektif*. Jenis penelitian ini yaitu observasional dengan pengambilan sampel *purposive sampling*. Besar sampel yaitu 65 sesuai kriteria inklusi eksklusi. Pengumpulan data menggunakan lembar observasi. Data dianalisis dengan uji statistik *chi square* (χ^2) dengan tingkat kemaknaan 95% dan p ($\alpha < 0,05$).

Hasil: Dari 65 responden yang mendapatkan *full breastfeeding* sebanyak 52 (80%), yang mengalami ikterus sebanyak 21 bayi (32,3%) dan dari 13 (20%) responden yang mendapatkan *partial feeding* mengalami ikterus sebanyak 11 bayi (16,9%), hasil uji p sebesar 0,004.

Kesimpulan: Bayi dengan *full breastfeeding* memiliki resiko lebih tinggi untuk terjadinya ikterus neonatorum dibandingkan bayi dengan *partial feeding*. Sehingga perlu memotivasi ibu menyusui setidaknya 10-12 kali perhari akan membantu pengelolaan penyakit kuning.

Kata Kunci: Praktik pemberian ASI, bayi baru lahir, ikterus neonatorum.

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THE RELATIONSHIP BETWEEN THE BREASTFEEDING PRACTICE FOR NEWBORN INFANTS AND THE ICTERUS NEONATORUM AT RSUD WATES, YOGYAKARTA

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ABSTRACT

Background: The icterus neonatorum is a yellowish color change on the skin and or the sclera of a newborn infant caused by the bilirubin tissue deposition. The icterus on newborn infants occurs by 25-50% on the term neonates (infants) and higher on the preterm infants. The physiologic icterus appears at the age of ≥ 24 hours to ≤ 14 days and does not appear on hand palms and foot soles. The yellowish color on a newborn infant can be prevented by the breastfeeding practice.

Objective: To investigate the relationship between the breastfeeding practice for newborn infants and the icterus neonatorum at RSUD Wates, Yogyakarta.

Method: The study employed an analytic survey design by means of the *prospective cohort* approach. The type of the study was observational and the sample was selected using the *purposive sampling* technique. The sample size was in accordance with the inclusion-exclusion criteria. The data were collected by observation sheets. They were analyzed by the *chi square* (χ^2) statistical analysis at a significance level of 95% and p ($\alpha < 0.05$).

Results: Of 65 respondents, 52 infants (80%) received full breastfeeding and 21 (32.3%) of them suffered from the icterus; and of 13 infants (20%) receiving partial feeding, 11 (16.9%) of them suffered from the icterus. The result of the test was indicated by $p = 0.004$.

Conclusion: Infants receiving full breastfeeding have a higher risk of suffering from the icterus neonatorum than those receiving partial feeding. Therefore, it is necessary to motivate mothers to breast feed their infants at least 10-12 times a day to help to manage the jaundice (icterus).

Keywords: breastfeeding practice, newborn infants, icterus neonatorum

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