

**GAMBARAN KETERAMPILAN TEKNIK MENYUSUI  
YANG BENAR PADA IBU *POSTPARTUM*  
DI RSUD WATES KULON PROGO  
YOGYAKARTA**

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**INTISARI**

**Latar Belakang:** Menyusui adalah sesuatu yang alami dan terbaik bagi semua orang. Menyusui membutuhkan dukungan dari orang yang telah mengalaminya atau seseorang yang profesional, agar masalah saat menyusui dapat teratasi. Masalah saat menyusui sering muncul apalagi jika itu adalah pengalaman pertama. Mulai dari ASI belum keluar, puting susu nyeri, hingga bayi rewel karena belum bisa menyusui dengan benar. Fenomena yang ditemui di RSUD Wates, yaitu banyak ibu *postpartum* yang ingin memberikan susu formula kepada bayinya karena ASI belum keluar dan bayi rewel. Terdapat juga beberapa ibu yang memberikan air putih dan teh kepada bayinya, serta terdapat ibu nifas yang mengalami mastitis karena kesalahan teknik menyusui. Selain itu, keberadaan SOP (*Standart Operating Procedure*) tentang konseling teknik menyusui kurang terinci secara jelas, sehingga masih didapatkan permasalahan mengenai pemberian ASI.

**Tujuan:** Untuk mengetahui gambaran keterampilan teknik menyusui yang benar pada ibu *postpartum* di RSUD Wates Kulon Progo Yogyakarta.

**Metode:** Jenis penelitian ini observasional kuantitatif. Populasi penelitian ini adalah ibu *postpartum* yang menyusui bayinya di bangsal Kenanga RSUD Wates. Sampel penelitian ini ibu menyusui yang memenuhi kriteria inklusi dan eksklusi yang ditetapkan, dengan teknik *purposive sampling* sejumlah 47 responden. Analisa data *univariat*.

**Hasil:** Keterampilan teknik menyusui yang benar pada ibu *postpartum* di RSUD Wates dalam kategori terampil sebanyak 24 responden (51,06%), dan tidak terampil sebanyak 23 responden (48,94%).

**Kesimpulan:** Mayoritas responden masuk dalam kategori terampil dalam teknik menyusui yang benar. Diharapkan upaya pendidikan kesehatan tentang teknik menyusui yang benar di RSUD Wates ditingkatkan, agar seluruh ibu *postpartum* dapat terampil dalam melakukan teknik menyusui dan tidak didapatkan lagi permasalahan dalam menyusui.

**Kata Kunci:** Keterampilan Teknik Menyusui, Ibu *Postpartum*.

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**THE DESCRIPTION OF BREASTFEEDING'S TECHNICAL SKILLS  
CORRECTLY ON POSTPARTUM MOTHERS AT REGIONAL  
GENERAL HOSPITAL OF WATES KULON PROGO  
YOGYAKARTA**

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**ABSTRACT**

**Background:** Breastfeeding is something nature and the best for everyone. Breastfeeding need support from people who had experience it or professional person, in order to the problem when feeding can be resolved. The problem when feeding usually appears especially if that was the first experience. Begin from breast milk that has not come out, nipple pain, until fussy babies because they cannot suckle properly yet. The phenomena that found in Regional General Hospital of Wates, there was so many postpartum mothers that wanted to give formula milk to their baby because the breast milk has not come out and fussy babies. There was also many of mothers who given the white water and tea to their babies, and there was postpartum mothers who experienced mastitis because of the fault of breastfeeding technical. Besides, the existence of SOP (Standard Operating Procedure) about counseling of breastfeeding technical is less detailed clearly, so there are problems about giving the breast milk.

**Purpose:** To know the description of breastfeeding's technical skills correctly on postpartum mothers at Regional General Hospital of Wates Kulon Progo Yogyakarta

**Method:** Kind of this research is quantitative observational. Population on this research is postpartum mothers who breastfeed her baby at Kenanga Ward of Regional General Hospital of Wates. This research sample is breastfeeding mothers who satisfy the defined inclusion and exclusion criteria, by purposive *sampling* technique as many 47 respondents. Data analysis is univariat.

**Result:** Breastfeeding's technical skills correctly on postpartum mothers at Regional General Hospital of Wates in skilled category as many 24 respondents (51,06%), and unskilled as many 23 respondents (48,94%).

**Conclusion:** Most of respondents in skilled category in correct breastfeeding technical. It is hoped that the health education efforts on correct breastfeeding techniques in hospitals Wates improved, so all of postpartum mothers can be skilled doing the breastfeeding technical and there is no more problem in breastfeeding.

**Keywords:** Breastfeeding's Technical Skills, Postpartum Mothers.

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