

**GAMBARAN TINGKAT PENGETAHUAN IBU NIFAS TENTANG DIET
SAAT MENYUSUIDI RS PKU MUHAMMADIYAH BANTUL
YOGYAKARTA
PADA BULAN JULI 2015**

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INTISARI

Latar Belakang : Selama masa laktasi, wanita mengalami peningkatan berat badan yang optimal, maka banyak ibu yang mengurangi makanannya sehingga mengganggu produksi ASI. Diet selama menyusui boleh saja dilakukan, tetapi harus dilakukan dengan perlahan, diet diperlukan untuk mempertahankan tubuh terhadap infeksi, mencegah konstipasi dan untuk memulai proses pemberian ASI eksklusif. Pengetahuan tentang diet ini sangat penting untuk ibu nifas yang ingin melakukan diet untuk menghindari kekurangan gizi pada masa nifas dan menyusui. Hasil dari study pendahuluan menunjukkan bahwa ternyata di RS PKU Muhammadiyah Bantul banyak ibu nifas yang belum mengetahui tentang pentingnya diet saat menyusui.

Tujuan : Diketuainya tingkat pengetahuan ibu nifas tentang diet saat menyusui pada bulan Juli tahun 2015 di RS PKU Muhammadiyah Bantul Yogyakarta.

Metode : Penelitian ini menggunakan metode *deskriptif kuantitatif*, dengan pendekatan *survey*. Populasi dalam penelitian ini berjumlah 58 orang ibu nifas. Teknik pengambilan yaitu dengan *accidental sampling*, sampel yang diambil berjumlah 35 ibu nifas. Data penelitian yaitu data primer dengan menggunakan instrument penelitian berupa kuesioner dan analisa data menggunakan analisis *univariat*.

Hasil Penelitian : Tingkat pengetahuan ibu nifas tentang pengertian diet dalam kategori baik sebanyak 16 orang (45,7%), tentang pengertian diet seimbang sebanyak 31 orang (88,6%), tentang diet yang benar saat menyusui sebanyak 20 orang (57,1%), tentang tujuan diet dalam kategori kurang sebanyak 23 orang (65,7%), tentang prinsip diet sebanyak 22 orang (62,9%), tentang syarat diet dalam kategori baik sebanyak 14 orang (40,0%), tentang manfaat diet dalam kategori kurang sebanyak 22 orang (62,9%).

Kesimpulan : Hasil penelitian tingkat pengetahuan ibu nifas tentang diet saat menyusui di RS PKU Muhammadiyah dalam kategori cukup yaitu sebanyak 20 ibu nifas (57,1%).

Kata Kunci : Pengetahuan diet menyusui, ibu nifas

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**THE DESCRIPTION OF KNOWLEDGE ON POSTPARTUM MOTHER
DIET DURING BREASTFEEDING IN RS PKU MUHAMMADIYAH
BANTUL YOGYAKARTA
IN JULY 2015**

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ABSTRACT

Background of Study: During lactation, women will have optimal weight gain, it causes mothers reduce their food so that interfere breast-milk production. Diet during breastfeeding may be done, but it must be done slowly. It is necessary to defend the body against infections, to prevent constipation and to begin the process of exclusive breastfeeding. Knowledge of this diet is very important for postpartum mothers who want to go on a diet to avoid malnutrition during childbirth and lactation. Preliminary results of study showed that it appeared in PKU Muhammadiyah Hospital in Bantul there are many postpartum mothers who do not know about the importance of diet during breastfeeding.

Objective of Study: This study aims to know about the level of knowledge of postpartum women about diet during breastfeeding in July 2015 at PKU Muhammadiyah Hospital in Bantul, Yogyakarta.

Research Methods: This study uses quantitative descriptive method, with survey approach. The population in this study is 58 postpartum women. To collect the data, this study uses accidental sampling technique. The samples taken amounted to 35 for women. The research data is primary data by using the research instrument in the form of a questionnaire and data analysis using univariate analysis

Results: The level of knowledge about understanding of diet postpartum women in both categories as many as 16 people (45.7%), on the definition of a balanced diet as many as 31 people (88.6%), on the correct diet while breast-feeding as many as 20 people (57.1 %), on dietary goals in less category as much as 23 people (65.7%), on the principle of the diet as much as 22 people (62.9%), on the terms of diet in both categories as many as 14 people (40.0%), about the benefits diet in less category as much as 22 people (62.9%).

Conclusion: The results of the level of knowledge of puerperal women while breastfeeding diet in PKU Muhammadiyah Hospital are in quite as many as 20 categories of puerperal women (57.1%).

Keywords: Knowledge diet of breastfeeding, postpartum mothers

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