

GAMBARAN TINGKAT PENGETAHUAN IBU NIFAS TENTANG PUTING SUSU LECET DI RUANG NIFAS ALAMANDA RSUD PANEMBAHAN SENOPATI BANTUL YOGYAKARTA

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INTISARI

Latar Belakang: Masalah yang timbul dalam menyusui adalah puting susu lecet, menurut Sulistyawati (2009), menunjukkan bahwa sekitar 57 % dari ibu yang menyusui dilaporkan pernah menderita puting susu lecet. Puting susu lecet dapat disebabkan oleh trauma saat menyusui, dapat pula terjadi retak dan pembentukan celah-celah. Kebanyakan puting susu lecet disebabkan oleh kesalahan dalam teknik menyusui yaitu bayi tidak menyusui sampai ke areola payudara sehingga puting susu tidak tepat berada dibawah langit-langit mulut bayi, selain itu posisi antara bayi dan ibu yang tidak tepat pula, retakan pada puting susu dapat sembuh sendiri dalam waktu 48 jam. Puting susu lecet terasa nyeri bila tidak ditangani dengan benar, umumnya menyusui akan menyakitkan dan kadang-kadang mengeluarkan darah. Oleh karena itu, pentingnya peran petugas kesehatan untuk memberikan pengetahuan tentang puting susu lecet dan masalah-masalah menyusui yang lainnya perlu diperhatikan serta tepat untuk membantu ibu nifas dalam mengatasi masalah puting susu lecet, sehingga tidak menimbulkan masalah yang lebih serius.

Tujuan: Mengetahui tingkat pengetahuan ibu nifas tentang puting susu lecet di RSUD Panembahan Senopati Bantul Yogyakarta.

Metode: Penelitian ini menggunakan metode penelitian *deskriptif kuantitatif*, dan rancangan penelitian ini menggunakan survei. Pengambilan sampel menggunakan teknik *purposive sampling*. Populasi ibu nifas selama satu bulan rata-rata. Besar sampel sebanyak 61 orang ibu nifas di RSUD Panembahan Senopati Bantul Yogyakarta. Instrument penelitian dengan menggunakan kuesioner tertutup. Analisis dalam penelitian ini menggunakan analisis univariat.

Hasil: Dari analisa hasil penelitian menunjukkan tingkat pengetahuan ibu nifas tentang puting susu lecet kategori kurang sebanyak 46 orang (75,4%), kategori cukup sebanyak 13 responden (21,3%), dan kategori baik sebanyak 2 responden (3,3%).

Kesimpulan: Tingkat pengetahuan ibu nifas di RSUD Panembahan Senopati Bantul tentang puting susu lecet adalah kategori kurang (75,4%). Disarankan bagi ibu nifas untuk dijadikan sebagai evaluasi, sehingga ibu nifas termotivasi untuk menambah pengetahuan tentang puting susu lecet.

Kata Kunci: Pengetahuan, Puting susu lecet, ibu nifas.

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**THE DESCRIPTION OF KNOWLEDGE LEVEL OF POST PARTUM
MOTHERS ABOUT SCRATCHED NIPPLES IN ALAMANDA POST
NATAL WARD OF PANEMBAHAN SENOPATI GENERAL
HOSPITAL, BANTUL**

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ABSTRACT

Background: The problems which show up/appear in breastfeeding is scratched nipples. According to Sulistyawati (2009), Around 57% of breastfeeding mothers are reported to have ever experienced scratched nipples. Scratched nipples can be caused by trauma while breastfeeding or the forming of leaks and tears. Most of scratched nipples are resulted from mistakes in breastfeeding technique which is that babies do not suck breast milk until they reach the breast peak circle, leaks on nipples can recover by itself in 48 hours. Scratched nipples may create pain if they get improper treatment due to which breastfeeding will commonly be painful and even bleed. Therefore, the important roles of health workers in providing knowledge about scratched nipples and other breastfeeding problems are necessary to be put into attention, and proper to be applied in the effort of helping post partum mothers to deal with scratched nipples problems, so that worse problems can be prevented.

Objective: To find out the knowledge level of post partum mothers about scratched nipples in Alamanda post natal ward of Panembahan Senopati General Hospital, Bantul Yogyakarta.

Method: This was a quantitative descriptive study with survey design. Sampling applied purposive sampling technique. Population was post partum mothers during one month at average. Samples were 61 post partum mothers in Panembahan Senopati General Hospital Bantul Yogyakarta. Study instrument were closed questionnaires. Analysis in this study applied single variable analysis.

Result: The result of the study indicated that the knowledge level of post partum mothers about scratched nipples was in poor category as many as 46 respondents (75,4%), sufficient category as many as 13 respondents (21,3%), good category as many as 2 respondents (3,3%).

Conclusion: The knowledge level of post partum mothers in Panembahan Senopati General Hospital, Bantul, about scratched nipples was in poor category (75,4%). It is recommended for post partum mothers to use this study as evaluation, so that post partum mothers can get motivation to improve their knowledge about scratched nipples

Keyword: Knowledge, Scratched nipples, Post partum mothers.

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