

**PENGARUH PEMBERIAN SUSU KEDELAI (*GLYCINE MAX*)
PADA IBU NIFAS TERHADAP PENINGKATAN BERAT
BADAN BAYI DI PMB TUTIK PURWANI
DI KAB SLEMAN**

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INTISARI

Latar Belakang: Air Susu Ibu (ASI) adalah *emulsi* lemak pada larutan protein, khususnya laktosa disekresikan ke dalam kelenjar susu dan berguna sebagai sumber bagi bayi baru lahir. Berdasarkan profil kesehatan kabupaten sleman tahun 2022, rata-rata angka program ASI eksklusif untuk bayi dibawah 6 bulan di Kabupaten Sleman sebesar 86,18% pada tahun 2021. Terdapat 25 puskesmas di wilayah sebagian besar sudah memenuhi sasaran pencapaian dan masi terdapat 9 puskesmas yang belum memenuhi sasaran. Susu kedelai salah satu kandungannya adalah phytoestrogen yang bila dikonsumsi secara rutin ibu menyusui akan membantu ibu meningkatkan produksi ASI lebih banyak dan melimpah, jika pemberian ASI berhasil maka berat badan bayi akan terus meningkat.

Tujuan Penelitian: Tujuan penelitian ini untuk mengetahui pengaruh pemberian susu kedelai (*Glycine Max*) pada ibu nifas terhadap peningkatan berat badan bayi di PMB Tutik Purwani di kab Sleman.

Metode: Metode penelitian yang digunakan adalah metode kuantitatif *Eksperimental (quasi experiment)* dengan *Two Group Control Pre and Post Test Nonequivalent Control Group Desain*. Jumlah sampel adalah 32 responden. Teknik pengambilan sampel menggunakan teknik *Purposive Sampling*.

Hasil: Hasil uji menunjukkan bahwa perbedaan berat badan bayi rata-rata kelompok kontrol 4.70 dan pada kelompok perlakuan adalah 0.50. Sedangkan hasil *uji Wilcoxon signed rank test* didapatkan *p-value* $0.007 < 0.05$ yang menunjukkan bahwa ada pengaruh susu kedelai (*glycine max*) pada ibu nifas terhadap peningkatan berat badan bayi.

Kesimpulan: Terdapat pengaruh pemberian susu kedelai (*Glycine Max*) pada ibu nifas terhadap peningkatan berat badan bayi di PMB Tutik Purwani di Kab Sleman.

Kata Kunci: Susu Kedelai, Berat Badan bayi.

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**EFFECT OF GIVING SOY MILK (GLYCINE MAX) IN
PARTICULAR WOMEN ON WEIGHT INCREASE
BABY BODY IN PMB TUTIK PURWANI
IN SLEMAN REGENCY**

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ABSTRACT

Background: Breast milk (ASI) is an emulsion of fat in a protein solution, especially lactose, which is secreted into the mammary glands and is useful as a source for newborns. Based on the health profile of Sleman district in 2022, the average number of exclusive breastfeeding programs for babies under 6 months in Sleman district is 86.18% in 2021. known that most of the 25 community health centers in the region have met the achievement targets and there are still 9 community health centers that have has not met the target. One of the ingredients in soy milk is phytoestrogens which, if consumed regularly by breastfeeding mothers, will help mothers increase the production of more and more abundant breast milk. If breastfeeding is successful, the baby's weight will continue to increase.

Objective: The aim of this research was to determine the effect of giving soy milk (Glycine Max) to postpartum mothers on increasing baby weight at PMB Tutik Purwani in Sleman district.

Method: The research method used is a quantitative experimental method (quasi experiment) with a Two Group Control Pre and Post Test Nonequivalent Control Group Design. The number of samples was 32 respondents. The sampling technique uses Purposive Sampling technique according to the criteria.

Result: The test results showed that the average difference in baby weight in the control group was 4.70 and in the treatment group was 0.50. Meanwhile, the results of the Wilcoxon signed rank test showed a p-value of $0.007 < 0.05$, which shows that there is an influence of soy milk (glycine max) in postpartum mothers on increasing the baby's weight.

Conclusion: There is an effect of giving soy milk (Glycine Max) to postpartum mothers on increasing baby weight at PMB Tutik Purwani in Sleman Regency.

Keywords: Soy Milk, Baby's Weight.

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