

PENGARUH FREKUENSI DAN DURASI MENYUSUI TERHADAP IKTERUS FISILOGIS PADA BAYI BARU LAHIR

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RINGKASAN

Latar Belakang: Ikterus fisiologis merupakan kondisi umum pada bayi baru lahir yang disebabkan oleh peningkatan kadar bilirubin. UNICEF melaporkan bahwa 1,8% kematian neonatal terkait dengan hiperbilirubinemia. Di Indonesia, kejadian ikterus pada minggu pertama kehidupan mencapai 51,47%. Menyusui dini dan efektif, termasuk pemberian kolostrum, dapat menurunkan risiko hiperbilirubinemia, dengan frekuensi dan durasi menyusui sebagai faktor penting.

Tujuan: Mengetahui pengaruh frekuensi dan durasi menyusui terhadap ikterus fisiologis pada bayi Ny. A usia 14 hari di PMB Emi Narimawati Bantul.

Metode: Penelitian ini menggunakan desain studi kasus. Data primer diperoleh melalui pengkajian langsung, sedangkan data sekunder berasal dari buku KIA dan catatan rekam medis. Asuhan kebidanan dilakukan melalui pendampingan menyusui, pemantauan derajat ikterus, serta pemeriksaan fisik.

Hasil: Pemberian ASI secara *on demand* dengan frekuensi 8–12 kali per hari dan durasi ± 15 menit pada setiap payudara menunjukkan penurunan derajat ikterus pada bayi.

Kesimpulan: Frekuensi dan durasi menyusui yang adekuat efektif menurunkan ikterus fisiologis pada bayi baru lahir. Praktik menyusui *on demand* perlu terus ditekankan dalam perawatan neonatal untuk mencegah komplikasi terkait hiperbilirubinemia.

Kata Kunci: Asuhan Kebidanan, Ikterus Fisiologis, Bayi Baru Lahir, Pemberian ASI

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EFFECT OF BREASTFEEDING FREQUENCY AND DURATION ON PHYSIOLOGICAL JAUNDICE IN NEWBORN INFANTS

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ABSTRACT

Background: Physiological jaundice is a common condition in newborns caused by elevated bilirubin levels. UNICEF reports that 1.8% of neonatal deaths are linked to hyperbilirubinemia, while in Indonesia the incidence of neonatal jaundice within the first week of life is 51.47%. Early and effective breastfeeding, including colostrum intake, may reduce the risk of hyperbilirubinemia, with frequency and duration of feeding playing key roles.

Objective: To examine the effect of breastfeeding frequency and duration on physiological jaundice in the infant of Mrs. A, aged 14 days, at Emi Narimawati Midwifery Practice, Bantul.

Methods: A case study design was applied. Primary data were collected through direct clinical assessment, while secondary data were obtained from the Maternal and Child Health (MCH) handbook and medical records. Care interventions included breastfeeding support, monitoring jaundice level, and physical examination.

Results: Breastfeeding on demand, with a minimum of 8–12 feeds per day and approximately 15 minutes on each breast, resulted in a reduction of jaundice level in the infant.

Conclusion: Adequate frequency and duration of breastfeeding are effective in reducing physiological jaundice in newborns. Promoting on-demand feeding should be emphasized in neonatal care to minimize hyperbilirubinemia-related complications.

Keywords: Midwifery Care, Physiological Jaundice, Newborn, Breastfeeding

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