

**GAMBARAN TINGKAT PENGETAHUAN IBU NIFAS TENTANG
PERAWATAN PAYUDARA DI RSUD PANEMBAHAN
SENOPATI KABUPATEN BANTUL
YOGYAKARTA**

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INTISARI

Latar Belakang: Masa nifas merupakan masa yang rentan bagi ibu nifas terhadap risiko infeksi masa nifas. Ibu nifas dapat mengalami infeksi dan peradangan payudara, melalui luka pada puting susu dan peredaran darah. Oleh karena itu perlu pencegahan salah satunya dengan perawatan payudara. Studi pendahuluan melalui teknik wawancara dengan 10 ibu nifas, sebanyak 7 ibu nifas (70%) mengatakan bahwa kurang mengetahui tentang perawatan payudara, dan hanya sebanyak 3 orang saja (30%) yang menyatakan mengetahui tentang hal tersebut.

Tujuan: Diketuinya tingkat pengetahuan ibu nifas tentang pengertian perawatan payudara, pengetahuan tentang tujuan perawatan payudara, pengetahuan tentang manfaat perawatan payudara, dan pengetahuan tentang cara perawatan payudara di RSUD Panembahan Senopati.

Metode Penelitian: Penelitian ini menggunakan penelitian *deskriptif kuantitatif*. Lokasi penelitian ini dilaksanakan di ruang nifas di RSUD Panembahan Senopati Bantul Yogyakarta pada bulan Juli 2014. Teknik sampling menggunakan *accidental sampling* sebanyak 25 responden. Variabel penelitian ini menggunakan variabel tunggal yaitu tingkat pengetahuan ibu nifas tentang perawatan payudara. Analisis data menggunakan analisis *univariat* dengan uji statistik deskriptif frekuentif.

Hasil: (1) Sebagian besar ibu nifas memiliki tingkat pengetahuan tentang perawatan payudara masuk ke dalam kategori cukup sebanyak 22 orang (73,3%); (2) Sebagian besar ibu nifas memiliki tingkat pengetahuan yang cukup tentang pengertian perawatan payudara sebanyak 13 orang (43,3%); (3) Tujuan perawatan payudara sebanyak 17 orang (56,7%); (4) Manfaat perawatan payudara sebanyak 13 orang (43,3%); dan (5) Sebagian besar ibu nifas memiliki tingkat pengetahuan yang baik tentang cara perawatan payudara sebanyak 20 orang (66,7%).

Kesimpulan: Sebagian besar ibu nifas memiliki tingkat pengetahuan tentang perawatan payudara masuk ke dalam kategori cukup di RSUD Panembahan Senopati Bantul Yogyakarta.

Kata kunci: Ibu nifas, pengetahuan perawatan payudara

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DESCRIPTION OF KNOWLEDGE LEVEL A POSTPARTUM MATERNAL ABOUT THE BREAST TREATMENT IN PANEMBAHAN SENOPATI HOSPITAL BANTUL DISTRICT YOGYAKARTA

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ABSTRACT

Background: Postpartum periods is a vulnerable time for postpartum maternal to the risk of infection during childbirth. Postpartum maternal may have an infection and inflammation of the breast, through the nipple sores and blood circulation. It is therefore necessary precautions one with breast care. Preliminary study of the technique of interviews with 10 postpartum maternal, as many as 7 postpartum maternal (70%) said that the lack of knowing about breast care, and only 3 people alone (30%) claimed to know about it.

Purpose: Knowing the level of knowledge a postpartum maternal about the understanding of breast care, knowledge about goals of breast care, knowledge about the benefits of breast care, and knowledge about how to breast care in RSUD Panembahan Senopati.

Methods: This study used a descriptive quantitative research. Location of the study was conducted at room childbirth in RSUD Panembahan Senopati Bantul Yogyakarta in July 2014 sampling technique using accidental sampling by 25 respondents. This study variables using a single variable is the level of knowledge about breast care postpartum maternal. Data were analyzed using univariate analysis with descriptive statistical tests frequentive.

Results: (1) Most of the postpartum maternal have a level of knowledge about breast care fit into the enough category as many as 22 people (73.3%); (2) Most of the postpartum maternal have a level of knowledge about the understanding of breast care fit into the enough category as many as 13 people (43.3%); (3) Most of the postpartum maternal have a enough level of knowledge about breast care goals were 17 persons (56.7%); (4) Most of the postpartum maternal have a enough level of knowledge about the benefits of breast care, as many as 13 people (43.3%); and (5) Most of postpartum maternal have a good level of knowledge about breast care how many as 20 people (66.7%).

Conclusions: The majority of postpartum maternal have a level of knowledge about breast care goes into enough categories in RSUD Panembahan Senopati Bantul, Yogyakarta.

Keywords: Postpartum maternal, the knowledge level of breast care

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