

HUBUNGAN ONSET LAKTASI DENGAN IKTERUS NEONATORUM DI RSUD WATES YOGYAKARTA

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INTISARI

Latar Belakang: Onset laktasi adalah masa permulaan untuk memperbanyak air susu ibu sampai air susu keluar pertama kali. Keterlambatan onset laktasi akan menghambat proses laktogenesis sehingga bayi lahir tidak akan mendapatkan kecukupan ASI pada hari-hari berikutnya. Penyakit yang muncul terkait dengan kekurangan asupan ASI adalah ikterus neonatorum. Ikterus neonatorum adalah kulit dan sklera mengalami kekuningan pada bayi baru lahir. Angka kejadian ikterus pada bayi baru lahir sekitar 60% dan lebih pada bayi prematur.

Tujuan: Untuk mengetahui Mengetahui hubungan onset laktasi dengan ikterus neonatorum di RSUD Wates Yogyakarta.

Metode: Metode penelitian adalah metode obsevasional dengan rancangan *cohort prospektif* menggunakan *purposive sampling*. Responden pada penelitian ini sebanyak 65 responden sesuai dengan kriteria inklusi an eksklusi. Pengumpulan data menggunakan lembar observasi. Teknik analisa data menggunakan *chi-square* (χ^2) dengan tingkat kemaknaan $\alpha < 0,05$.

Hasil: Ada hubungan yang signifikan antara onset laktasi dengan ikterus neonataorum di RSUD Wates Yogyakarta. Analisis data dari 65 responden yang mempunyai onset laktasi cepat sebanyak 40 (61.5%), memiliki bayi dengan ikterus neonatorum sebanyak 10 bayi (15.4%), sedangkan 25 responden (38.5%) yang mempunyai onset laktasi lambat, memiliki bayi yang ikterus neonatorum sebanyak 22 bayi (33.8%), dengan *p value* 0.000.

Kesimpulan: Ibu dengan onset laktasi lambat mempunyai resiko lebih tinggi terjadi ikterus neonatorum daripada ibu dengan onset laktasi cepat. Rekomendasi untuk ibu hamil seharusnya mempersiapkan kehamilannya dengan menjaga asupan makanan dan melakukan pijat oksitosin untuk menghindari onset laktasi lambat dan mengurangi ikterus neonatorum.

Kata Kunci : onset laktasi, ikterus neonatorum

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THE RELATIONSHIP BETWEEN THE ONSET OF LACTATION AND THE ICTERUS NEONATORUM AT RSUD WATES, YOGYAKARTA

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ABSTRACT

Background: The onset of lactation is the beginning time to increase breast milk until it comes out for the first time. The delay of the onset of lactation will inhibit the lactogenesis process so that the born infant will not get sufficient breast milk in the following days. A disease appearing in relation to the lack of breast milk intakes is the icterus neonatorum. The icterus neonatorum is the yellowing of the skin and sclera in a newborn infant. The number of icterus incidences in newborn infants is around 60% and higher in premature infants.

Objective: To investigate the relationship between the onset of lactation and the icterus neonatorum at RSUD Wates, Yogyakarta.

Method: The research method was the observational method using the prospective cohort design employing the purposive sampling technique. The study involved 65 respondents in accordance with the inclusion and exclusion criteria. The data were collected by observation sheets. They were analyzed by means of chi-square (χ^2) at a significance level of $\alpha < 0.05$.

Results: There is a significant relationship between the onset of lactation and the icterus neonatorum at RSUD Wates, Yogyakarta. Based on the data analysis, of 65 respondents, 40 respondents (61.5%) with the quick onset of lactation have 10 infants (15.4%) with the icterus neonatorum, while 25 respondents (38.5%) with the delayed onset of lactation have 22 infants (33.8%) with icterus neonatorum with a p value of 0.000.

Conclusion: Mothers with the delayed onset of lactation have a higher risk of having infants with the icterus neonatorum than those with the fast onset of lactation. A recommendation for pregnant mothers is that they should prepare their pregnancy by paying attention to food intakes and having oxytocin massages to prevent the delayed onset of lactation and to reduce the icterus neonatorum.

Keywords: onset of lactation, icterus neonatorum

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