

# GAMBARAN TINGKAT PENGERAHUAN IBU NIFAS TENTANG METODE MEMPERLANCAR PENGELUARAN ASI DI PUSKESMAS BANGUNTAPAN I BANTUL YOGYAKARTA

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## INTISARI

**Latar Belakang :** ASI penting bagi bayi. Riskesdas 2010 melaporkan jumlah bayi yang menyusui sampai 6 bulan hanya 15,3%, sedangkan target Indonesia sehat tahun 2010 adalah sebanyak 80%. Dengan adanya metode memperlancar pengeluaran ASI diharapkan dapat meningkatkan pemberian ASI Eksklusif. Hasil Studi pendahuluan di Puskesmas Banguntapan 1 Bantul Yogyakarta terdapat 10 (27,5%) ibu nifas. 8 (22%) ibu nifas belum mengetahui tentang metode memperlancar pengeluaran ASI, dan 2 (5,50%) sudah mengetahui metode memperlancar pengeluaran ASI seperti perawatan payudara dan pijat Oksitosin.

**Tujuan:** Diketuinya tingkat pengetahuan ibu nifas tentang metode memperlancar pengeluaran ASI di Puskesmas Banguntapan 1 Bantul Yogyakarta.

**Metode:** Penelitian ini menggunakan metode *deskriptif kuantitatif*, dengan pendekatan *survay*, Populasi dalam penelitian ini berjumlah 30 orang ibu nifas. Teknik pengambilan yaitu dengan *accidental sampling*, dengan jumlah sampel adalah 30 orang. Data penelitian yaitu data primer dengan menggunakan instrumen penelitian berupa kuesioner dan analisa data menggunakan analisis *univariate*, variabel penelitian adalah menggunakan 1 variabel.

**Hasil :** Dari hasil penelitian diperoleh hasil bahwa gambaran tingkat pengetahuan tentang metode memperlancar pengeluaran ASI di Puskesmas Banguntapan 1 Bantul, Yogyakarta dalam kategori cukup yaitu 18 responden (60,0%).

**Kesimpulan :** Tingkat pengetahuan Ibu Nifas tentang Metode Memperlancar Pengeluaran ASI di Puskesmas Banguntapan 1 Bantul Yogyakarta dalam kategori cukup sebanyak 18 (60,0%), kurang sebanyak 8 (26,7%), dan baik sebanyak 4 (13,3%).

**Kata Kunci :** Pengetahuan, Ibu Nifas, Metode Memperlancar Pengeluaran ASI

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# KNOWLEDGE LEVEL OVERVIEW OF PUERPERIUM MOTHERS ABOUT THE METHOD OF BREASTMILK EXPEDITE SECRETION IN BANGUNTAPAN I COMMUNITY HEALTH CENTERS BANTUL YOGYAKARTA

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## ABSTRACT

**Background :** Breastmilk is important for the babies. Basic Health Research in 2010 reported that total number of babies who were breastfed until 6 months of age was only 15.3%, while Indonesia health target on 2010 was 80%. With the existence of breastmilk expedite secretion method, it was hoped that it can increasing the number of the given exclusive breastmilk. Preliminary study that was conducted in Banguntapan I community health centers Bantul Yogyakarta. Investigation conducted in Banguntapan I community health centers Bantul results about breastmilk expedite secretion method were obtained that there were 10 puerperium mothers (27.5%). 8 of them (22%) were not knowing about breastmilk expedite secretion method yet, they only know the ways to improve the quality of breastmilk were by consuming nutritious foods, and 2 of them (5.50%) already know about breastmilk expedite secretion methods such as breast care and oxytocin massages.

**Aim :** To know the knowledge level overview of puerperium mothers about the method of breastmilk expedite secretion in Banguntapan I community health centers Bantul Yogyakarta.

**Methods :** This research was using descriptive quantitative research method, with survey approach. Number of population in this research were 30 puerperium mothers. The sampling technique was accidental sampling, with a sample of 30 persons. The research data were primary data which was collected by using questionnaire instrument and analyzed using univariate data analysis, for variable use one variable.

**Results :** The research results showed that the knowledge level overview of puerperium mothers about breastmilk expedite secretion method in Banguntapan I community health centers Bantul, Yogyakarta were categorized as a moderate or enough knowledge which was 18 respondents (60.0%).

**Conclusion :** The knowledge level overview of puerperium mothers about breastmilk expedite secretion method in Banguntapan I community health centers Bantul Yogyakarta were categorized as a moderate/enough knowledge much as 18 (60,0%), deficient much as 8 (26,7%), and god much as 4 (13,3%)..

**Keywords :** Knowledge, Puerperium mothers, method of breastmilk expedite secretion.

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