

ABSTRACT

EFFECT ON HEALTH AWARENESS LEVEL OF KNOWLEDGE ABOUT MOTHER POST PARTUM BREAST CARE IN THE COMMUNITY HEALTH CENTER MOJOSONGO BOYOLALI

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Background: Breast Care needs to be done regularly and sustainably in order to stimulate and facilitate breastfeeding products and prevent the occurrence of the problems faced by breastfeeding mothers such as flat or goes down the nipple, nipple pain, sore nipples and breast swelling. Preliminary studies in the Community health center Mojosongo Boyolali on 10 new mothers post partum there were 3 (30%) mothers who do breast care procedures and how to care properly.

Research Purposes: Determine the effect of health education on the level of post partum maternal knowledge about breast care in the Community health center Mojosongo, Boyolali district.

Research Methods: This research method is pre-experimental design with the design of the study one group pretest-posttest design of the study with two measurement times. Research sites in Community health center Mojosongo Boyolali district. The population was post-partum mothers who come to visit in the Community health center Mojosongo. The sample was determined by sampling nonprobability by making sampling Proposive Sampling. Analysis of the data used is the paired sample t-test to see the difference between the pre test with the post test with a confidence level of 95%.

Research Results: Post partum mothers knowledge about breast care before being given health education on the most adequate category of 17 respondents (56.7%). Meanwhile, after being given health education a good majority of 22 respondents (73.3%). The results of paired sample t-test showed t count test for (6983) > t table (2.000) and the value p value $< \alpha$ (0000 < 0.05).

Conclusion : There are the influence of health education on the level of post partum maternal knowledge about breast care in the Community health center Mojosongo Boyolali district.

Keyword : health education, breast care

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INTISARI

PENGARUH PENYULUHAN KESEHATAN TERHADAP TINGKAT PENGETAHUAN IBU *POST PARTUM* TENTANG PERAWATAN PAYUDARA DI PUSKESMAS MOJOSONGO BOYOLALI

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Latar Belakang: Perawatan payudara perlu dilakukan secara rutin dan bekesinambungan agar dapat merangsang dan memperlancar produk ASI serta mencegah terjadinya masalah yang dihadapi oleh ibu menyusui seperti; puting susu datar atau terbenam, puting susu nyeri, puting susu lecet dan payudara bengkak. Studi pendahuluan di Puskesmas Mojosongo Boyolali pada 10 ibu *post partum* baru terdapat 3 (30%) ibu yang melakukan perawatan payudara menggunakan prosedur dan cara perawatan dengan baik dan benar.

Tujuan Penelitian: Mengetahui pengaruh penyuluhan kesehatan terhadap tingkat pengetahuan ibu *post partum* tentang perawatan payudara di Puskesmas Mojosongo, Kabupaten Boyolali.

Metode Penelitian: Metode penelitian ini adalah *pre-experimental design* dengan rancangan penelitian *one group pretest-posttest design* yaitu penelitian dengan 2 kali pengukuran. Lokasi penelitian di Puskesmas Mojosongo Kabupaten Boyolali. Populasi adalah ibu *post partum* yang datang berkunjung di Puskesmas Mojosongo. Sampel ditentukan dengan *nonprobability sampling* dengan cara pengambilan sampling *Proposive Sampling*. Analisa data yang digunakan adalah *paired sample t-test* untuk melihat perbedaan antara nilai *pre test* dengan nilai *post test* dengan tingkat kepercayaan 95%.

Hasil Penelitian: Pengetahuan ibu *post partum* tentang perawatan payudara sebelum diberikan penyuluhan kesehatan paling banyak pada kategori cukup yaitu 17 responden (56,7%). Sedangkan setelah diberikan penyuluhan kesehatan mayoritas baik yaitu 22 responden (73,3%). Hasil uji *paired sample t-test* menunjukkan t hitung sebesar $(6983) > t$ tabel $(2,000)$ dan nilai p value $< \alpha$ $(0.000 < 0.05)$.

Kesimpulan: Ada pengaruh penyuluhan kesehatan terhadap tingkat pengetahuan ibu *post partum* tentang perawatan payudara di Puskesmas Mojosongo Kabupaten Boyolali.

Kata Kunci: penyuluhan kesehatan, perawatan payudara

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