

GAMBARAN TINGKAT PENGETAHUAN TENTANG TEKNIK MENYUSUI PADA IBU POST PARTUM DI RSUD MUHAMMADIYAH BANTUL

INTISARI

Latar Belakang : Di Rumah Sakit PKU Muhammadiyah Bantul, sejumlah 75% ibu belum bisa menyusui bayinya dan belum percaya diri untuk menyusui bayinya. Selain itu ada pula ibu nifas primipara yang belum mengetahui teknik menyusui secara baik dan benar ditandai dengan tidak masuknya areola ke mulut bayi sehingga bayi hanya menyusu pada puting ibu. Tanda-tanda lain adalah puting susu ibu sering keluar dari mulut bayi, ibu belum tahu cara menstimulasi mulut bayi agar terbuka lebar, dan ibu masih terlihat canggung. Ada pula ibu yang enggan menyusui bayinya karena ASI-nya masih sedikit atau belum keluar.

Tujuan Penelitian : Untuk mengetahui gambaran tingkat pengetahuan tentang teknik menyusui pada ibu post partum di Rumah Sakit PKU Muhammadiyah Bantul.

Metode Penelitian : Menggunakan metode deskriptif yaitu penelitian yang dirancang untuk memperoleh informasi tentang status suatu gejala saat penelitian dilakukan. Penelitian dilakukan di bangsal An Nisa RSUD Muhammadiyah Bantul pada tanggal 20 Juli – 20 Agustus 2010. Subyek penelitian adalah semua ibu *post partum* primipara dan multipara yang melahirkan di bangsal An Nisa RSUD Muhammadiyah Bantul.

Hasil Penelitian : Hasil penelitian ini menunjukkan bahwa 55,7% ibu post partum di RSUD Muhammadiyah Bantul memiliki teknik menyusui yang baik, 40% ibu post partum di RSUD Muhammadiyah Bantul memiliki teknik menyusui yang cukup, dan 4,3% ibu post partum di RSUD Muhammadiyah Bantul memiliki teknik menyusui yang kurang.

Kesimpulan : Gambaran tingkat pengetahuan ibu post partum primipara dan multipara tentang pengertian, posisi dan langkah-langkah menyusui, teknik menyusui dan waktu menyusui di Rumah Sakit PKU Muhammadiyah Bantul untuk kategori baik adalah 55,7%, kategori cukup 40%, dan kategori kurang 4,3%.

Kata Kunci : Tingkat Pengetahuan, Teknik Menyusui

**DESCRIPTION OF LEVEL OF KNOWLEDGE ABOUT
BREASTFEEDING TECHNIQUES ON POST PARTUM
MOTHERS AT PKU MUHAMMADIYAH
HOSPITAL BANTUL**

ABSTRACT

Background : About 75% of mothers could not breastfeed her baby and not confident yet to breastfeed their babies at PKU Muhammadiyah Hospital Bantul. In addition there were primipara post partum mothers who did not know about breastfeeding techniques well and properly, marked with no entry all of the areola into baby's mouth so the baby is only breastfeeding mothers teats. Other signs are the mother's stalk is often out of the mouth of a baby, the mother did not know how to stimulate the baby's mouth so open widely, and the mothers still looks awkward. There are mothers who are reluctant to breastfeed because their milk is still little.

Objective : To know the description of the level of knowledge about breastfeeding techniques on post partum mothers at PKU Muhammadiyah Hospital Bantul..

Method : Using a descriptive method of research that is designed to obtain information about the status of a phenomenon when the research conducted. The study was conducted on the An Nisa Ward, PKU Muhammadiyah Hospital Bantul on 20 July to 20 August 2010. The subjects were all multiparous and primiparous post partum mothers who gave birth on the An Nisa Ward, PKU Muhammadiyah Hospital Bantul.

Result : The results of this study showed that 55.7% post partum in PKU Muhammadiyah Hospital Bantul have a good breastfeeding technique, 40% post partum in PKU Muhammadiyah Hospital Bantul has a current breastfeeding techniques, and 4.3% post partum in PKU Muhammadiyah Hospital Bantul have low breast-feeding techniques.

Conclusion : Description of level of knowledge of primiparous and multiparous post partum mothers about understanding, positions and steps of breastfeeding, feeding techniques and feeding time at PKU Muhammadiyah Hospital in Bantul for good categories is 55,7%, adequate category is 40,0%, and bad categories is 4,3%.

Keywords: Level of Knowledge , Breastfeeding Techniques