

Universitas Ngudi Waluyo  
Program Studi Kebidanan, Fakultas Kesehatan  
Skripsi, Februari 2022  
Nila Apriliani 152201195

Gambaran Pengetahuan Ibu Nifas tentang Perawatan Payudara Masa Nifas Di Wilayah Kerja Puskesmas Kecamatan Muara Jawa Kabupaten Kutai Kartanegara Kalimantan Timur

(xix + 123 halaman + 12 tabel + 10 lampiran)

### ABSTRAK

**Latar Belakang :** Masalah payudara sering dialami oleh ibu nifas dalam proses pemberian ASI seperti payudara bengkak, puting susu lecet, bendungan ASI, mastitis. Hal tersebut dikarenakan kurangnya pengetahuan ibu nifas tentang perawatan payudara, sehingga masalah payudara pada ibu nifas sering dijumpai dan pemberian ASI menjadi tidak maksimal. Tujuan dari penelitian ini adalah untuk mengetahui gambaran pengetahuan ibu nifas tentang perawatan payudara.

**Metode :** Penelitian ini menggunakan desain penelitian *deskriptif* kuantitatif. Populasi penelitian ini seluruh ibu nifas 0-42 hari sebanyak 51 responden. Teknik sampling menggunakan *total sampling*, jumlah sampel sebanyak 51 responden. Metode pengumpulan data menggunakan kuesioner. Analisis data menggunakan analisis univariat dengan distribusi frekuensi.

**Hasil Penelitian :** Hasil analisis univariat sebagian besar responden berpengetahuan cukup tentang perawatan payudara sebanyak 30 responden (58,8%), berpengetahuan cukup tentang pengertian perawatan payudara sebanyak 27 responden (52,9%), berpengetahuan baik tentang tujuan perawatan payudara sebanyak 21 responden (41,2%), berpengetahuan cukup tentang waktu perawatan payudara sebanyak 36 responden (70,6%), berpengetahuan cukup tentang teknik perawatan payudara sebanyak 29 responden (56,9%).

**Kesimpulan :** Sebagian besar ibu nifas berpengetahuan cukup tentang perawatan payudara sebanyak 30 responden (58,8%). Diharapkan Wilayah Kerja Puskesmas Kecamatan Muara Jawa dapat meningkatkan pengetahuan ibu nifas dengan cara mengajarkan secara langsung teknik perawatan payudara masa nifas.

**Kata kunci :** Ibu Nifas, Perawatan Payudara Masa Nifas, Pengetahuan

Ngudi Waluyo University  
Midwifery Study Program, Faculty Of Health  
Final Project, February 2022  
Nila Apriliani 152201195

Description of Knowledge of Postpartum Mothers about Breast Care during the Postpartum Period in the Work Area of the Health Center in Muara Jawa District, Kutai Kartanegera Regency, East Kalimantan  
(xix + 123 pages + 12 tables + 10 attachments)

### ABSTRACT

**Background :** Breast problems are often experienced by postpartum mothers in the breastfeeding process such as swollen breasts, sore nipples, breast milk dams, mastitis. This is due to the lack of knowledge of postpartum mothers about breast care, so that breast problems in postpartum women are often encountered and breastfeeding is not optimal. The purpose of this study was to describe the knowledge of postpartum mothers about breast care.

**Method :** This study uses a quantitative descriptive research design. The population of this study were all postpartum mothers 0-42 days as many as 51 respondents. The sampling technique used total sampling, the number of samples was 51 respondents. Methods of data collection using a questionnaire. Data analysis used univariate analysis with frequency distribution.

**Results :** The results of the univariate analysis are, most of the respondents have sufficient knowledge about breast care as many as 30 respondents (58.8%), have sufficient knowledge about the meaning of breast care as many as 27 respondents (52.9%), have good knowledge about the goals of breast care as many as 21 respondents (41,2%), have sufficient knowledge about breast care time as many as 36 respondents (70,6%), have sufficient knowledge about breast care techniques as many as 29 respondents (56,9%).

**Conclusion:** Postpartum mothers have sufficient knowledge about breast care as many as 30 respondents (58.8%). It is hoped that the Working Area of the Health Center in Muara Jawa District can increase the knowledge of postpartum mothers by directly teaching postpartum breast care techniques.

**Key words :** Postpartum, Breast Care Postpartum, Knowledge