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HUBUNGAN TINGKAT PENGETAHUAN IBU NIFAS DENGAN KEBERHASILAN TEKNIK MENYUSUI DI RSUD REDO BOLO

ABSTRAK

Latar Belakang: Teknik menyusui yang benar merupakan cara memberikan ASI kepada bayi dengan perlekatan dan posisi ibu dan bayi dengan benar. Untuk mencapai keberhasilan menyusui diperlukan pengetahuan mengenai teknik-teknik menyusui yang benar. Hasil studi pendahuluan yang dilakukan di RSUD Redo Bolo didapatkan bahwa 100 (seratus) orang ibu menyusui yang telah ditemui 45 orang ibu menyusui sudah hampir benar dalam melakukan teknik menyusui dan 55 orang ibu menyusui belum tepat dalam melakukan teknik menyusui pada bayinya akibatnya ibu mengalami sakit pada puting payudara ibu saat menyusui dan bayi tampak menggeliat atau terus bergerak saat menyusui.

Metode: Jenis penelitian menggunakan penelitian kuantitatif dengan desain penelitian analitik korelasional dengan pendekatan cross sectional. Populasi penelitian adalah seluruh ibu nifas di RSUD Redo Bolo sebanyak 45 orang dengan teknik pengambilan sampel menggunakan total sampling. Pengumpulan data menggunakan lembar kuesioner pengetahuan dan lembar observasi. Analisis data adalah analisis univariat dan analisis bivariat menggunakan uji *chi square* (χ^2).

Hasil: Gambaran tingkat pengetahuan ibu nifas tentang teknik menyusui yang benar dengan kategori baik sebanyak 12 orang (26,7%), kategori cukup sebanyak 20 orang (44,4%) dan kategori kurang sebanyak 15 orang (33,3%). Gambaran keberhasilan teknik menyusui dengan kategori berhasil sebanyak 25 orang (55,6%) dan kategori tidak berhasil sebanyak 20 orang (44,4%). Hasil uji statistik *chi square* (χ^2) diperoleh *p value* $(0,003) < \alpha (0,05)$ menunjukkan bahwa H_a diterima.

Simpulan: Ada hubungan tingkat pengetahuan ibu nifas dengan teknik menyusui di RSUD Redo Bolo. Diharapkan tenaga kesehatan dapat meningkatkan edukasi mengenai teknik menyusui yang benar sehingga keberhasilan menyusui lebih meningkat.

Kata Kunci: Pengetahuan, Ibu Nifas, Keberhasilan Teknik Menyusui

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**THE RELATIONSHIP OF THE LEVEL OF KNOWLEDGE OF PUBLIC
MOTHER AND THE SUCCESS OF BREASTFEEDING TECHNIQUES AT
REDO BOLO HOSPITAL**

ABSTRACT

Background: Correct breastfeeding technique is a way of giving breast milk to a baby with the correct attachment and position of the mother and baby. To achieve successful breastfeeding requires knowledge of correct breastfeeding techniques. The results of a preliminary study conducted at the Redo Bolo District Hospital showed that 100 (one hundred) breastfeeding mothers were found, 45 breastfeeding mothers were almost correct in carrying out breastfeeding techniques and 55 breastfeeding mothers were not correct in carrying out breastfeeding techniques for their babies, as a result the mothers experienced pain in their breasts. the mother's nipples while breastfeeding and the baby appears to squirm or continue to move while breastfeeding.

Method: This type of research uses quantitative research with a correlational analytical research design with a cross sectional approach. The research population was all postpartum mothers at Redo Bolo District Hospital, totaling 45 people with a sampling technique using total sampling. Data collection uses knowledge questionnaire sheets and observation sheets. Data analysis is univariate analysis and bivariate analysis using the chi square test (χ^2).

Results: Description of the level of knowledge of postpartum mothers regarding correct breastfeeding techniques with 12 people (26.7%) in the good category, 20 people in the adequate category (44.4%) and 15 people in the poor category (33.3%). Description of the success of breastfeeding techniques with the successful category being 25 people (55.6%) and the unsuccessful category being 20 people (44.4%). The results of the chi square statistical test (χ^2) obtained p value (0.003) $< \alpha$ (0.05) indicating that H_a was accepted.

Conclusion: There is a relationship between the level of knowledge of postpartum mothers and breastfeeding techniques at Redo Bolo Regional Hospital. It is hoped that health workers can increase education regarding correct breastfeeding techniques so that breastfeeding success increases.

Keywords: Knowledge, Postpartum Mothers, Successful Breastfeeding Techniques