

ABSTRACT

DESCRIPTION OF POST PARTUM MOTHER'S BREAST MILK BREAST MILK PAIN INTENSITY AT TROWULAN HEALTH CENTER

By:

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Breast swelling often occurs on the second to tenth day post partum. Breast enlargement is caused by delays in early breastfeeding, infrequent expression of breast milk (ASI), and limited breastfeeding time, this causes pain in the breasts. The aim of this study was to determine the description of the intensity of pain due to breast milk dams at the Trowulan Community Health Center. The design of this research was descriptive. The research population consisted of all postpartum mothers who experienced breast milk retention at the Trowulan Community Health Center, totaling 20 people. The sampling technique used Total sampling so that 20 people were obtained. The instrument used in this research, namely the Numerical Scale, was used to determine the intensity of pain in post-partum mothers who experience breast milk dam pain. Data analysis uses frequency distribution and percentages. The results of the study showed that almost all respondents experienced moderate pain, as many as 18 respondents (90%), and a small percentage had mild pain, as many as 2 respondents (10%). This shows that all respondents experienced moderate pain due to breast milk dams. Moderate pain can be caused by the mother producing a lot of breast milk but it is rarely given to the baby, while mothers who experience mild pain can be caused by the mother's breast milk production not being much and still being given to the baby so that the milk dam experienced is not too severe because sinus congestion due to breast milk production is not as severe. mothers who produce abundant breast milk but do not give it often to their babies.

Keywords: pain, breast milk dam, postpartum

ABSTRAK

GAMBARAN INTENSITAS NYERI BENDUNGAN ASI IBU *POST PARTUM* DI PUSKESMAS TROWULAN

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Pembengkakan payudara sering terjadi pada hari ke dua sampai hari ke sepuluh post partum. Pembesaran payudara disebabkan oleh keterlambatan pemberian ASI dini, jarang keluarnya air susu ibu (ASI), dan pembatasan waktu menyusui, hal ini menimbulkan nyeri pada payudara. Tujuan penelitian ini adalah untuk mengetahui gambaran intensitas nyeri akibat bendungan ASI di Puskesmas Trowulan. Desain penelitian ini adalah deskriptif. Populasi penelitian terdiri dari seluruh ibu post partum yang mengalami bendungan ASI di Puskesmas Trowulan sebanyak 20 orang. Teknik sampling menggunakan *Total Sampling* sehingga didapatkan 20 orang. Instrumen yang digunakan pada penelitian ini yaitu Skala Numeric digunakan untuk mengetahui intensitas nyeri ibu post partum yang mengalami nyeri bendungan ASI. Analisa data menggunakan distribusi frekuensi dan persentase. Hasil penelitian menunjukkan bahwa hampir seluruh responden mengalami nyeri sedang yaitu 18 responden (90%), dan sebagian kecil nyeri ringan yaitu 2 responden (10%). Hal ini menunjukkan bahwa seluruh responden mengalami nyeri sedang akibat bendungan ASI. Nyeri sedang dapat disebabkan karena produksi ASI ibu banyak tetapi jarang diberikan pada bayi, sedangkan ibu yang mengalami nyeri ringan dapat disebabkan karena produksi ASI ibu belum banyak dan masih diberikan kepada bayi sehingga bendungan ASI yang dialami tidak terlalu berat karena tekanan sinus akibat produksi ASI tidak seberat ibu dengan produksi ASI yang berlimpah tetapi tidak sering diberikan pada bayi.

Kata Kunci: nyeri, bendungan ASI, postpartum