

ABSTRAK

GAMBARAN PRODUKSI ASI PADA IBU MENYUSUI DI POSYANDU KRAMPYANGAN KOTA PASURUAN

Oleh : Tahlia Rose Andryarthana

Air Susu Ibu (ASI) merupakan sumber nutrisi penting bagi pertumbuhan dan perkembangan bayi. Namun, produksi ASI pada setiap ibu berbeda-beda dan kondisi ASI yang kurang dapat menjadi kendala. Oleh karena itu, diperlukan gambaran produksi ASI sebagai informasi awal. Mengetahui gambaran produksi ASI pada ibu menyusui di Posyandu Krampyangan Kota Pasuruan. Penelitian deskriptif kuantitatif ini melibatkan 8 responden ibu menyusui yang dipilih sesuai kriteria. Instrumen penelitian menggunakan kuesioner Google Form. Data diolah melalui editing, coding, scoring, serta tabulating, lalu dianalisis secara univariat untuk mengukur distribusi frekuensi dan persentase. Dari 8 responden, sebanyak 1 responden (12,5%) memiliki produksi ASI kategori banyak, 4 responden (50%) kategori sedang, dan 3 responden (37,5%) kategori kurang. Kategori terbanyak adalah sedang. Gambaran produksi ASI terbanyak berada pada kategori sedang. Hasil ini diharapkan menjadi informasi bagi tenaga kesehatan dan kader dalam memberikan edukasi..

Kata kunci: Produksi ASI, ibu menyusui, kuesioner, Posyandu.

ABSTRACT

OVERVIEW OF BREAST MILK PRODUCTION AMONG NURSING MOTHERS AT KRAMPYANGAN POSYANDU, PASURUAN CITY

By : Tahlia Rose Andryarthana

Breast milk (ASI) is an essential source of nutrition for infant growth and development. However, breast milk production varies among mothers, and insufficient supply can pose a challenge. Therefore, an overview of breast milk production is needed as initial baseline information. This study aims to determine the overview of breast milk production among nursing mothers at Krampyangan Posyandu, Pasuruan City. This descriptive quantitative study involved 8 nursing mothers selected based on specified criteria. The research instrument utilized a Google Form questionnaire. Data were processed through editing, coding, scoring, and tabulating, then analyzed univariately to determine frequency distribution and percentages. Among the 8 respondents, 1 respondent (12.5%) had breast milk production in the high category, 4 respondents (50%) in the moderate category, and 3 respondents (37.5%) in the low category. The predominant category was moderate. Overall, breast milk production mostly fell into the moderate category. These findings are expected to serve as valuable information for healthcare workers and community health workers (kader) in providing health education.

Keywords: Breast milk production, nursing mothers, questionnaire, Posyandu