

ABSTRAK

Saputri, Nining Anjar, 2018. Hubungan Frekuensi Menyusui dengan Kejadian Anemia pada Ibu Nifas di Wilayah Kerja Puskesmas Wagir. Skripsi. Program Studi Sarjana Terapan Kebidanan. Politeknik Kesehatan Kemenkes Malang. Pembimbing Utama : Afnani Toyibah, A.Per.Pen.,M.Pd. Pembimbing Pendamping : Ita Yuliani, SST, M.Keb.

Menyusui dapat mencegah perdarahan pasca persalinan dan dapat mengurangi terjadinya resiko defisiensi (kekurangan) darah yang menyebabkan anemia pada ibu nifas. Tujuan penelitian menganalisis hubungan frekuensi menyusui dengan kejadian anemia pada ibu nifas. Manfaat penelitian sebagai informasi bagi pengembangan ilmu dalam penelitian kebidanan terutama pada ibu nifas. Desain penelitian menggunakan analitik korelasional dengan pendekatan prospektif, populasi sebanyak 33 orang ibu nifas, sampling menggunakan teknik *accidental sampling*, jumlah sampel sebanyak 25 orang. Instrumen penelitian berupa lembar observasi menyusui untuk mengetahui frekuensi menyusui dan alat cek Hb digital untuk mengecek kadar Hb. Data dianalisa dengan korelasi Spearman Rank dan didapatkan bahwa ρ value $0,000 < 0,05$ nilai koefisien Spearman (rs) sebesar 0,791. Hasil penelitian terdapat 10 responden menyusui dengan frekuensi sering, tidak anemia, 9 responden menyusui dengan frekuensi normal, tidak anemia, dan 6 orang menyusui dengan frekuensi jarang, mengalami anemia ringan. Kesimpulannya terdapat hubungan frekuensi menyusui dengan kejadian anemia pada ibu nifas. Nilai koefisien Spearman menunjukkan adanya korelasi yang sangat kuat antara dua variabel dan memiliki arah hubungan positif. Maka semakin sering ibu menyusui bayinya maka dapat mencegah terjadinya anemia pada ibu nifas. Diharapkan setiap ibu nifas dapat menyusui bayinya dengan sering untuk mencegah anemia.

Kata Kunci : Frekuensi Menyusui, Anemia Ibu Nifas

ABSTRACT

Saputri, Nining Anjar, 2018. Correlation Beetwen Breastfeeding Frequency and Incidence of Anemia among Postpartum Mother in the Working Area of Wagir Health Center. Essay. Applied Midwifery Bachelor Study Program. Health Ministry Polytechnic of Malang. Advisor (1) : Afnani Toyibah, A.Per.Pen., M.Pd., Advisor (2): Ita Yuliani, SST, M.Keb.

Breastfeeding can prevent postpartum bleeding and can reduce the risk of blood deficiency which causes anemia in postpartum mothers. The aim of the study was to analyze the correlation between breastfeeding frequency and the incidence of anemia in postpartum mothers. Benefits of research as information for the development of knowledge in obstetric research, especially for postpartum mothers. The study design used correlational analytic with a prospective approach, a population of 33 postpartum mothers, sampling using accidental sampling technique, the number of samples was 25 people. The research instrument is a breastfeeding observation sheet to determine the frequency of breastfeeding and a digital Hb check tool to check Hb levels. Data were analyzed with Spearman Rank correlation and it was found that ρ value $0,000 < 0,05$ Spearman coefficient value (r_s) was 0,791. The results of the study were 10 respondents with frequent frequency of breastfeeding, not anemia, 9 respondents with normal frequency of breastfeeding, not anemia, and 6 breastfeeding people with a rare frequency, having mild anemia. In conclusion, there is a correlation between breastfeeding frequency and the incidence of anemia in postpartum mothers. Spearman's coefficient value shows a very strong correlation between two variables and has a positive correlation direction. So the more often mothers breastfeed their babies, it can prevent anemia in the postpartum mother. It is hoped that every postpartum mother can breastfeed her baby often to prevent anemia.

Key word : *Frequency of Breastfeeding, Postpartum Anemia*