

## ABSTRAK

**Damayanti, Bella Risma. 2020. Hubungan Frekuensi Menyusui dan Paritas dengan Penurunan Tinggi Fundus Uteri pada Ibu Postpartum di PMB Ngadilah Pakis. Skripsi Program Studi Sarjana Terapan Kebidanan, Jurusan Kebidanan, Poltekkes Kemenkes Malang. Pembimbing Utama: Naimah, SKM., M.Kes. Pembimbing Pendamping: Tarsikah, S.SiT., M.Keb.**

Masa nifas merupakan masa yang dimulai setelah plasenta lahir dan berakhir ketika alat kandungan kembali seperti keadaan semula. Proses involusi uterus dipengaruhi oleh beberapa faktor, diantaranya adalah frekuensi menyusui dan paritas. Apabila proses involusi terganggu, maka dapat menyebabkan terjadinya subinvolusi uterus. Tujuan penelitian adalah mengetahui frekuensi menyusui dan paritas dengan penurunan tinggi fundus uteri pada ibu post partum mulai 12 jam postpartum hingga postpartum hari ke-7. Desain penelitian yang digunakan adalah analitik korelasional dengan pendekatan *Cross Sectional*. Populasi sebanyak 37 ibu postpartum yang melahirkan di PMB Ngadilah Pakis. Besar sampel sebanyak 33 ibu postpartum dengan menggunakan *Purposive Sampling*. Pengumpulan data menggunakan lembar observasi frekuensi menyusui dan penurunan TFU serta metlin. Analisa data menggunakan uji korelasi *Spearman Rank* dengan  $\alpha$  0,05. Hasil penelitian didapatkan bahwa hampir seluruh (87.5%) responden dengan menyusui sering mengalami penurunan TFU cepat, dan hampir setengah (45.5%) responden primipara mengalami penurunan TFU cepat. Hasil analisa frekuensi menyusui dengan penurunan TFU didapatkan nilai  $p$  value  $(0,000) < \alpha$   $(0,05)$  yang artinya ada hubungan antara frekuensi menyusui dengan penurunan TFU. Sedangkan hasil analisa paritas dengan penurunan TFU didapatkan nilai  $p$  value  $(0,788) > \alpha$   $(0,05)$  yang artinya tidak ada hubungan antara paritas dengan penurunan TFU. Berdasarkan hasil penelitian dapat diketahui bahwa menyusui dengan frekuensi sering akan mempercepat proses penurunan TFU, oleh sebab itu diharapkan ibu nifas untuk menyusui bayinya dengan sering agar proses involusi uterus berjalan dengan baik. Sedangkan pada hasil penelitian diketahui bahwa jumlah anak yang dimiliki tidak mempengaruhi percepatan proses penurunan TFU.

**Kata Kunci : Frekuensi Menyusui, Paritas, Penurunan TFU**

## ABSTRACT

**Damayanti, Bella Risma. 2020. Correlation Between Frequency of Breastfeeding and Parity With A Decrease in Height of Fundus Uterine in Puerperal Women in PMB Ngadilah Pakis. Skripsi. Midwifery Study Program, Midwifery Department, Health Polytechnic of Kemenkes Malang. Main Advisor : Naimah, SKM., M.Kes. Counselor Assistant : Tarsikah, S.SiT., M.Keb**

*Puerperium is a period that begins after the placenta was born until the uterine returns into the original state. There are many factors that can be influenced the Involution of uterine, that is frequency of breastfeeding and parity. If the involution of uterine was disrupted can caused subinvolution. The purpose of this study is to determine the frequency of breastfeeding and parity with a decreased of fundus uterine height (FUH) in post partum mothers from 12 hours of postpartum to 7th day of postpartum. This research used correlational analytic design with Cross Sectional approach. The populations were 37 postpartum mothers who gave birth at PMB Ngadilah Pakis. The sample size were 33 postpartum mothers using purposive sampling. Data collecting was using observation sheets on breastfeeding frequency and FUH reduction and metline. Data analysis was using Spearman Rank correlation test with  $\alpha$  0.05. The results showed that almost all (87.5%) respondents with breastfeeding often experienced a rapid decreased of FUH, and almost half (45.5%) of primiparous respondents had a rapid decreased of FUH. The analysis results of the frequency of breastfeeding with a decreased of FUH obtained  $p$  value (0,000)  $< \alpha$  (0.05), which means there is a corelation between the frequency of breastfeeding and the decreased of FUH. While the results of parity analysis with a decreased of FUH obtained the value of  $p$  value (0.788)  $> \alpha$  (0.05), which means there is no relationship between breastfeeding and decreased of FUH. Based on the results of the study, it can be seen that frequently breastfeeding will accelerate the process of decreasing FUH, therefore it is expected that postpartum mothers to breastfeed their babies frequently so that the process of uterine involution goes well. While the results of the study note that the number of children owned does not affect the acceleration of the decreased of FUH process.*

**Keywords :Frequency of breastfeeding, Parity, Decrease of height fundus uteri**