

HUBUNGAN TINGKAT STRESS PADA IBU POST PARTUM DENGAN KELANCARAN PENGELUARAN ASI

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ABSTRAK

Latar Belakang : Penurunan produksi ASI pada hari pertama melahirkan dapat disebabkan kurangnya rangsangan hormon prolaktin dan oksitosin yang sangat berperan dalam kelancaran produksi ASI. Kesehatan dan karakteristik hormon pada ibu yang mengalami depresi post partum menunjukkan bahwa ibu yang stress, lelah, dan *negative moods* mempunyai kadar prolaktin yang rendah di dalam susunya dan di dalam serum. Rendahnya kadar hormon prolaktin memberikan efek yang kurang baik terhadap produksi ASI

Tujuan : Mengetahui hubungan tingkat stress pada ibu post partum dengan kelancaran pengeluaran ASI pada Masa Pandemi COVID-19 di PMB Sri Lestari.

Metode : Penelitian ini menggunakan pendekatan kuantitatif dengan desain *Cross Sectional Study*. Subjek penelitian ini adalah ibu post partum hari ke tiga sebanyak 96. Sampel ini diambil dengan teknik *purposive sampling* dengan data primer. Penelitian dilakukan pada bulan Oktober 2021-Juni 2022 di PMB Sri Lestari. . Instrumen penelitian kuesioner. Analisis yang digunakan adalah uji *Chi-Square*. Variabel *independent* tingkat stress dan variabel *dependent* kelancaran ASI.

Hasil Penelitian : Hasil penelitian ada hubungan bermakna antara tingkat stress ibu post partum dengan kelancaran ASI dengan $p\text{-value}=0,0001$. Tingkat stress mayoritas tingkat berat sebanyak 49%. Mayoritas responden dapat memberikan ASI dengan lancar sebanyak 68,8%.

Kesimpulan : Ada hubungan bermakna antara tingkat stress pada ibu post partum dengan kelancaran ASI di PMB Sri Lestari.

Kata Kunci : Hubungan, tingkat stress, kelancaran ASI

THE RELATIONSHIP OF STRESS LEVELS IN POST-PARTUM WITH THE SMOOTH PRODUCTION OF BREASTFEEDING

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ABSTRACT

Background: Milk expenditure is influenced by several factors, one of which is the mother's psychological. Psychological disorders in mothers cause reduced milk expenditure, because it will inhibit the let down reflex. Psychological changes in post-partum mothers generally occur on 3 days post-partum.

Objective: Determine the relationship of stress levels in post-partum mothers with the smooth expenditure of breast milk during the COVID-19 pandemic at PMB Sri Lestari.

Method: This study uses observational analytic method with Cross Sectional Study design. The subjects of this study were 96 samples. This sample was taken by purposive sampling technique with primary data. The research was conducted in October 2021-June 2022 at PMB Sri Lestari. . Questionnaire research instruments. The analysis used is Chi-Square test. Independent variable stress level and dependent variable fluency of breast milk.

Results: The results of the study there is a significant relationship between the level of stress post partum mother with the smoothness of breast milk with p-value=0.0001. The majority of stress levels are heavy as much as 49%. The majority of respondents were able to provide breastfeeding smoothly as much as 68.8%.

Conclusion: There is a significant relationship between the level of stress in post partum mothers with the smoothness of breast milk in PMB Sri Lestari.

Keywords: relationship, stress level, fluency of breast milk