

# HUBUNGAN KECEMASAN TERHADAP PANDEMI COVID-19 DAN PENGELUARAN ASI IBU POST PARTUM DI PUSKESMAS OESAPA KOTA KUPANG

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## ABSTRAK

**Latar Belakang:** Pandemi Covid-19 telah berdampak pada meningkatnya pembatasan hampir kesemua layanan rutin termasuk pelayanan kesehatan ibu post partum. Pemberian layanan ibu post partum dimasa pandemi perlu menjadi perhatian untuk menghindari terjadinya peningkatan morbiditas dan mortalitas ibu.

**Tujuan:** Tujuan dari penelitian ini adalah mengetahui hubungan kecemasan terhadap pandemi Covid-19 dan pengeluaran ASI ibu post partum di Puskesmas Oesapa Kota Kupang.

**Metode:** Penelitian ini menggunakan metode observasional analitik dengan desain *cross sectional*. Subjek penelitian ini adalah ibu post partum dimasa pandemi Covid-19 di wilayah kerja Puskesmas Oesapa Kota Kupang sebanyak 37 responden. Pengambilan sampel menggunakan probability sampling. Variabel dalam penelitian ini yaitu kecemasan, pengeluaran ASI, umur, paritas, Pendidikan dan pekerjaan. Instrumen dalam penelitian ini adalah kuesioner. Analisis dalam penelitian ini menggunakan analisis chi-square.

**Hasil:** Tidak cemas covid-19 (29,7%), cemas covid-19 (70,3%), ada pengeluaran ASI (35,1%), tidak ada pengeluaran ASI (64,9%), responden berumur 20-35 tahun (73,0%), Pendidikan tamat SMA (56,8%), pekerjaan sebagai IRT (62,2%), melakukan IMD (100%), paritas anak pertama (67,6%). Penelitian menunjukan adanya hubungan kecemasan pandemi covid-19 terhadap pengeluaran ASI ibu *post partum* (p value: “<0,001”).

**Kata Kunci:** Kecemasan Covid – 19, Pengeluaran ASI ibu *post partum*.

# THE EFFECT OF ANXIETY ON COVID-19 PANDEMIC AND POST PARTUM MOTHER'S BREASTMILK AT HEALTH CENTER OF OESAPA, KUPANG CITY

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## ABSTRACT

**Background:** The Covid-19 pandemic had caused the increase of restrictions in almost all routine services, including post partum maternal health service. The provision of postpartum maternal service during a pandemic needed to be concerned to avoid the increasing in maternal morbidity and mortality.

**Aim:** The aim of this study was to know the relationship between the anxiety of the Covid-19 pandemic and the breast milk production for post partum mothers at the Oesapa Health Center, Kupang City.

**Methods:** This study used an analytic observational method with a cross sectional design. The subjects of this study were post partum mothers during the Covid-19 pandemic in the work area of the Oesapa Public Health Center, Kupang City, with 37 respondents. The sampling used in this study was probability sampling. The variables in this study were anxiety, breastfeeding, age, parity, education and occupation. The instrument used in this study was a questionnaire. The analysis of this study was chi-square analysis.

**Results:** Not worried about covid-19 (29.7%), worried about covid-19 (70.3%), there was breast milk expenditure (35.1%), no breast milk expenditure (64.9%), respondents aged 20- 35 years old (73.0%), high school graduate (56.8%), work as housewife (62.2%), doing IMD (100%), first child parity (67.6%). Research showed that there was a relationship between the anxiety of the COVID-19 pandemic and the expenditure of breast milk for post partum mothers (*p value*: "<0.001").

**Keywords:** Covid-19 Anxiety, Post partum mother breastmilk production.