

HUBUNGAN ANTARA NYERI *POST SECTIO CAESAREA* DENGAN PENGELUARAN ASI DAN KECUKUPAN NUTRISI BAYI DI RSUD PRAMBANAN SLEMAN

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ABSTRAK

Latar Belakang: ASI merupakan *gold-standard* bagi nutrisi bayi yang mempengaruhi status gizi bayi umur 0-6 bulan. Jenis persalinan dapat mempengaruhi pengeluaran ASI dan asupan ASI pada bayi baru lahir. Dampak kurang nutrisi ASI untuk bayi yaitu permasalahan kesehatan pada bayi, gizi buruk hingga kematian. Gizi buruk dapat menurunkan daya tahan tubuh terhadap berbagai penyakit, terutama penyakit infeksi yang mengganggu pertumbuhan dan perkembangan fisik, serta mental dan jaringan otak.

Tujuan: Mengetahui hubungan dan besar resiko nyeri *post sectio caesarea* dengan pengeluaran ASI dan kecukupan nutrisi bayi baru lahir. Hubungan variabel luar dengan pengeluaran ASI dan nutrisi bayi baru lahir.

Metode: Jenis penelitian observasional dengan rancangan kohort prospektif. Subyek penelitian adalah ibu *post sectio caesarea* dengan besar sampel 26 responden nyeri berat dan 24 nyeri ringan.. Variabel Independen yaitu nyeri, variabel dependen yaitu pengeluaran ASI dan nutrisi bayi. Variabel yaitu status gizi ibu, paritas, usia ibu, frekuensi pemberian ASI, dan berat bayi saat lahir. Pengambilan sampel dengan *quota sampling*. Pengukuran nyeri dengan NRS. Analisis bivariat menggunakan *chi square* dan multivariat menggunakan regresi logistik.

Hasil: Ada hubungan nyeri *post sectio caesarea* dengan pengeluaran ASI (p 0,011, OR 7,000) dan kecukupan nutrisi bayi (p 0,011, OR 5,529). Nyeri *post sectio caesarea* beresiko 7 kali dalam memperlambat pengeluaran ASI dan 5,529 kali beresiko bayi tidak cukup mendapat nutrisi. Frekuensi menyusui mempunyai hubungan dengan pengeluaran ASI (p 0,04) dan kecukupan nutrisi bayi (p 0,02). , Probabilitas ibu *post section caesarea* dengan pengeluaran ASI lambat dengan nyeri dan frekuensi menyusui adalah 60,5%. probabilitas ibu *post section caesarea* dengan kecukupan nutrisi bayi dengan nyeri dan frekuensi menyusui adalah 85,8%.

Kata Kunci: Nyeri *post sectio caesarea*, pengeluaran ASI, Kecukupan nutrisi bayi

**RELATIONSHIP BETWEEN POST-SECTIO CAESAREA PAIN WITH
THE BREAST MILK EXPENDITURE AND NUTRITIONAL ADEQUACY
OF INFANT IN PRAMBANAN REGIONAL PUBLIC HOSPITAL
SLEMAN.**

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ABSTRACT

Background: breast milk is the gold-standard for infant nutrition which affects the nutritional status of infants aged 0-6 months. The type of delivery can affect the expenditure of breast milk and breast milk intake in newborns. The impact of breastfeeding malnutrition for babies is health problems in infants, malnutrition and death. Poor nutrition can reduce the body's resistance to various diseases, especially infectious diseases that interfere with physical growth and development, as well as mental and brain tissue.

Objective: To find out the relationship and the risk of post sectio caesarean pain with the removal of breast milk and the adequacy of nutrition of newborns. The relationship of external variables with the expenditure of milk and nutrition of newborns

Methods: This type of observational study is a prospective cohort design. The subjects of the study were post sectio caesarean mothers with a large sample of 26 respondents with severe pain and 24 with mild pain. The independent variable was pain, the dependent variable was milk expenditure and infant nutrition. The variables are maternal nutritional status, parity, maternal age, frequency of breastfeeding, and baby's weight at birth. Sampling with quota sampling. Measurement of pain with a numeric rating scale. Bivariate analysis using chi square and multivariate using logistic regression.

Results: There is a relationship of post sectio caesarean pain with breast milk removal (p 0.011, OR 7,000) and nutritional adequacy of infants (p 0.011, OR 5.529). Post sectio caesarean pain is at risk 7 times in slowing milk expenditure and 5,529 times at risk of the baby not getting enough nutrition. The frequency of breastfeeding has a relationship with the expenditure of breast milk (p 0.04) and the adequacy of infant nutrition (p 0.02). , The probability of a Caesarean post-section mother with a slow release of breast milk with pain and frequency of breastfeeding is 60.5%. the probability of a Caesarean post-section mother with adequate nutrition for infants with pain and frequency of breastfeeding is 85.8%.

Keywords: *post sectio cesarean pain*, breast milk expenditure, nutritional adequacy of infant