

ABSTRAK

Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER
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Asuhan Keperawatan Menyusui Tidak Efektif dengan Tindakan *Back Massage* pada Ibu Post Partum Primipara di Ruang Permata Bunda RS. Perkebunan Jember Kinik.

XIV + 59 Halaman + 12 tabel + 6 lampiran

Abstrak

Latar Belakang: Ketidakefektifan menyusui merupakan kondisi ibu post partum mengalami masalah seperti ASI tidak lancar ketika akan diberikan kepada bayinya. Intervensi untuk membantu memperlancar ASI ibu post partum yang dikembangkan oleh peneliti yaitu dengan menggunakan latihan *terapi back massage*. **Tujuan:** Melaksanakan intervensi asuhan keperawatan pada ibu post partum primipara dengan masalah ketidakefektifan menyusui di Ruang Permata Bunda RS. Perkebunan Jember Kinik. **Metode:** Metode pendekatan dilakukan dengan cara wawancara, observasi, pemeriksaan fisik serta dokumentasi. Waktu penelitian dilakukan selama 14 hari atau 2 minggu sebanyak 3x24 kunjungan. Sekali kunjungan dilakukan latihan dengan durasi 15 menit. **Hasil:** Hasil implementasi untuk mengatasi ketidakefektifan menyusui pada ibu post partum primipara dengan terapi *back massage* dilakukan selama 3x24 kunjungan dalam 2 minggu didapatkan bahwa ketiga responden menunjukkan peningkatan atau perubahan bahwa suplai ASI ibu mulai meningkat, tampak miksi bayi banyak, pampers terlihat penuh, sehari bisa ganti $\pm$ 3-4 pampers, hisapan bayi adekuat, bayi sudah tidak rewel, ibu tampak rileks dan sudah mampu memberikan ASI pada bayinya dengan baik. **Simpulan:** Ada pengaruh pada ketiga pasien ibu post partum primipara bahwa terapi *back massage* sangat membantu melancarkan keluarnya ASI.

Kata Kunci: Menyusui Tidak Efektif, *Back Massage*

ABSTRACT

Abstract

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Breastfeeding Nursing Care Is Not Effective with Back Massage Action on Post Partum Primipara Mothers in the Permata Room of Bunda Hospital. Jember Kinik Plantation.

XIV + 59 Pages + 12 tables + 6 appendices

Abstract

Background: The ineffectiveness of breastfeeding is a condition of postpartum mothers experiencing problems such as breast milk is not smooth when it will be given to their babies. Intervention to help facilitate breastfeeding post partum developed by researchers is by using back massage therapy exercises. **Purpose:** Implement nursing care intervention in primiparous postpartum mothers with the problem of ineffectiveness of breastfeeding in Permata Bunda hospital. Plantation Jember Kinik. **Method:** The method of approach is done by interview, observation, physical examination and documentation. The study was conducted for 14 days or 2 weeks as many as 3x24 visits. One visit was conducted exercises with a duration of 15 minutes. **Result:** : The results of implementation to overcome the ineffectiveness of breastfeeding in post partum primiparous mothers with back massage therapy performed for 3x24 visits in 2 Weeks found that the three respondents showed an increase or change that the mother's ASI supply began to increase, looked a lot of baby micturition, pampers look full, a day can replace 3-4 pampers, adequate baby suction the baby is not fussy, the mother looked relaxed and was able to breastfeed her baby well. **Conclusion:** There is an influence on the three patients primiparous postpartum mothers that back massage therapy is very helpful to smooth the exit of breast milk.

Keywords: *Breastfeeding is ineffective, Back Massage*