

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI S1 ILMU KEPERAWATAN
FAKULTAS ILMU KESEHATAN

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Afiska Yunindawati

Hubungan Konsumsi Nutrisi dengan Produksi ASI pada Ibu Menyusui di Wilayah Kerja Puskesmas Umbulsari

xvii + 114 halaman + 17 tabel + 2 gambar + 18 lampiran

Abstrak

Latar Belakang: Konsumsi nutrisi yang baik diperlukan ibu menyusui untuk mendukung kelancaran dan kecukupan produksi ASI. Kurangnya asupan nutrisi dapat menyebabkan produksi ASI tidak optimal. Penelitian ini bertujuan mengetahui hubungan konsumsi nutrisi dengan produksi ASI pada ibu menyusui di wilayah kerja Puskesmas Umbulsari. **Metode:** Penelitian kuantitatif korelasional dengan pendekatan cross sectional. Sampel berjumlah 129 ibu menyusui yang dipilih menggunakan purposive sampling. Data dikumpulkan menggunakan kuesioner konsumsi nutrisi dan produksi ASI, kemudian dianalisis menggunakan uji Spearman Rho ($\alpha \leq 0,05$). **Hasil:** Hasil penelitian menunjukkan terdapat hubungan antara konsumsi nutrisi dengan produksi ASI pada ibu menyusui di wilayah kerja Puskesmas Umbulsari. **Kesimpulan:** Semakin baik konsumsi nutrisi ibu menyusui, semakin optimal produksi ASI yang dihasilkan.

Kata Kunci: Ibu Menyusui, Konsumsi Nutrisi, Produksi ASI

Daftar Pustaka 47 (2020-2026)

ABSTRACT

MUHAMMADIYAH UNIVERSITY OF JEMBER
BACHELOR OF NURSING PROGRAM
FACULTY OF HEALTH SCIENCES

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Afiska Yunindawati

The Relationship Between Nutritional Intake and Breast Milk Production Among Breastfeeding Mothers in the Working Area of Umbulsari Public Health Center

xvii + 114 pages + 17 tables + 2 picture + 18 appendices

Abstract

Background: Adequate nutritional intake is essential for breastfeeding mothers to support optimal breast milk production. Insufficient nutrient intake may affect the quantity and quality of breast milk. This study aimed to determine the relationship between nutritional intake and breast milk production among breastfeeding mothers in the working area of Umbulsari Public Health Center. **Methods:** This study used a quantitative correlational design with a cross-sectional approach. A total of 129 breastfeeding mothers were selected using purposive sampling. Data were collected using nutritional intake and breast milk production questionnaires and analyzed using the Spearman Rho test with a significance level of $\alpha \leq 0.05$. **Results:** The results showed a significant relationship between nutritional intake and breast milk production among breastfeeding mothers in the working area of Umbulsari Public Health Center. **Conclusion:** Better nutritional intake is associated with more optimal breast milk production among breastfeeding mothers.

Keywords: Breastfeeding Mothers, Nutritional Intake, Breast Milk Production

References 47 (2020-2026)