

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
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Penerapan Breast Feeding Support dalam Peningkatan Produksi ASI pada Ibu Menyusui di Ruang Mawar RSUD dr. H. Koesnadi Bondowoso

xvi + 81 halaman + 2 gambar + 18 tabel + 1 bagan + 5 lampiran

Abstrak

Produksi ASI yang belum optimal merupakan salah satu masalah yang sering dialami ibu postpartum dan dapat memengaruhi keberhasilan pemberian ASI eksklusif. Kondisi tersebut dipengaruhi oleh berbagai faktor, seperti kurangnya pengetahuan, kecemasan, teknik menyusui yang belum tepat, serta minimnya dukungan dari keluarga maupun tenaga kesehatan. *Breast Feeding Support* merupakan intervensi keperawatan yang bertujuan memberikan dukungan emosional, informasional, instrumental, dan penghargaan untuk membantu meningkatkan produksi ASI. Penelitian ini bertujuan menggambarkan penerapan *Breast Feeding Support* dalam meningkatkan produksi ASI pada ibu menyusui. Penelitian menggunakan metode deskriptif dengan pendekatan studi kasus. Subjek penelitian terdiri dari tiga ibu postpartum di Ruang Mawar RSUD dr. H. Koesnadi Bondowoso selama periode 3–6 Juli 2026 yang dipilih menggunakan teknik purposive sampling. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi menggunakan lembar observasi produksi ASI serta SOP *Breast Feeding Support*. Analisis data dilakukan secara deskriptif dengan membandingkan kondisi sebelum dan sesudah intervensi berdasarkan indikator produksi ASI. Hasil penelitian menunjukkan seluruh subjek mengalami peningkatan skor produksi ASI setelah diberikan *Breast Feeding Support*, ditandai dengan meningkatnya frekuensi menyusui, ASI lebih mudah keluar, payudara terasa lebih lunak setelah menyusui, bayi tampak lebih puas setelah menyusu, serta meningkatnya kepercayaan diri ibu dalam menyusui. Penerapan *Breast Feeding Support* dapat menjadi salah satu intervensi keperawatan maternitas yang efektif dalam meningkatkan produksi ASI dan mendukung keberhasilan pemberian ASI eksklusif pada ibu postpartum.

Kata Kunci: *Breast Feeding Support*, Produksi ASI, Ibu Menyusui, Postpartum.

Daftar Pustaka: 42 (2022–2026)

ABSTRACT

UNIVERSITY OF MUHAMMADIYAH JEMBER
NERS PROFESSIONAL STUDY PROGRAM
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*Implementation of Breast Feeding Support to Improve Breast Milk Production
Among Breastfeeding Mothers in the Mawar Postpartum Ward of dr. H. Koesnadi
Bondowoso Regional General Hospital*

xvi + 81 pages + 2 figures + 18 tables + 1 diagram + 5 appendices

Abstract

Suboptimal breast milk production is one of the common problems experienced by postpartum mothers and may affect the success of exclusive breastfeeding. This condition is influenced by several factors, including inadequate knowledge, maternal anxiety, improper breastfeeding techniques, and insufficient support from family members and healthcare professionals. Breast Feeding Support is a nursing intervention that provides emotional, informational, instrumental, and appraisal support to improve breast milk production. This study aimed to describe the implementation of Breast Feeding Support in improving breast milk production among breastfeeding mothers. This study employed a descriptive case study design. The subjects consisted of three postpartum mothers treated in the Mawar Postpartum Ward of dr. H. Koesnadi Bondowoso Regional General Hospital from July 3 to July 6, 2026, selected using purposive sampling. Data were collected through interviews, observations, physical examinations, and documentation using a breast milk production observation sheet and the Breast Feeding Support Standard Operating Procedure. Data were analyzed descriptively by comparing breast milk production indicators before and after the intervention. The findings showed that all participants experienced an improvement in breast milk production after receiving Breast Feeding Support, as indicated by increased breastfeeding frequency, smoother milk flow, softer breasts after breastfeeding, greater infant satisfaction after feeding, and improved maternal confidence in breastfeeding. The implementation of Breast Feeding Support can be considered an effective maternity nursing intervention to improve breast milk production and support the success of exclusive breastfeeding among postpartum mothers.

Keywords: *Breast Feeding Support, Breast Milk Production, Breastfeeding Mothers, Postpartum.*

References: 42 (2022–2026)