

ABSTRAK

HUBUNGAN FREKUENSI MENYUSUI DAN KONSUMSI NUTRISI LOKAL DENGAN KELANCARAN ASI IBU MENYUSUI DI DESA PRANCAK WILAYAH KERJA PUSKESMAS PASONGSONGAN

Oleh : ST. Umamah

Pendahuluan: Pemberian ASI eksklusif selama enam bulan merupakan salah satu dari strategi global untuk kesehatan dan kelangsungan hidup bayi. Desa Prancak terdapat 69 ibu menyusui, dengan pemberian ASI sebanyak 50 bayi, hal menyebabkan bayi diberi ASI kurang begitu nyaman dalam menyusu kepada ibunya, termasuk juga kurang Frekuensi pemberian ASI. Penelitian ini bertujuan untuk mengetahui hubungan frekuensi menyusui dan konsumsi nutrisi lokal dengan kelancaran ASI ibu menyusui di Desa Prancak Wilayah Kerja Puskesmas Pasongsongan. **Metode:** penelitian yang digunakan kuantitatif dengan *cross sectional*. Populasi ibu menyusui di Desa Prancak Tahun 2023 sebanyak 69 dan sampel 59 ibu menyusui, teknik *purposive sampling*. Variabel independen frekuensi menyusui, konsumsi nutrisi lokal dan dependen kelancaran ASI. Analisa data menggunakan uji *chi square*. **Hasil penelitian:** hampir seluruh (83,1%) frekuensi ibu menyusui di Desa Prancak sering menyusui pada bayinya, dan bahwa hampir seluruh 52 responden (88,1%) ibu menyusui di Desa Prancak mengkonsumsi nutrisi lokal guna menambah keberadaan ASI serta hampir seluruh (81,4%) ibu menyusui di Desa Prancak dengan ASI lancar. Hasil analisa didapatkan $p \text{ value} > \alpha$ ($0,000 > 0,05$) yang artinya ada hubungan frekuensi menyusui dengan kelancaran ASI di Desa Prancak dan ada hubungan nutrisi lokal dengan kelancaran ASI di Desa Prancak Wilayah Kerja Puskesmas Pasongsongan. **Pembahasan:** ASI memiliki peranan penting bagi bayi dalam menjaga kesehatan dan kelangsungan hidup. Dengan demikian ibu untuk selalu mengkonsumsi nutrisi lokal agar dalam menyusui selalu lancar.

Kesimpulan: ada Hubungan Frekuensi Menyusui Dan Konsumsi Nutrisi Lokal Dengan Kelancaran Asi Ibu Menyusui Di Desa Prancak Wilayah Kerja Puskesmas Pasongsongan

Kata Kunci : Frekuensi menyusui, Kelancaran ASI dan Nutrisi lokal

ABSTRACT

FREQUENCY RELATIONSHIP BREASTS FEED AND NUTRISI'S CONSUMPTION LOCAL WITH MOTHER ATTENTION FLUENCY BREASTS FEED AT PRANCAK VILLAGE PUSKESMAS PASONGSONGAN JOB REGION

By: ST. Umamah

Introduction: Exclusive breastfeeding for six months is one of the global strategies for the health and survival of babies. In Prancak Village there are 69 breastfeeding mothers, with 50 breastfed babies, this causes breastfed babies to be less comfortable in breastfeeding their mothers, including less frequency of breastfeeding. This study aims to determine the relationship between the frequency of breastfeeding and consumption of local nutrients with the smooth flow of breastfeeding of breastfeeding mothers in Prancak Village, Pasongsongan Community Health Center Working Area. **Method:** The research used was quantitative with cross sectional. The population of breastfeeding mothers in Prancak Village in 2023 was 69 and the sample was 59 breastfeeding mothers, purposive sampling technique. The independent variable is frequency of breastfeeding, consumption of local nutrients and the dependent variable is the flow of breast milk. Data analysis used the chi square test. **Research results:** almost all (83.1%) of the frequency of breastfeeding mothers in Prancak Village often breastfed their babies, and that almost all 52 respondents (88.1%) of breastfeeding mothers in Prancak Village consumed local nutrition to increasing the presence of breast milk and almost all (81.4%) breastfeeding mothers in Prancak Village with breast milk smoothly. The results of the analysis showed p value $> \alpha$ ($0.000 > 0.05$), which means that there is a relationship between the frequency of breastfeeding and the flow of breast milk in Prancak Village and there is a relationship between local nutrition and the flow of breast milk in Prancak Village, Pasongsongan Health Center Working Area. **Discussion:** Breast milk has an important role for babies in maintaining health and survival. In this way, mothers must always consume local nutrition so that breastfeeding always runs smoothly.

Conclusion: There is a relationship between the frequency of breastfeeding and the consumption of local nutrition with the smoothness of breastfeeding of breastfeeding mothers in Prancak Village, Pasongsongan Community Health Center Working Area

Key word : *Frequency breasts feed, Attention fluency and Local nutrition*