

ABSTRAK

HUBUNGAN BUDAYA KONSUMSI JAMU PELANCAR ASI DENGAN KELANCARAN PRODUKSI ASI

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Air Susu Ibu (ASI) termasuk nutrisi alamiah terbaik bagi bayi karena mengandung kebutuhan energi dan zat yang diperlukan selama enam bulan pertama kehidupan bayi. Namun, banyak ibu yang menghadapi tantangan dalam memberikan ASI eksklusif, dengan produksi ASI yang tidak lancar sebagai salah satu kendala utama. Tujuan penelitian ini adalah untuk Menganalisis Hubungan budaya konsumsi jamu pelancar ASI dengan kelancaran produksi ASI. Metode. Desain penelitian ini kuantitatif dan survei analitik, ibu yang mempunyai bayi usia 0-6 bulan di PMB Meysaroh Desa Banjar Tabulu Kecamatan Camplong Kabupaten Sampang sejumlah tercatat 39 ibu dengan sampel 36 menggunakan Random Sampling, Variabel independen budaya konsumsi jamu pelancar ASI dan dependen kelancaran produksi ASI. Pengumpulan data menggunakan kuesioner. Analisa menggunakan *chi square*. Hasil penelitian didapatkan budaya konsumsi jamu pelancar ASI sebagian besar menunjukkan ada budaya mengkonsumsi jamu sejumlah 21 (58.3%). kelancaran produksi ASI sebagian sebagian kecil menunjukkan tidak lancar sejumlah 14 (38.9%). Dari hasil uji *Chi square* diperoleh nilai $p = 0,000 < \alpha = 0,05$. Maka dapat disimpulkan jika ada hubungan budaya konsumsi jamu pelancar asi dengan kelancaran produksi ASI di PMB Meysaroh Desa Banjar Tabulu Kecamatan Camplong Kabupaten Sampang. Ibu yang baru melahirkan untuk menjaga ketenangan emosional dan mengurangi stres, karena keduanya dapat mempengaruhi kelancaran produksi ASI. Mengikuti saran dari tenaga medis atau ahli gizi serta mendapatkan dukungan sosial dari keluarga dan masyarakat juga sangat penting dalam menjaga kelancaran proses menyusui

Kata kunci: Budaya Konsumsi Jamu, Pelancar Asi, Ibu Menyusui

ABSTRACT

RELATIONSHIP BETWEEN THE CULTURE OF CONSUMING BREAST MILK-INCREASING HERBAL MEDICINE AND SMOOTH BREAST MILK PRODUCTION

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Breast milk (ASI) is the best natural nutrition for babies because it contains the energy and substances needed for the first six months of a baby's life. However, many mothers face challenges in providing exclusive breastfeeding, with irregular breast milk production as one of the main obstacles. The purpose of this study was to analyze the relationship between the culture of consuming herbal medicine to stimulate breast milk and the smooth production of breast milk. Method. The design of this study was quantitative and analytical survey, mothers who have babies aged 0-6 months at PMB Meysaroh, Banjar Tabulu Village, Camplong District, Sampang Regency, a total of 39 mothers were recorded with a sample of 36 using Random Sampling, Independent variables were the culture of consuming herbal medicine to stimulate breast milk and dependent variables were the smooth production of breast milk. Data collection used a questionnaire. Analysis using chi square. The results of the study showed that the culture of consuming herbal medicine to stimulate breast milk mostly showed that there was a culture of consuming herbal medicine as many as 21 (58.3%). The smooth production of breast milk almost half showed that it was not smooth as many as 14 (38.9%). From the results of the Chi square test, the p value was obtained = 0.000 < α = 0.05. So it can be concluded that there is a relationship between the culture of consuming herbal medicine to facilitate breast milk production and the smooth production of breast milk at PMB Meysaroh, Banjar Tabulu Village, Camplong District, Sampang Regency. New mothers should maintain emotional calm and reduce stress, because both can affect the smooth production of breast milk. Following the advice of medical personnel or nutritionists and getting social support from family and the community is also very important in maintaining the smooth process of breastfeeding.

Keywords: *Herbal Medicine Consumption Culture, Breast Milk Booster, Breastfeeding Mothers*