

**PENGARUH PEMBERIAN SUSU KEDELAI EDAMAME PADA IBU
NIFAS TERHADAP KEBERHASILAN MENYUSUI
DI WILAYAH PUSKESMAS PATRANG
KABUPATEN JEMBER**

SKRIPSI



Oleh :
AFIFAH FAIZATUL HIKMAH
NIM. 20050001

**PROGRAM STUDI KEBIDANAN PROGRAM SARJANA
FAKULTAS ILMU KESEHATAN
UNIVERSITAS dr. SOEBANDI
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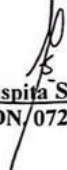
HALAMAN PENGESAHAN

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Nama : Afifah Faizatul Hikmah
NIM : 20050001
Hari, Tanggal : 13 Juli 2024
Program Studi : Kebidanan Program Sarjana
Universitas dr. Soebandi

Tim Penguji


Ketua Penguji,


Melati Puspita Sari, S.ST., M.Keb
NIDN./0726078802

Penguji II


Ai Nur Zannah, S.ST., M.Keb
NIDN. 0719128902

Penguji III


Trisna Pangestuning Tyas, S.ST., M.Keb
NIDN. 0704078804

Mengesahkan,

Dekan Fakultas Ilmu Kesehatan,
Universitas dr. Soebandi



Ai Nur Zannah, S.ST., M.Keb
NIDN. 0719128902

Pengaruh Pemberian Susu Kedelai Edamame Pada Ibu Nifas Terhadap Keberhasilan Menyusui di Wilayah Puskesmas Patrang Kabupaten Jember

The Effect of Giving Edamame Soy Milk to Postpartum Mothers on Breastfeeding Success at the Patrang Community Health Center Jember Regency

Afifah Faizatul Hikmah¹, Ai Nur Zannah², Trisna Pangestuning Tyas³

¹²³Program Studi Kebidanan Program Sarjana, Fakultas Ilmu Kesehatan, Universitas dr. Soebandi
email : ¹faisztlfaizahikmaa@gmail.com ²ainz@uds.ac.id ³tp.tyas@uds.ac.id

*Korespondensi Penulis : faisztlfaizahikmaa@gmail.com

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Abstrak

Latar belakang : Masalah yang sering terjadi pada ibu nifas dalam pemberian ASI (menyusui) adalah nutrisi ibu yang masih kurang terutama asupan kalori. Menurut Riskesdas 2018 cakupan ASI di Indonesia masih cukup rendah yaitu 72,04% dari target 80%. Salah satu dampak tidak menyusui adalah ibu susah menjalin ikatan batin kepada anak dan bayi rentan terhadap penyakit. Kekurangan asupan nutrisi yang dapat menghambat produksi ASI dapat diatasi salah satunya dengan konsumsi kedelai Edamame yang mengandung senyawa fitosterol yang mempunyai efek lactagogum.

Tujuan : mengetahui pengaruh pemberian susu kedelai edamame pada ibu nifas terhadap keberhasilan menyusui

Metode : Desain penelitian *pre experiment one group pretest-posttest*, dengan populasi 78 Ibu nifas hari ke 10-17 dengan jumlah sampel 28 menggunakan teknik *purposive sampling*. Responden diberikan intervensi susu kedelai edamame selama 7 hari. Penelitian ini dilakukan di wilayah Puskesmas Patrang Kabupaten Jember pada bulan Juni. Data dianalisis dengan menggunakan uji wilcoxon untuk membandingkan hasil sebelum dan sesudah diberikan intervensi.

Hasil : Berdasarkan hasil penelitian didapatkan bahwa dari 28 ibu nifas sebelum diberikan susu kedelai edamame 57,1% tidak mengalami keberhasilan dalam menyusui bayinya dan sesudah diberikan susu kedelai edamame 75% mengalami keberhasilan dalam menyusui bayinya. Dan hasil uji Wilcoxon diperoleh nilai *p value* sebesar 0,003 yang menunjukkan ada perubahan keberhasilan menyusui sebelum dan sesudah diberikan susu kedelai edamame pada ibu nifas.

Kesimpulan : Terdapat pengaruh pemberian susu kedelai edamame pada ibu nifas terhadap keberhasilan menyusui. Ibu nifas dapat mengkonsumsi susu kedelai edamame sebagai tambahan nutrisi untuk meningkatkan produksi ASI

Kata kunci : Susu Kedelai Edamame, Ibu Nifas, Menyusui

Abstract

Background: Problems that often occur in postpartum mothers in breastfeeding (breastfeeding) are the mother's nutrition that is still lacking, especially calorie intake. According to Basic Health Research 2018, breast milk coverage in Indonesia is still quite low, namely 72.04% of the target of 80%. One of the impacts of not breastfeeding is that mothers find it difficult to establish an inner bond with their children and babies are susceptible to disease. Lack of nutrient intake that can inhibit breast milk production can be overcome, one of which is the consumption of Edamame soybeans which contain phytosterol compounds that have a lactagogomic effect.

Objective: To determine the effect of Edamame soy milk feeding in postpartum mothers on breastfeeding success. **Method:** The pre-experiment research design is one group pretest-posttest, with a population of 78 postpartum mothers on days 10-17 with a sample size of 28 using purposive sampling techniques. Respondents were given edamame soy milk intervention for 7 days. This research was conducted in the Patrang Health Center area of Jember Regency in June. Data were analyzed using the Wilcoxon test to compare the results before and after the intervention was given. **Results:** Based on the results of the study, it was found that of 28 postpartum mothers before being given edamame soy milk, 57.1% did not experience success in breastfeeding their babies and after being given edamame soy milk, 75% experienced success in breastfeeding their babies. And the results of the Wilcoxon test obtained a p value of 0.003 which showed that there was a change in breastfeeding success before and after being given edamame soy milk to postpartum mothers.

Conclusion: There is an effect of giving edamame soy milk to postpartum mothers on breastfeeding success. Postpartum mothers can consume edamame soy milk as an additional nutrient to increase breast milk production

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Keywords: Edamame, Postpartum Mother, Breastfeeding

