

**Dwihasti, N. N (2012) The Influence of Giving Education Package About Lactation Management Toward Mother's Skill in Breastfeeding in Mergangsan Community Health Center of Yogyakarta**

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**ABSTRACT**

Giving of breast milk in Indonesia is very worrying. The percentage of babies who receive exclusive breastfeeding until 6 months is only 15.3%. It caused by lack of mother's knowledge and skill in breastfeeding, so education package about lactation management is needed.

The aim of this study was to know the influence of giving education package about lactation management toward mother's skill in breastfeeding in Mergangsan Community Health Center of Yogyakarta.

This study was quantitative experiment with *quasy experiment design*. Samples were primiparous mother who breastfed their babies 0-7 days in Mergangsan Community Health Center of Yogyakarta. Data were taken using *Accidental Sample* and obtained 30 respondents. Data were analyzed using *Wilcoxon* and *Mann Whitney test*. This research was conducted in March-May 2012.

The result was obtained that mother's skill in breastfeeding on experimental group for category of skill in breastfeeding solving  $p=0.02$  or  $p<0.05$  and skill observation  $p=0.001$  or  $p<0.05$ . These showed that skill in experimental group was increase significantly.

The conclusion of this study is there was influence of giving education package about lactation management toward mother's skill in breastfeeding in Mergangsan Community Health Center of Yogyakarta. The suggestion for mothers especially primiparous mothers is to keep looking for information about breastfeeding and keep practice by using right technique so the problem can be minimized and can give exclusive breastfeeding.

**Key words:** education package about lactation management, skills, breastfeeding.

**Nugraheni Nur Dwihasti (2012)**, Pengaruh Pemberian Paket Edukasi tentang Manajemen Laktasi terhadap Ketrampilan Ibu Menyusui di Puskesmas Mergangsan Yogyakarta.

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## INTISARI

Pemberian ASI di Indonesia sangat memprihatinkan, persentase bayi yang menyusui eksklusif sampai dengan 6 bulan hanya 15,3 %. Hal ini terjadi karena pengetahuan ibu masih rendah dan ibu belum terampil dalam menyusui sehingga diperlukan paket edukasi tentang manajemen laktasi.

Penelitian ini bertujuan untuk mengetahui pengaruh pemberian paket edukasi tentang manajemen laktasi terhadap ketrampilan ibu menyusui di Puskesmas Mergangsan Yogyakarta.

Jenis penelitian ini adalah penelitian kuantitatif dengan desain Quasy Experiment. Sampel dalam penelitian ini adalah ibu primipara menyusui bayi bugar 0-7 hari di Puskesmas Mergangsan. Teknik pengampilan sampel dalam penelitian ini adalah *Accidental Sample* dan didapat 30 responden. Analisa data yang digunakan uji *Wilcoxon* dan *Man-Whitney*. Penelitian dilakukan pada bulan Maret-Mei 2012.

Hasil penelitian ini didapatkan ketrampilan ibu menyusui pada kelompok eksperimen untuk ketrampilan mengatasi menyusui  $p=0,02$  atau  $p<0,05$  dan observasi ketrampilan  $p=0,001$  atau  $p<0,05$  yang menunjukkan bahwa kerampilan pada kelompok eksperimen terjadi peningkatan secara signifikan.

Kesimpulan dari penelitian ini adalah ada pengaruh pemberian paket edukasi tentang manajemen laktasi terhadap ketrampilan ibu menyusui di Puskesmas Mergangsan Yogyakarta. Saran bagi ibu menyusui khususnya ibu primipara agar tetap terus mencari informasi tentang menyusui dan terus berlatih menyusui dengan teknik yang benar sehingga dapat meminimalkan masalah menyusui dan dapat menyusui eksklusif.

**Kata kunci:** paket edukasi tentang manajemen laktasi, ketrampilan, menyusui.