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**HUBUNGAN STRESS DENGAN PEMBERIAN ASI PADA IBU *POST
SECTIO CAESAREA* DI POLI *OBSTETRI GINEKOLOGI* RSUD WALED**

xvii + 102 halaman + 9 tabel + 2 bagan + 17 lampiran

ABSTRAK

Stress postpartum adalah tekanan atau beban psikologis yang dialami oleh ibu setelah melahirkan, yang bisa timbul karena anggapan bahwa kelahiran bayi akan mengganggu atau mengubah aktivitas-aktivitas yang telah dilakukan sebelumnya. Pemberian ASI adalah salah satu cara untuk meningkatkan kesehatan ibu dan anak. Menurut WHO bayi sebaiknya diberi ASI secara eksklusif selama minimal 6 bulan dan dilanjutkan hingga usia 2 tahun. Tujuan penelitian ini adalah untuk mengetahui hubungan stress dengan pemberian ASI pada ibu *post sectio caesarea* di poli *obstetri ginekologi* RSUD Waled. Penelitian ini menggunakan metode kuantitatif dengan menggunakan desain korelasional dengan pendekatan *cross sectional*. Populasinya adalah Ibu *Post Sectio Caesarea* yang berada di Poli *Obstetri Ginekoogi* dengan sebanyak 97 dan teknik pengambilan sampel menggunakan teknik *accidental sampling* berjumlah 49 responden. Instrument yang digunakan berupa kuesioner dan analisis data menggunakan uji *spearman*.

Hasil penelitian menunjukkan bahwa stress dengan kategori ringan sebanyak 15 responden dengan presentase (30,6%), stress sedang sebanyak 27 responden dengan presentase (55,1%), kategori stress berat sebanyak 7 responden dengan presentase (14,3%), ibu *post sectio caesarea* yang menyusui langsung sebanyak 32 responden dengan presentase (65,3%) dan ibu yang tidak menyusui langsung sebanyak 17 responden dengan presentase (34,7%). Hasil uji *spearman rank p-value* $0,000 < \alpha (0,01)$, $r = 0,562$ maka H_a diterima dan H_0 ditolak yang artinya terdapat hubungan antara stress dengan pemberian ASI pada ibu *post sectio caesarea* di poli *obstetri ginekologi* RSUD Waled.

Kata Kunci : Stress Postpartum, Pemberian ASI, *Sectio Caesarea*

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**THE RELATIONSHIP BETWEEN STRESS WITH BREASTFEEDING IN
MOTHERS POST CAESAREAN SECTION IN THE OBSTETRICS AND
GYNECOLOGY CLINIC AT WALED HOSPITAL**

xvii + 102 pages + 9 tabels + 2 charts + 17 attachments

ABSTRACT

Postpartum stress is the pressure or psychological burden experienced by the mother after giving birth, which can arise because of the belief that the birth of the baby will disrupt or change the activities that have been carried out previously. Breastfeeding is one way to improve the health of the mother and child. According to the World Health Organization, babies should be exclusively breastfed for at least 6 months and continued until the age of 2 years. The aim of this study was to determine the relationship between stress and breastfeeding in mothers post caesarean section at the obstetrics and gynecology clinic at Waled Hospital. This research uses quantitative methods using a correlational design with a cross sectional approach. The population was 97 Post Sectio Caesarea mothers who were at the Obstetrics and Gynecology Polyclinic and the sampling technique used a accidental sampling technique totaling 49 respondents. The instrument used was a questionnaire and data analysis used the Spearman rank.

The results showed that stress in the mild category was 15 respondents with a percentage of (30.6%), moderate stress was 27 respondents with a percentage of (55.1%), severe stress category was 7 respondents with a percentage of (14.3%), mother Post caesarean section who breastfed directly there were 32 respondents with a percentage (65.3%) and mothers who did not breastfeed directly were 17 respondents with a percentage (34.7%). The results of the Spearman rank p-value test are $0.000 < \alpha (0.01)$, $r = 0.562$, so H_a is accepted and H_0 is rejected, which means there is a relationship between stress and breastfeeding in mothers post caesarean section at obstetrics and gynecology clinic at Waled Regional Hospital.

Keywords: Postpartum Stress, Breastfeeding, Sectio Caesarea

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