

RINGKASAN

Hubungan Antara Perawatan Payudara dengan Kejadian Bendungan ASI pada Ibu Nifas di Poskesdes Sumber baru Kecamatan Angsana Kabupaten Tanah Bumbu.

Bendungan ASI adalah pembendungan air susu karena penyempitan duktus *lakteferi* atau oleh kelenjar-kelenjar tidak dikosongkan dengan sempurna atau karena kelainan pada puting susu serta peningkatan aliran vena dan limfe sehingga menyebabkan bendungan ASI dan rasa nyeri disertai kenaikan suhu badan. Tujuan dalam penelitian ini adalah untuk mengetahui hubungan antara perawatan payudara dengan kejadian bendungan ASI di Poskesdes Sumber Baru Kecamatan Angsana Kabupaten Tanah Bumbu.

Metode penelitian ini adalah *survey* analitik pendekatan waktu *cross sectional*. Data primer diperoleh menggunakan alat bantu *checklist*. Populasi dalam penelitian ini adalah seluruh ibu nifas yang mengalami kejadian bendungan ASI dan tidak mengalami kejadian Bendungan ASI dengan Jumlah sampel 63 responden. Teknik pengambilan sampling yang digunakan Total Sampling. Teknik analisis data menggunakan uji *chi-square*.

Hasil analisa didapatkan sebagian besar sebanyak 38 responden (60,3 %) responden melakukan perawatan payudara dan sebagian besar sebanyak 38 responden (60,3%) tidak mengalami bendungan ASI. Diperoleh nilai *P value* 0,001 < 0,05 sehingga H_0 ditolak dan H_a diterima yaitu ada hubungan sangat antara perawatan payudara dengan kejadian bendungan ASI.

Solusi dari penelitian ini hendaknya ibu nifas melakukan perawatan payudara sedini mungkin yaitu 1-2 hari setelah bayi dilahirkan dan dilakukan dua kali sehari.

Kata kunci : Perawatan Payudara, Bendungan ASI

ABSTRACT

The Correlation between Breast Care with the Occurrence of Dam ASI to Postpartum in Poskesdes Sumber Baru Subdistrict Angsana Regency Tanah Bumbu.

Dam ASI an inflammation of the mammary infections, especially in primiparous usually caused by Staphylococcus aureus, The existence of problems in the mother will affect also the well-being of babies born since the baby will not get the maximum out of his mother's care. Breast problems often occur during childbirth could be prevented by doing breast care before and after childbirth. Based on study conducted in the field, lack of awareness febris of breast care. The aim in this study was to determine the correlation between the treatment of breast with the occurrence of dam ASI in Poskesdes Sumber Baru Subdistrict Angsana Regency Tanah Bumbu..

This type of study was analytical survey by using cross sectional approach. Primary data were obtained by using a Checklist. The population in this study were all mothers who postpartum that experiencing dam ASI occurrence and did not dam ASI occurrence that number of samples 63 were respondents. Sampling techniques were divided accidental Sampling. Data were analyzed by using chi-square test.

From the analysis results obtained mostly by 38 respondents. (66.3%) were respondents do breast care, and most of 38 respondents (66.3%) were did not have dam ASI. Obtained P value $0,001 < 0,05$ thus that H_0 was rejected and H_a was accepted that there was correlation between the breast care with the occurrence of dam ASI.

The conclusion of this study, there was correlation between the breast care with the occurrence of dam ASI that are mothers who breast care before and after childbirth can prevent the occurrence of dam ASI 1-2 day. It is expected for the next researcher to conduct further research to reduce the occurrence of dam ASI in postpartum.

Key Words : Breast Care, Dam ASI