

# Hubungan inisiasi menyusui dini dengan tinggi Fundus Uteri ibu Postpartum hari ke-tujuh di wilayah kerja Puskesmas Kotabumi II Lampung Utara = A relationship between early initiation of suckling and the high impact of fundus uteri at a postpartum women in seventh day region of Puskesmas Kotabumi II North Lampung

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## Abstrak

Berdasarkan Survey Demografi Kesehatan Indonesia (SDKI) tahun 2007 Angka Kematian Ibu (AKI) Indonesia 228/ 100.000 KH dan AKB 34/1000 KH. Salah satu dari tujuan pembangunan kesehatan di Indonesia adalah tercapainya Millenium Development Goals (MDG?s) tahun 2015, yaitu terjadinya penurunan AKB 23/1000 KH, mengurangi jumlah AKI saat hamil dan melahirkan menjadi 102/100.000 KH, melalui Inisiasi Menyusui Dini (IMD).

Penelitian bertujuan mengidentifikasi hubungan IMD dengan tinggi fundus uteri postpartum hari ketujuh. Variabel penelitian terdiri dari variabel independen utama IMD dan variabel kontrol (umur, paritas, pendidikan, pekerjaan, mobilisasi dini dan ASI eksklusif 7 hari, variabel dependen adalah TFU. Penelitian kohort prospektif ini menggunakan sampel 78 responden, masing-masing kelompok 39 responden. Data dianalisis secara univariat, bivariat menggunakan chi square dan multivariat dengan regresi logistik. Hasil penelitian, usia terbanyak 20-30 tahun 71,8%, pendidikan responden terbanyak pendidikan tinggi 73%, paritas responden terbanyak primipara 60,3%, status pekerjaan adalah tidak bekerja 82,1%, responden dengan TFU normal 61,5%. Ratarata waktu yang diperlukan bayi untuk IMD adalah 61,1 menit. Hasil analisis multivariat, ibu yang memberikan ASI eksklusif sampai 7 hari mempunyai peluang mendapatkan proses TFU normal 29,8 kali lebih tinggi, dibanding yang tidak menyusui eksklusif (95% CI : 4,921-138,131) setelah dikontrol variabel mobilisasi dini, IMD, pendidikan dan paritas.

Indonesian Health and Demographic Survey 2007 indicate that a high level the point of Maternal Mortality Rate (MMR) is 228/100.000 life births. While Infant Mortality Rate (IMR) of 34/1000 life births. One of the MDG?s purposes 2015 are to increase maternal health and decrease IMR down to  $\frac{3}{4}$  of the MMR for both of pregnant and delivery women to become 102/100.000 life births by Early Initiation of Suckling.

This research is purpose to identify the relationship between early initiation and the impact of fundus uteri at a postpartum women in seventh day. The variable of this research consist of independent variable which are early initiation and control variable (age, parity, education, work, early mobilization and exclusive breastfeeding up to seventh day). While dependent variable is the high impact fundus of a postpartum women in seventh day. The research of this prospective kohort use 78 responder as a samples, with each group are exsposure group and control group which amount to 39 responder. The data which have been gathered will be analysed by univariate, bivariate analyse use chi square and multivariat with double logistics regression.

From the result of univariate analyse, the most age is around 20-30 year 71,8%, the most responder education is to higher education 73%, the most responder parity is to primipara 60,3%, work status of responder is a housewife 82,15%, women with a normal high uteri fundus counted 61,5%, the avarage time

for a baby to do early initiation is around 61,1 minute. The Result of multivariate analyse shows that the opportunity of a mother who gives exclusive breastfeeding up to seventh day has a better involution process 29,8 higher times than a mother without exclusive breastfeeding (95% CI: 4,921-138,131) after controlled with early mobilization variable, early initiation, parity and education. Sugested to a stakeholder or health worker especially for midwife should be doing this early initiation program as a part of professional practice midwifery.</i>