

## Hubungan pemberian asi pada bayi umur kurang dari 10 (sepuluh) hari dengan gejala Postpartum Blues di kota Bengkulu Tahun 2011

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### Abstrak

Background: Postpartum blues is a mild mental disorder in postpartum mothers. infant feeding methods may affect the reciprocal of the postpartum blues or postpartum maternal mental health, and these symptoms can lead to successful breast-feeders (breast milk) exclusively Results in 2010 in Indonesia RISKESDES feeding patterns in infants < 1 month was 55.1% partially, and in the province of Bengkulu in 2010 52.9% prelacteal feeding. Prevalence of postpartum blues in several countries between 40-60% while the incidence of postpartum blues in Bengkulu not yet been reported. Research Goals: to determine the relationship breast-feeders pad infants aged < 10 days with symptoms of postpartum blues. Methods: This research is a type of observational research with cross sectional design studt. Large sample of 97 postpartum women with accidental sampling technique. Analysis of the data used is univariable, bivariable, and multivariable. Results: univariable analysis found that breast-feeders in infants less than 10 days almost all partial breastfeeding (48.45%) and only a fraction of full breastfeeding (19.59%), and almost half mothers experience symptoms of postpartum blues (29.90%). Bivariable analysis showed that there is a significant association between breast-feeders in infants age < 10 days, parity and social support to the symptoms of postpartum blues. But there is no relationship between type of labor with symptoms of postpartum blues. Results: Results of logistic regression analysis showed a significant association between early feeding patterns in infants with symptoms of postpartum blues (OR = 4.47, 95% CI: 1.03 to 10.43), which means non-breastfeeding mothers who have a risk 4.47 times more likely to experience postpartum blues than women full breastfeeding. Conclusion: non breastfeeding mothers who have a risk 4.47 times more likelyto have symptoms than women postpartum full breastfeeding blues. So need to improve the delivery of information, education and communication (IEC) on the importance of breast-feeders alone since the first hour of birth to age 6 months in the mother on an ongoing basis from now on antenatal care, delivery, and postpartum by involving her husband and close family