

Kebutuhan belajar ibu menyusui di Rumah Sakit Anak dan Bunda Harapan Kita Jakarta = Learning needs of breastfeeding mother in RSAB Harapan Kita Jakarta

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Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20413681&lokasi=lokal>

Abstrak

Salah satu penyebab cakupan ASI eksklusif di Indonesia yang masih rendah ialah kurangnya pengetahuan ibu mengenai menyusui ASI secara eksklusif. Oleh karena itu dibutuhkan edukasi kesehatan yang sesuai dengan kebutuhan ibu menyusui sebagai program promotif untuk keberhasilan menyusui. Penelitian ini bertujuan untuk memberikan gambaran kebutuhan belajar ibu menyusui di RSAB Harapan Kita. Desain penelitian yang digunakan ialah desain deskriptif sederhana dengan pendekatan cross sectional. Sampel penelitian berjumlah 106 ibu post partum yang menyusui di RSAB Harapan Kita yang dipilih dengan teknik consecutive sampling. Pengumpulan data dilakukan dengan menggunakan kuesioner modifikasi tentang kebutuhan belajar ibu menyusui. Hasil penelitian menunjukkan kebutuhan belajar ibu menyusui terutama mengenai ASI eksklusif, cara meningkatkan produksi ASI, nutrisi ibu menyusui, Inisiasi Menyusui Dini, dan manfaat ASI. Direkomendasikan agar perawat mengkaji kebutuhan belajar ibu menyusui terlebih dahulu agar mendapatkan hasil belajar yang optimal.

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The low coverage of exclusive breastfeeding in Indonesia is caused by the lack of knowledge about exclusive breastfeeding. Therefore health education that fits the needs of breastfeeding mothers as successful breastfeeding promotion program is needed. This research's purpose was to provide an overview of the learning needs of breastfeeding mothers in RSAB Harapan Kita. This research's design was simple descriptive design with cross sectional approach. The samples included 106 breastfeeding mother were selected with consecutive sampling method. Data were collected by a modified questionnaire about the learning needs of breastfeeding mothers. The results showed the learning needs of breastfeeding mothers, namely exclusive breastfeeding, the way how to increase breastmilk production, the nutrition of breastfeeding mothers, early initiation of breastfeeding, and the benefits of breastfeeding. It is recommended that nurses assess the learning needs of breastfeeding mothers in order to obtain the optimal learning results.