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Lama persalinan kala III dan proses involusi uteri mempengaruhi inisiasi menyusu dini pada ibu post partum

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Abstrak

Inisiasi menyusu dini atau permulaan menyusu dini merupakan perilaku bayi mulai menyusu sendiri segera setelah lahir. Saat bayi mulai melakukan hentakan kepala ke dada ibu, sentuhan tangan dan hisapan bayi di puting susu ibu merangsang pengeluaran hormon oksitosin. Oksitosin diperlukan ibu saat persalinan untuk mencegah terjadinya perdarahan dengan mempengaruhi rahim berkontraksi sehingga membantu pengeluaran plasenta dan juga membantu proses involusi uteri. Penelitian ini bertujuan untuk mengidentifikasi pengaruh inisiasi menyusu dini terhadap lamanya persalinan kala III dan proses involusi uteri pada ibu post partum. Penelitian ini menggunakan sampel 60 responden, masing-masing kelompok kontrol dan kelompok intervensi 30 responden. Data dianalisa secara univariat dan bivariat menggunakan Chi-Square dan t test independent. Hasil penelitian menunjukkan bahwa ada perbedaan yang signifikan lamanya persalinan kala III pada kelompok kontrol dan kelompok intervensi (p= 0,000; = 0,05). Penelitian ini juga memperlihatkan adanya perbedaan yang signifikan proses involusi uteri pada kelompok kontrol dan kelompok intervensi (p= 0,000; = 0,05). Diharapkan penelitian ini dapat memberi manfaat bagi peningkatan pelayanan dan pendidikan serta perkembangan ilmu keperawatan dan bagi pengambil kebijakan untuk menggunakan inisiasi menyusu dini dalam praktek keperawatan profesional.

.....Early breastfeeding inisiation or the beginning of early breastfeeding is baby's behaviour where the baby starts to feed by themselves as soon as they were born. When baby starts to make contact to mother's breast, the touch of their hands and their sucking reflex at mother's nipple stimulate the releasing of oxytocin hormones. Oxytocin is needed when woman is in labour process to prevent bleeding by making utery to contract more and it will help the birth of placenta and also helping utery involution process. The aim of this research was to identify the effect of early breastfeeding inisiation to duration of the third-stage of labor and involution of the uterus process for mother in post partum period. This research design was used for this study with total samples were 60 patients, divided into control group and intervention group, with each of the group had 30 patients. Data were analyzed with univariat and bivariat using Chi-Square and t test independent. The result of this research showed that there were a significant difference on duration of the third-stage of labour between control group and intervention group (p= 0.000; = 0.05). This research also showed a significant difference on involution of the uterus process between control group and intervention group (p= 0.000; = 0.05). This research hopefully will gives benefit for improvement of nursing care at health institution and nursing education and also for the development of nursing science and for decision maker to implement early breastfeeding in professional nursing practice.