

HUBUNGAN TINGKAT KEPATUHAN PELAKSANAAN DONOR ASI SESUAI PROSEDUR DENGAN PERUBAHAN YANG TERJADI PADA PRAKTIK DONOR ASI PASCA PANDEMI COVID-19 DI INDONESIA

ABSTRAK

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Latar Belakang: Pada Februari 2020, WHO merilis rekomendasi khusus untuk menyusui. Rekomendasi ini menyarankan bahwa, tergantung pada konteks budaya dan ketersediaan, ibu yang terlalu sakit untuk menyusui atau memerah ASI harus memiliki pilihan untuk menggunakan donor ASI, dengan opsi dukungan laktasi ulang bagi ibu ketika telah pulih. Selama masa tanggap COVID-19, donor ASI menghadapi tantangan dalam hal mempertahankan jumlah staf yang memadai, perekrutan donor, penanganan/pengangkutan yang aman, dan peningkatan permintaan.

Tujuan: Mengetahui adanya hubungan antara tingkat kepatuhan pelaksanaan donor ASI sesuai prosedur dengan perubahan yang terjadi pada praktik donor ASI pasca pandemi Covid-19 di Indonesia.

Metode: Jenis penelitian ini observasional analitik dengan pendekatan kuantitatif menggunakan desain penelitian *cross-sectional* dan metode pengambilan sampel *total sampling*. Penelitian ini dilakukan di wilayah kerja *Lactashare* sebagai yayasan donor ASI Indonesia yang berlokasi di Malang, Jawa Timur dengan subjek penelitian 60 orang. Tingkat kepatuhan pelaksanaan donor ASI sesuai prosedur diukur dengan kuesioner praktik donor ASI. Perubahan praktik donor ASI pasca pandemi Covid-19 diukur menggunakan kuesioner perubahan praktik donor ASI pasca pandemi Covid-19.

Hasil: Sebanyak 33 orang (55%) memiliki tingkat kepatuhan pelaksanaan donor ASI sesuai prosedur yang baik. Tidak terdapat hubungan antara tingkat kepatuhan pelaksanaan donor ASI sesuai prosedur dengan perubahan praktik donor ASI pasca pandemi Covid-19 ($p=0,040$).

Kesimpulan: Terdapat hubungan antara tingkat kepatuhan pelaksanaan donor ASI sesuai prosedur dengan perubahan praktik donor ASI pasca pandemi Covid-19.

Kata Kunci: Tingkat kepatuhan, praktik donor ASI, ASI eksklusif, pasca pandemi Covid-19

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THE RELATIONSHIP BETWEEN LEVELS OF COMPLIANCE TOWARD HUMAN MILK DONOR IMPLEMENTATION WITH CHANGES IN HUMAN MILK DONOR PRACTICES AFTER THE COVID-19 PANDEMIC IN INDONESIA

ABSTRACT

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Background: In February 2020, WHO released recommendations specific to breastfeeding. These recommendations suggest that, depending on cultural context and availability, mothers who are too ill to breastfeed or express milk should have the option of using donor human milk, with the option of re-lactation support for mothers when they recover. During the COVID-19 response, human milk donors are facing challenges in terms of maintaining adequate staffing, donor recruitment, safe handling/transportation, and increased demand.

Objective: Knowing the relationship between levels of compliance toward human milk donor implementation with changes in human milk donor practices after the Covid-19 pandemic in Indonesia.

Methods: This type of research is analytic observational with a quantitative approach using cross-sectional research design and total sampling method. This study was conducted in the working area of Lactashare as an Indonesian breast milk donor foundation located in Malang, East Java with 60 research subjects. The level of compliance and attitude towards human milk donor was measured by the human milk donor practice questionnaire. Changes in human milk donor practices after the Covid-19 pandemic were measured using a questionnaire on changes in human milk donor practices after the Covid-19 pandemic.

Results: A total of 33 people (55%) had a good level of compliance with breast milk donation according to procedures. There is no relationship between the level of compliance with breast milk donor implementation according to procedures with changes in breast milk donor practices after the Covid-19 pandemic ($p = 0,040$).

Conclusion: There is relationship between the level of compliance with breast milk donation according to procedures and changes in breast milk donor practices after the Covid-19 pandemic.

Keywords: Compliance level, human milk donor practices, exclusive breastfeeding, post Covid-19 pandemic

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