

ABSTRAK

Air Susu Ibu (ASI) merupakan sumber nutrisi utama bagi bayi dan terbukti berperan penting dalam menurunkan angka morbiditas serta mortalitas bayi. Meskipun demikian, berbagai laporan menunjukkan bahwa kecukupan produksi ASI pada periode nifas masih belum optimal. Hambatan fisik dan psikologis ibu nifas menjadi faktor dominan yang memengaruhi keberhasilan proses laktasi. Penelitian ini bertujuan menganalisis pengaruh akupresur laktasi dan afirmasi positif terhadap kecukupan produksi ASI pada ibu nifas.

Desain penelitian *quasi eksperimen pretest–posttest with control group design*. Subjek penelitian yaitu ibu nifas pada hari ke-4 hingga hari ke-10 dibagi ke dalam dua kelompok perlakuan (kombinasi akupresur laktasi dan afirmasi positif) dan kelompok kontrol (asuhan kebidanan standar pada KF1 dan KF2), dengan jumlah sampel 34 orang. Kriteria inklusi riwayat usia kehamilan <42 minggu, persalinan pervaginam, bayi dengan berat badan lahir 2500–4000 gram. Kriteria eksklusi mencakup ibu yang memiliki riwayat penyakit kronis, mengkonsumsi suplemen atau jamu pelancar ASI, menggunakan alkohol atau zat adiktif, melahirkan bayi prematur, bayi memiliki kelainan anatomi dan berkebutuhan khusus. Kecukupan produksi ASI diukur menggunakan instrument kecukupan ASI *Breastfeeding Assessment Tool (BAT) Parents' Version*. Analisis data dilakukan dengan uji Wilcoxon, Paired T-Test, serta uji Mann Whitney.

Hasil penelitian menunjukkan Ibu mayoritas usia 20-35 tahun (88,2%), tidak bekerja (64,7%), primipara (58,8), status gizi normal (70,6%), dan melakukan Inisiasi Menyusui Dini (IMD) 100%. Terdapat peningkatan rerata skor kecukupan produksi ASI yang bermakna secara statistik dengan p-value 0,000 pada kelompok perlakuan setelah intervensi dan p-value 0,034 pada kelompok perlakuan yang dibandingkan dengan kelompok kontrol ($p < 0,05$).

Penelitian ini menunjukkan bahwa kombinasi akupresur laktasi dan afirmasi positif dapat meningkatkan kecukupan produksi ASI pada ibu nifas dan dapat direkomendasikan sebagai asuhan non farmakologi pada ibu nifas untuk meningkatkan kecukupan produksi ASI dan melancarkan proses laktasi.

Kata kunci: akupresur laktasi, afirmasi positif, kecukupan produksi ASI, ibu nifas

ABSTRACT

Breast milk is the primary source of nutrition for infants and has been proven to play a crucial role in reducing infant morbidity and mortality. Nevertheless, various reports indicate that breast milk production during the postpartum period is often not optimal. Physical and psychological challenges experienced by postpartum mothers are dominant factors influencing the success of lactation, highlighting the need for care approaches that address not only biological aspects but also maternal psychological well-being. This study aimed to analyze the effect of lactation acupressure combined with positive affirmation on the adequacy of breast milk production among postpartum mothers.

This study employed a quasi-experimental pretest–posttest with control group design. The participants were postpartum mothers on days 4 to 10 after delivery, divided into an intervention group (combination of lactation acupressure and positive affirmation) and a control group (standard midwifery care during KF1 and KF2), with a total sample of 34 participants. Inclusion criteria included gestational age <42 weeks, vaginal delivery, and infant birth weight between 2,500–4,000 grams. Exclusion criteria comprised mothers with a history of chronic disease, consumption of breast milk–enhancing supplements or herbal remedies, use of alcohol or addictive substances, preterm birth, and infants with anatomical abnormalities or special needs. Breast milk production adequacy was measured using the Breastfeeding Assessment Tool (BAT), Parents' Version. Data were analyzed using the Wilcoxon test, Paired T-test, and Mann–Whitney test.

The results showed that most participants were aged 20–35 years (88.2%), unemployed (64.7%), primiparous (58.8%), had normal nutritional status (70.6%), and all had performed early initiation of breastfeeding (100%). There was a statistically significant increase in the mean breast milk adequacy score in the intervention group after the intervention ($p = 0.000$), as well as a significant difference between the intervention and control groups ($p = 0.034$; $p < 0.05$).

This study demonstrates that the combination of lactation acupressure and positive affirmation effectively improves the adequacy of breast milk production in postpartum mothers. Therefore, this intervention can be recommended as a non-pharmacological midwifery care approach to enhance breast milk adequacy and support the lactation process.

Keywords: *lactation acupressure, positive affirmation, breast milk production adequacy, postpartum mothers*