

INTISARI

Latar Belakang: Menyusui merupakan hal yang penting bagi ibu setelah melahirkan bayinya karena memiliki banyak manfaat pada bayi dan ibu. Namun, cakupan pemberian ASI eksklusif di Indonesia masih berfluktuasi, maka pemerintah membuat kebijakan mengenai pengadaan ruang laktasi di tempat umum maupun di tempat kerja. Adanya ruang laktasi perlu memperhatikan kenyamanan ibu menyusui yang menggunakan ruangan tersebut, karena kenyamanan merupakan suatu kondisi yang penting bagi seorang ibu menyusui.

Tujuan Penelitian: Mengetahui gambaran kenyamanan ibu menyusui yang menggunakan ruang laktasi di Puskesmas Wilayah Kabupaten Sleman.

Metode: Penelitian ini merupakan penelitian deskriptif kuantitatif dengan rancangan *cross sectional*. Penelitian ini dilaksanakan di lima Puskesmas di Kabupaten Sleman yang dipilih secara acak. Sampel penelitian ini sebanyak 91 orang ibu menyusui yang pernah atau sedang menggunakan ruang laktasi di kelima Puskesmas tersebut. Alat ukur dalam penelitian ini menggunakan kuesioner GCQ dari Kolcaba yang dimodifikasi dan diuji kembali validitas dan reliabilitasnya. Analisis penelitian ini menggunakan analisis univariat.

Hasil: Kenyamanan fisik yang dirasakan responden yaitu tidak merasa pegal (80,2%), lapar/haus (85,7%), lelah (91,2%), dan sehat (95,6%). Kenyamanan psikospiritual yang dirasakan responden yaitu responden merasa percaya diri (87,9%), puas (89,0%), privasi terjaga (87,9%), pikiran menjadi tenang (90,1%), tidak takut (84,6), depresi/patah semangat (94,5%), dan perlu lebih nyaman ketika menyusui di ruang laktasi (93,4%). Kenyamanan lingkungan yang dirasakan responden yaitu responden merasa berada di tempat yang disenangi (87,9%), nyaman dengan pencahayaan ruangan (73,6%), tidak ada bau yang mengganggu (79,1%), mudah untuk menemukan ruang laktasi (92,3%), dan tenang saat berada didalam ruangan (87,9%). Kenyamanan sosial yang dirasakan responden yaitu responden tidak kesepian (86,8%), tidak ada orang yang mengganggu (95,6%), tetap menggunakan ruang laktasi walaupun ada seseorang didalamnya (81,3%), dan tidak memerlukan bantuan orang lain ketika menyusui di ruang laktasi (89,0%).

Kesimpulan: Sebagian besar ibu menyusui yang menggunakan ruang laktasi merasa nyaman baik dari segi fisik, psikospiritual, lingkungan, dan sosial.

Kata Kunci: ibu menyusui, kenyamanan, ruang laktasi

ABSTRACT

Background: Breastfeeding is an important thing for mother after she gave birth to her baby because it has many benefits for baby and mother. However, the scope of exclusive breastfeeding in Indonesia is still fluctuating, thus the government made policies regarding procurement of lactation room in public places and in the workplace. It is necessary for the availability of lactation rooms to consider the comfort of mothers who used it, because comfort is an important condition.

Objective: To understand the description of comfort of breastfeeding mother who used lactation room in primary health care in Sleman District.

Method: This research was a descriptive quantitative non-experimental research with cross sectional design. This research was conducted in five Primary Health Care that were selected randomly. The samples of this research were 91 people who had been or currently used spaces in the five lactation rooms at the five Primary Health Cares. Instrument in this study was GCQ questionnaire from Kolcaba which had been modified and re-tested the validity and reliability. This research was analyzed using univariate analysis.

Result: Physical comfort perceived by respondents including not feeling sore (80,2%), not hungry/thirsty (85,7%), and not tired (91,2%). Psychospiritual comfort perceived by respondents including feeling confident (87.9%), satisfied (89.0%), privacy-maintained (87.9%), the mind became calm (90.1%), no fear (84.6), depression/discouraged (94.5%), and the need to feel more comfortable when breastfeed in lactation room (93.4%). Environmental comfort perceived by respondents including feeling in a groove (87.9%), comfortable with room lighting (73.6%), no odor (79.1%), the lactation room was easy to find (92,3%), and feeling calm in the room (87.9%). Social comfort perceived by respondents including feeling not lonely (86.8%), not disturbed by people (95.6%), still using the lactation room although there was someone in it (81.3%), and didn't require the help of another person when breastfeed in the lactation room (89.0%).

Conclusion: The majority of breastfeeding mothers who used the lactation room felt comfortable in terms of physical, psychospiritual, environmental, and social.

Keywords: breastfeeding mother, comfort, lactation room