

Hubungan Perawatan Payudara Dan Dukungan Suami Dengan Produksi Asi Pada Ibu *Postpartum* Di Wilayah Kerja Puskesmas Cilacap Utara II

The Relationship Between Breast Care And Husband Support With Breast Milk Production In Postpartum Mothers In The Working Area Of The North Cilacap II Health Center

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ABSTRAK

Air Susu Ibu (ASI) merupakan nutrisi terbaik bagi bayi, mendukung pertumbuhan dan perkembangan optimal serta kesehatan ibu. Namun, banyak ibu *postpartum* menghadapi tantangan dalam mencapai produksi ASI yang adekuat. Penelitian ini bertujuan untuk mengetahui hubungan perawatan payudara dan dukungan suami dengan produksi ASI pada ibu *postpartum* di Wilayah Kerja Puskesmas Cilacap Utara II. Desain penelitian menggunakan rancangan *Cross Sectional*. Sampel pada penelitian adalah 34 ibu *postpartum* dengan teknik *total sampling*. Analisa data menggunakan uji statistik *Fishers's Exact*. Hasil penelitian menunjukkan bahwa tidak terdapat hubungan perawatan payudara (*p value* = 1,000) dan dukungan suami (*p value* = 0,059) dengan produksi ASI pada ibu *postpartum*. Kesimpulan bahwa tidak terdapat hubungan antara perawatan payudara dan dukungan suami dengan produksi ASI pada ibu *postpartum* di Wilayah Kerja Puskesmas Cilacap Utara II tahun 2025. Saran diharapkan petugas kesehatan dapat mengembangkan kebijakan layanan ramah ibu menyusui, seperti pelatihan kader ASI, pojok laktasi, serta program kunjungan rumah pasca persalinan. Kata kunci : Perawatan payudara, Dukungan suami, Produksi ASI, Ibu *postpartum*

ABSTRACT

*Breast milk is the best nutrition for babies, supporting optimal growth and development as well as maternal health. However, many postpartum mothers face challenges in achieving adequate breast milk production. This study aims to determine the relationship between breast care and husband support and breast milk production in postpartum mothers in the Working Area of the North Cilacap Health Center II. The research design used a Cross Sectional design. The sample in the study was 34 postpartum mothers with a total sampling technique. Data analysis was conducted using the Fishers's Exact statistical test. The results showed that there was no relationship between breast care (*p value* = 1.000) and husband support (*p value* = 0.059) and breast milk production in postpartum mothers. The conclusion is that there is no relationship between breast care and husband support and breast milk production in postpartum mothers in the North Cilacap II Health Center Working Area in 2025. It is hoped that health workers can develop policies for breastfeeding mother-friendly services, such as breastfeeding cadre training, lactation corners, and postpartum home visit programs.*

Keywords : Breast care, Husband support, Breast milk production, Postpartum mothers