

ABSTRAK

PENGARUH KONSUMSI REBUSAN AIR DAUN KELOR TERHADAP PRODUKSI ASI PADA IBU MENYUSUI DI WILAYAH KERJA PUSKESMAS UNAHA PROVINSI SULAWESI TENGGARA TAHUN 2024

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Angka Kematian Bayi (AKB) di Indonesia masih tergolong tinggi, dengan sebagian besar kasus disebabkan oleh masalah gizi. Pemberian ASI eksklusif terbukti efektif dalam menurunkan tingkat kesakitan dan kematian bayi. Alasan paling umum ditemukan pada ibu menyusui yang berhenti menyusui adalah karena produksi ASI yang tidak mencukupi.

Tujuan penelitian ini untuk mengetahui pengaruh konsumsi rebusan air daun kelor terhadap produksi ASI pada ibu menyusui di wilayah kerja puskesmas unaaha provinsi Sulawesi tenggara tahun 2024.

Penelitian ini menggunakan metode *pre eksperiment* dengan metode *pre dan post test*. Pengumpulan data menggunakan lembar observasi. Jumlah sampel 30 ibu post partum dengan teknik sampling *Total Sampling*. Diketahui bahwa konsumsi rebusan air daun kelor didapatkan sebagian besar responden kriteria rutin yaitu sebanyak 10 responden (33,3%) dan sisanya menyatakan bahwa responden tidak rutin mengkonsumsi rebusan air daun kelor. Hasil data produksi ASI lancar sebelum diberikan Terapi pemberian konsumsi rebusan air daun kelor yaitu 13 responden (43,3%) dan tidak lancar yaitu 17 responden (56,7%) Setelah konsumsi rebusan air daun kelor produksi ASI lancar yaitu 30 responden (100%).

Berdasarkan uji *Wilcoxon* didapatkan hasil $p = 0,000 < 0,05$ maka H_0 ditolak dan H_1 diterima yang berarti ada hubungan konsumsi rebusan air daun kelor terhadap produksi ASI.

Kesimpulan dari peneliti ini adalah terdapat pengaruh konsumsi rebusan air daun kelor terhadap produksi ASI pada ibu menyusui di wilayah kerja puskesmas unaaha provinsi Sulawesi tenggara tahun 2024.

Kata Kunci : ***Rebusan Air Daun kelor dan Produksi ASI***

ABSTRACT

EFFECT OF CONSUMPTION OF MORINGA LEAF WATER BOILING ON BREAST MILK PRODUCTION IN BREASTFEEDING MOTHERS IN THE WORKING AREA OF THE UNAAHA PUSKESMAS SOUTHEAST SULAWESI PROVINCE YEAR 2024

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The Infant Mortality Rate (IMR) in Indonesia is still relatively high, with the majority of cases caused by nutritional problems. Exclusive breastfeeding has been proven to be effective in reducing infant morbidity and mortality. The most common reason found in breastfeeding mothers who stop breastfeeding is due to insufficient breast milk production. (Heryanto et al., 2024)

The aim of this research is to determine the effect of consuming boiled Moringa leaf water on breast milk production in breastfeeding mothers in the working area of the Unaaha Community Health Center, Southeast Sulawesi province in 2024.

This research uses a pre-experimental method with pre and post test methods. Data collection uses observation sheets. The total sample was 30 post partum mothers using the Total Sampling sampling technique. It is known that the majority of respondents who consume boiled water from Moringa leaves have routine criteria, namely 10 respondents (33.3%) and the rest stated that respondents do not regularly consume boiled water from Moringa leaves. The results of the data showed that breast milk production was smooth before being given therapy by consuming boiled Moringa leaf water, namely 13 respondents (43.3%) and not smoothly, namely 17 respondents (56.7%). After consuming boiled Moringa leaf water, breast milk production was smooth, namely 30 respondents (100%).

Based on the Wilcoxon test, the result was $p = 0.000 < 0.05$, so H_0 was rejected and H_1 was accepted, which means there is a relationship between consumption of boiled Moringa leaf water and breast milk production.

The conclusion of this researcher is that there is an effect of consuming boiled Moringa leaf water on breast milk production in breastfeeding mothers in the working area of the Unaaha Community Health Center, Southeast Sulawesi province in 2024.

Key Words : *Boiled Moringa Leaf Water and Breast Milk Production*