

ABSTRAK

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Pengaruh Pendampingan *Breastfeeding Father* Dantingkat Kecemasan Terhadap Kelancaran Asi Pada Ibu Post Partum.

Kebutuhan zat gizi bagi bayi usia sampai dua tahun merupakan hal yang sangat penting diperhatikan oleh ibu. Pemberian Air Susu Ibu (ASI) pada bayi merupakan cara terbaik bagi peningkatan kualitas sumber daya manusia sejak dini yang akan menjadi penerus bangsa. Keterlibatan ayah dalam memberikan dukungan spiritual, moral, emosional dan fisik kepada ibu. Inilah yang disebut sebagai *Breastfeeding father*. Keterlibatan ayah dalam memberikan dukungan bagi ibu yang tengah menyusui bayi sangat mendorong ibu untuk memberikan ASI kepada bayinya. Dukungan tersebut dapat memperlancar reflex pengeluaran ASI karena ibu mendapat dukungan secara psikologis dan emosi.

Penelitian ini merupakan penelitian pre experimental dengan desain penelitian yang digunakan adalah one group pre test and post tes design. Penelitian ini dilaksanakan pada bulan Februari 2025 di Kecamatan Kendit Kabupaten Situbondo teknik penentuan sampel adalah incidental sampling. Pengumpulan data meliputi coding, editing, dan tabulating kemudian data dianalisis secara manual dan computer dengan menggunakan SPSS 25.0

Ibu post partum di Kecamatan Kendit dari 18 responden yang diteliti sebagian besar (15%) berusia 20-44 tahun, , 61,11 % mempunyai tingkat pendidikan SMA, 55.56% merupakan Ibu Rumah Tangga, dan sebagian besar (50%) merupakan kelahiran anak pertama. Terdapat pengaruh Tingkat stress pada ibu post partum antara sebelum dan sesudah adanya pendampingan breastfeeding dan pengaruh kelancaran ASI pada ibu post partum antara sebelum dan sesudah adanya pendampingan breastfeeding. Hasil analisis diperoleh bahwa terhadap pengaruh yang signifikan antara pendampingan Breastfeeding father dengan tingkat stres dan kelancaran ASI pada ibu post partum di Kecamatan Kendit

Diharapkan keterlibatan ayah atau dukungan dari keluarga maupun tenaga kesehatan untuk meningkatkan proses pengeluaran ASI sehingga program ASI Eksklusif dapat tercapai.

Kata Kunci: Ibu Post partum, Stres, ASI, *Breastfeeding father*

ABSTRACT

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The Effect of Breastfeeding Father Assistance and Anxiety Levels on the
Smoothness of Breast Milk in Postpartum Mothers.

The nutritional needs of infants up to two years old are very important for mothers to pay attention to. Giving breast milk to infants is the best way to improve the quality of human resources from an early age who will become the nation's successors. The involvement of fathers in providing spiritual, moral, emotional and physical support to mothers. This is what is called Breastfeeding father. The involvement of fathers in providing support for mothers who are breastfeeding their babies greatly encourages mothers to provide breast milk to their babies. This support can facilitate the reflex of breast milk production because the mother receives psychological and emotional support.

This study is a pre-experimental study with a research design used is one group pre-test and post-test design. This study was conducted in February 2025 in Kendit District, Situbondo Regency, the sampling technique was incidental sampling. Data collection includes coding, editing, and tabulating, then the data is analyzed manually and computerized using SPSS 25.0. Postpartum mothers in Kendit District from 18 respondents studied, most (15%) were aged 20-44 years, 61.11% had a high school education, 55.56% were housewives, and most (50%) were the first births. There is an influence of stress levels on postpartum mothers between before and after breastfeeding assistance and the influence of smooth breastfeeding on postpartum mothers between before and after breastfeeding assistance. The results of the analysis obtained that there was a significant influence between Breastfeeding father assistance with stress levels and smooth breastfeeding in postpartum mothers in Kendit District

It is expected that the involvement of the father or support from the family or health workers will improve the process of producing breast milk so that the Exclusive Breastfeeding program can be achieved.

Keywords: Postpartum Mother, Stress, Breastfeeding, Breastfeeding Father