

ABSTRAK

ANALISIS PROMOSI KESEHATAN AIR SUSU IBU PERAH (ASIP) TERHADAP PENGETAHUAN IBU BEKERJA DALAM PEMBERIAN ASI PERAH DI POSYANDU SAWO KELURAHAN NGRONGGO

Frediance Pati Ndamung¹, Nur Yeny²

Universitas STRADA Indonesia Kediri

Email : frediancepati@gmail.com

Latar belakang : Bayi yang tidak diberikan ASI, memiliki risiko kematian lebih besar karena terjadinya malnutrisi. ASI adalah air susu ibu yang mengandung nutrisi optimal, baik kualitas dan kuantitasnya. Pemberian ASI merupakan metode pemberian makan bayi yang terbaik. Menganalisis Promosi Kesehatan Air Susu Ibu Perah (ASIP) Terhadap Pengetahuan Ibu Bekerja Dalam Memberikan ASI.

Metode : Jenis penelitian yang digunakan adalah penelitian observasional analitik dengan pendekatan *cross-sectional* jumlah Populasi 30 responden. dengan menggunakan tehnik *Total sampling* didapatkan sampel sebanyak 30 responden. Kemudian di uji menggunakan Uji *wilcoxon* dengan tingkat kemaknaan $\alpha \leq 0,05$.

Hasil : pengetahuan ibu bekerja sebelum dilakukan promosi kesehatan responden (43,3%) memiliki pengetahuan kurang yaitu 13 responden dan pengetahuan ibu bekerja sesudah dilakukan promosi kesehatan responden (70,0%) memiliki pengetahuan baik di Posyandu Sawo Kelurahan Ngronggo yaitu 21 responden dari total 30 responden. Berdasarkan hasil analisa data di atas menggunakan uji *Wilcoxon* di peroleh bahwa nilai *p value* sebesar 0,000 dengan demikian bahwa $p\text{ value } (0,000) \leq \alpha (0,05$

Kesimpulan : Berdasarkan hasil analisa data dapat disimpulkan H_0 ditolak dan H_1 diterima. Hal ini menunjukkan adanya Pengaruh Promosi Kesehatan ASI Perah Terhadap Pengetahuan Ibu Bekerja Dalam Pemberian ASI Perah Di Posyandu Sawo Kelurahan Ngronggo

Kata Kunci : Promosi Kesehatan, Pengetahuan , Ibu Bekerja, Pemberian ASI, Posyandu.

ABSTRACT
**ANALYSIS OF HEALTH PROMOTION OF EXPRESSED BREAST MILK
(ASIP) ON WORKING MOTHERS' KNOWLEDGE IN PROVIDING
EXPRESSED BREAST MILK AT POSYANDU SAWO, NGRONGGO
VILLAGE**

Frediance Pati Ndamung ¹, Nur Yeny ²

University of Indonesia Kediri

Email: frediance.pati@gmail.com

Background: Babies who are not breastfed have a greater risk of death due to malnutrition. Breast milk is mother's milk that contains optimal nutrition, good quality and its quantity. Breastfeeding is a method of feeding babies the best. Analyzing the Health Promotion of Expressed Mother's Milk (ASIP) on the Knowledge of Working Mothers in Providing Breast Milk.

Method: The type of research used is analytical observational research with a *cross-sectional approach* with a population of 30 respondents. Using the *Total sampling technique*, a sample of 30 respondents was obtained. Then tested using the *Test Wilcoxon* with a significance level of $\alpha \leq 0.05$.

Results : Knowledge of working mothers before health promotion respondents (43.3%) had poor knowledge, namely 13 respondents and knowledge of working mothers after health promotion respondents (70.0%) had good knowledge at the Sawo Integrated Health Post, Ngronggo Village, namely 21 respondents out of a total of 30 respondents. Based on the results of the data analysis above using the *Wilcoxon test* it was obtained that the *p value* was 0.000, thus indicating that $p\text{ value } (0,000) \leq \alpha (0,05)$

Conclusion: Based on the results of data analysis, it can be concluded that H_0 is rejected and H_1 is accepted. This shows the influence of breast milk health promotion on the knowledge of working mothers in providing breast milk at the Sawo Integrated Health Post, Ngronggo Village.

Keywords: Health Promotion, Knowledge, Working Mothers, Breastfeeding, Integrated Health Posts.