

ABSTRAK

PERBEDAAN EFEKTIVITAS REBUSAN DAUN BAYAM DAN REBUSAN DAUN KATUK TERHADAP PENINGKATAN PRODUKSI ASI PADA IBU MENYUSUI DI KELURAHAN REJOMULYO

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Pemberian Air Susu Ibu (ASI) eksklusif merupakan salah satu upaya penting dalam menunjang tumbuh kembang bayi secara optimal. Namun, masih banyak ibu menyusui yang mengalami masalah rendahnya produksi ASI. Salah satu upaya nonfarmakologis yang dapat dilakukan untuk meningkatkan produksi ASI adalah pemanfaatan tanaman herbal, seperti daun bayam dan daun katuk, yang dipercaya memiliki efek laktagogum. Penelitian ini bertujuan untuk mengetahui perbedaan efektivitas rebusan daun bayam dan rebusan daun katuk terhadap peningkatan produksi ASI pada ibu menyusui di Kelurahan Rejomulyo. Penelitian ini menggunakan desain quasi experiment dengan pendekatan pretest–posttest with comparison group. Sampel penelitian berjumlah 30 ibu menyusui yang dibagi menjadi dua kelompok, masing-masing 15 responden pada kelompok rebusan daun bayam dan 15 responden pada kelompok rebusan daun katuk. Intervensi diberikan selama 7 hari, kemudian dilakukan pengukuran volume ASI menggunakan pompa ASI elektrik. Analisis data dilakukan menggunakan uji paired t-test dan independent t-test. Hasil penelitian menunjukkan bahwa terdapat peningkatan produksi ASI yang signifikan sebelum dan sesudah pemberian rebusan daun bayam maupun rebusan daun katuk (p -value $< 0,05$). Selain itu, terdapat perbedaan efektivitas antara kedua intervensi, di mana rebusan daun bayam menghasilkan rata-rata produksi ASI yang lebih tinggi dibandingkan rebusan daun katuk dengan selisih rata-rata sebesar 46 ml (p -value = 0,000). Meskipun demikian, kedua jenis rebusan terbukti efektif dalam meningkatkan produksi ASI. Oleh karena itu, rebusan daun bayam dan daun katuk dapat dijadikan alternatif terapi komplementer bagi ibu menyusui sesuai dengan kebutuhan dan kondisi masing-masing.

Kata kunci: ASI, daun bayam, daun katuk, ibu menyusui, produksi ASI

ABSTRAC

THE DIFFERENCE IN EFFECTIVENESS BETWEEN SPINACH LEAF BOIL AND KATUK LEAF BOIL ON INCREASING BREAST MILK PRODUCTION IN BREASTFEEDING MOTHERS IN REJOMULYO VILLAGE

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Exclusive breastfeeding is one of the important efforts to support optimal infant growth and development. However, many breastfeeding mothers still experience problems with low breast milk production. One non-pharmacological effort that can be undertaken to increase breast milk production is the use of herbal plants, such as spinach leaves and katuk leaves, which are believed to have lactagogic effects. This study aimed to determine the difference in effectiveness between boiled spinach leaves and boiled katuk leaves on increasing breast milk production among breastfeeding mothers in Rejomulyo Village. This study used a quasi-experimental design with a pretest–posttest with comparison group approach. The research sample consisted of 30 breastfeeding mothers who were divided into two groups, namely 15 respondents in the boiled spinach leaves group and 15 respondents in the boiled katuk leaves group. The intervention was administered for seven days, followed by measurement of breast milk volume using an electric breast pump. Data analysis was performed using paired t-test and independent t-test. The results showed that there was a significant increase in breast milk production before and after the administration of boiled spinach leaves and boiled katuk leaves (p -value < 0.05). In addition, there was a difference in effectiveness between the two interventions, in which boiled spinach leaves produced a higher average breast milk volume compared to boiled katuk leaves with a mean difference of 46 ml (p -value = 0.000). Nevertheless, both types of boiled leaves were proven to be effective in increasing breast milk production. Therefore, boiled spinach leaves and katuk leaves can be used as alternative complementary therapies for breastfeeding mothers according to their needs and conditions.

Keywords: breast milk, katuk leaves, milk production, spinach leaves, breastfeeding mothers