

KESULITAN MOBILISASI DAN STRES TERHADAP PEMBERIAN KOLOSTRUM PADA IBU NIFAS POST SECTION CESARIA (SC) HARI PERTAMA DI HOSPITAL NACIONAL GUIDO VALADARES DILI TIMOR LESTE

Modesta Tae, Reni Yuli Astutik

Universitas STRADA Indonesia

modestatae073@gmail.com

ABSTRAK

Latar Belakang: Persalinan Sectio Cesarea (SC) sering menghambat pemberian kolostrum dini yang merupakan nutrisi esensial bagi neonatus. Kesulitan mobilisasi pascaoperasi dan kondisi stres ibu dapat menjadi faktor penghambat keberhasilan pemberian kolostrum pada jam pertama kehidupan bayi.

Tujuan: Penelitian ini bertujuan menganalisis hubungan antara kesulitan mobilisasi dan stres dengan keberhasilan pemberian kolostrum pada ibu nifas post Sectio Cesarea hari pertama di Hospital Nacional Guido Valadares (HNGV), Dili, Timor Leste.

Metode: Penelitian menggunakan desain cross-sectional dengan 120 responden yang dipilih melalui teknik accidental sampling. Variabel independen (kesulitan mobilisasi dan stres) diukur menggunakan kuesioner terstruktur, sedangkan variabel dependen (pemberian kolostrum) dinilai berdasarkan keberhasilan pemberian dalam ≤ 1 jam pascapersalinan melalui kuesioner. Analisis data menggunakan uji Chi-Square dengan tingkat signifikansi $\alpha=0,05$.

Hasil: Distribusi responden menunjukkan kesulitan mobilisasi kategori sedang mendominasi (66,7%), diikuti kategori rendah (33,3%), tanpa ditemukan kategori tinggi. Tingkat stres terdistribusi pada kategori rendah (26,7%), sedang (53,3%), dan tinggi (20,0%). Keberhasilan pemberian kolostrum tepat waktu tercapai pada 66,7% responden. Uji Chi-Square membuktikan hubungan signifikan antara kesulitan mobilisasi dengan pemberian kolostrum ($p=0,005$) dengan korelasi negatif bermakna, mengindikasikan peningkatan kesulitan mobilisasi berasosiasi dengan penurunan keberhasilan kolostrum. Hubungan yang lebih kuat ditemukan antara stres dengan pemberian kolostrum ($p=0,000$), menegaskan stres sebagai prediktor dominan terhadap kegagalan inisiasi menyusui dini.

Kesimpulan: Kesulitan mobilisasi dan stres berasosiasi signifikan dengan keberhasilan pemberian kolostrum pada ibu post SC hari pertama, dengan stres menunjukkan pengaruh lebih kuat. Temuan ini mengimplikasikan perlunya intervensi komprehensif pascabedah yang mengintegrasikan manajemen nyeri, mobilisasi dini terstruktur, dukungan psikologis, dan pendampingan laktasi intensif untuk mengoptimalkan keberhasilan pemberian kolostrum dini.

Kata kunci: Kesulitan mobilisasi, stres, kolostrum, sectio cesarea, ibu nifas

**MOBILIZATION DIFFICULTIES AND STRESS ON COLOSTRUM
PROVISION AMONG POST-CESAREAN SECTION (CS)
POSTPARTUM MOTHERS ON THE FIRST DAY AT HOSPITAL
NACIONAL GUIDO VALADARES DILI TIMOR LESTE**

Modesta Tae, Reni Yuli Astutik

Strada Indonesia University

modestatae073@gmail.com

ABSTRACT

Background: Cesarean section (CS) delivery often impedes early colostrum administration, essential nutrition for neonates. Postoperative mobilization difficulties and maternal stress can inhibit successful colostrum provision during the first hour of life.

Objective: This study analyzes the relationship between mobilization difficulties and stress with colostrum administration success in postpartum mothers on the first day after Cesarean section at Hospital Nacional Guido Valadares (HNGV), Dili, Timor Leste.

Method: This cross-sectional study involved 120 respondents selected through accidental sampling. Independent variables were measured using structured questionnaires, while colostrum provision was assessed based on successful administration within ≤ 1 hour postpartum. Data were analyzed using Chi-Square test ($\alpha=0.05$).

Results: Respondent distribution showed moderate mobilization difficulty dominated (66.7%), followed by low category (33.3%). Stress levels were distributed as low (26.7%), moderate (53.3%), and high (20.0%). Timely colostrum administration success was achieved by 66.7% of respondents. Chi-Square test revealed significant relationships between mobilization difficulty and colostrum provision ($p=0.005$), indicating increased mobilization difficulty associates with decreased colostrum success. A stronger relationship was found between stress and colostrum provision ($p=0.000$), confirming stress as a dominant predictor of early breastfeeding initiation failure.

Conclusion: Mobilization difficulties and stress are significantly associated with colostrum administration success in first-day post-CS mothers, with stress showing stronger influence. These findings imply the need for comprehensive postoperative interventions integrating pain management, structured early mobilization, psychological support, and intensive lactation assistance to optimize early colostrum administration success.

Keywords: Mobilization difficulties, stress, colostrum, cesarean section, postpartum mothers