

ABSTRAK

PENGARUH *BREASTFEEDING FATHER EDUCATION* TERHADAP PERAN AYAH DAN PEMBERIAN ASI PADA IBU POST SC DI RUANG NIFAS RSU MUSLIMAT PONOROGO

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Pemberian ASI sebagai asupan nutrisi utama pada bayi untuk meningkatkan kekebalan dan meminimalkan kematian. Salah satu faktor pendorong keberhasilan pemberian ASI yaitu dukungan ayah sebagai *breastfeeding father* karena ayah merupakan orang yang berpengaruh dalam pengambilan keputusan ibu untuk memberikan ASI terutama pada ibu post operasi sectio caesarea (SC). Penelitian ini bertujuan untuk mengetahui pengaruh *breastfeeding father education* terhadap peran ayah dan pemberian ASI pada ibu post SC di Ruang Nifas RSU Muslimat Ponorogo.

Penelitian ini dilakukan dengan pendekatan *quasi experimental* dengan rancangan *two groups posttest only design*. Ada dua kelompok yaitu kelompok intervensi mendapatkan *breastfeeding father education* dengan media visual dan leaflet. Sedangkan pada kelompok kontrol tidak mendapatkan perlakuan. Sampel pada penelitian ini sebanyak 30 responden pada kelompok intervensi dan 29 responden pada kelompok kontrol. Teknik pengambilan sampel menggunakan *purposive sampling*. Digunakan uji Wilcoxon untuk mengetahui pengaruh pada setiap variabel.

Hasil penelitian menunjukkan peran ayah baik sebanyak 21 responden (70%) pada kelompok intervensi sedangkan pada kelompok kontrol sebanyak 14 responden (48%). Pada kelompok intervensi pemberian ASI berhasil sebanyak 22 responden (73%), sedangkan pada kelompok kontrol sebanyak 17 responden (59%). Hasil analisis uji statistik Wilcoxon didapatkan nilai Asymp. Sig. (2-tailed) bernilai 0.012 dimana nilai ini $< 0,05$ maka dapat disimpulkan bahwa H_a diterima yang artinya ada pengaruh *breastfeeding father education* terhadap peran ayah dan pemberian ASI pada ibu post SC di Ruang Nifas RSU Muslimat Ponorogo.

Peran ayah sebagai *breastfeeding father* dalam memberikan dukungan emosional, dukungan informasi, dukungan instrumental, dan dukungan *appraisal* sangat berarti membantu ibu dalam memberikan ASI. Oleh karena itu perlu ditingkatkan kegiatan edukasi tentang peran *breastfeeding father* dalam keberhasilan pemberian ASI.

Kata kunci : *breastfeeding father*, peran ayah, keberhasilan ASI

ABSTRACT

THE INFLUENCE OF BREASTFEEDING FATHER EDUCATION ON THE ROLE OF FATHER AND FEEDING BREAST MILK TO MOTHERS POST SECTIO CAESAREA IN THE POSTPARTUM ROOM OF RSU MUSLIMAT PONOROGO

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Providing breast milk as the main nutritional intake for babies to increase immunity and minimize mortality. One of the factors driving the success of breastfeeding is the father's support as a breastfeeding father because the father is an influential person in the mother's decision to give breast milk, especially to post-caesarean section (SC) mothers. This study aims to determine the effect of breastfeeding father education on the role of fathers and breastfeeding for post-SC mothers in the Postpartum Room at RSU Muslimat Ponorogo.

This research was conducted using a quasi-experimental approach with a two groups posttest only design. There were two groups, namely the intervention group, which received breastfeeding father education using visual media and leaflets. Meanwhile, the control group received no treatment. The sample in this study was 30 respondents in the intervention group and 29 respondents in the control group. The sampling technique uses purposive sampling. The Wilcoxon test was used to determine the effect of each variable.

The results showed that the role of fathers was good for 21 respondents (70%) in the intervention group, while in the control group there were 14 respondents (48%). In the intervention group, breastfeeding was successful for 22 respondents (73%), while in the control group there were 17 respondents (59%). The results of the Wilcoxon statistical test analysis showed that the Asymp value was obtained. Sig. (2-tailed) has a value of 0.012, where this value is <0.05 , so it can be concluded that H_a is accepted, which means there is an influence of breastfeeding father education on the role of fathers and giving breast milk to mothers post SC in the Postpartum Room at RSU Muslimat Ponorogo.

The father's role as a breastfeeding father in providing emotional support, information support, instrumental support, and appraisal support is very meaningful in helping the mother in providing breast milk. Therefore, it is necessary to increase educational activities about the role of breastfeeding fathers in successful breastfeeding.

Key words: breastfeeding father, father's role, breastfeeding success