

**PROGRAM STUDI S1 KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN
UNIVERSITAS ISLAM SULTAN AGUNG SEMARANG
Skripsi, Februari 2019**

ABSTRAK

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**HUBUNGAN ANTARA PEMBERIAN ASI EKSKLUSIF DENGAN PENURUNAN BERAT
BADAN PADA IBU POSTPARTUM DI DI BPM HJ. UUT SRI RAHAYU DAN BPM HJ.
NAWANGSIH KALIGAWA SEMARANG**

52 halaman + 4 tabel + 2 gambar + 16 lampiran + xiii

Latar Belakang : Pemberian ASI eksklusif cara yang efektif untuk menurunkan berat badan ibu postpartum, akan tetapi masih bersifat kontroversi karena beberapa penelitian menunjukkan bahwa menyusui dapat menurunkan berat badan, sedangkan beberapa penelitian belum menunjukkan hasil bahwa dapat menurunkan berat badan ibu.

Tujuan : untuk mengetahui hubungan antara pemberian ASI eksklusif dengan penurunan berat badan pada ibu postpartum di BPM Hj.Uut Sri Rahayu dan BPM Hj.Nawangsih Kaligawe Semarang.

Metode : jenis penelitian ini adalah kuantitatif dengan desain penelitian *deskriptif korelatif* dilakukan dengan menggunakan pendekatan cross sectional. Lokasi penelitian dilakukan di di BPM Hj.Uut Sri Rahayu dan BPM Hj.Nawangsih Kaligawe Semarang. sampel sebanyak 75 ibu postpartum. uji statistik yang digunakan yaitu uji Chi square.

Hasil :

Hasil analisis univariat karakteristik berdasarkan pendidikan ibu sebagian besar SMA sebanyak 41 responden (54,7%), dan pekerjaan wiraswasta sebanyak 40 responden (53,3%), responden menyusui eksklusif sebanyak 47 responden (62,7%), menyusui non eksklusif sebanyak 28 responden (37,3%), Hasil analisis bivariat dengan uji *chi square* didapatkan nilai $\rho = 0.0001$, sehingga H_a diterima

Kesimpulan:

Ada hubungan yang bermakna antara pemberian ASI eksklusif dengan penurunan berat badan pada ibu postpartum

Kata kunci : Pemberian ASI eksklusif, Penurunan berat badan ibu postpartum

Daftar Pustaka : 36 (2007-2017)

**UNDERGRADUATE NURSING STUDY PROGRAM
FACULTY NURSING SCIENCE
Sultan Agung Islamic University Semarang
Mini Thesis, February 2019**

ABSTRACT

RELATIONSHIP AMONG EXCLUSIVE ATTENTION APPLICATION WITH DECREASED BODY WEIGHT ON POSTPARTUM'S MOTHER AT BPM HJ. UUT SRI RAHAYU AND BPM HJ. NAWANGSIH KALIGawe SEMARANG

52 pages + 4 tables + 2 images + 16 attachments + xiii

Background : Exclusive Attention application trick which effective to down body weight mother postpartum, but then still gets controversy character because umpteen that menunjukan's research breasts feed to get downs body weight, meanwhile many research have pointed out that result gets to down body weight mother.

Objective : to know relationship among exclusive Attention application with decreased body weight on postpartum's mother at BPM Hj. Uut sri rahayu and BPM Hj. Nawangsih Kaligawe is semarang.

Method : this observational type is quantitative with observational design *korelatif is descriptive* done by use of approaching cross sectional. Observational location to be done at at BPM Hj. Uut sri rahayu and BPM Hj. Nawangsih Kaligawe is semarang. sample as much 75 postpartum's mothers. statistical quiz that is utilized which is quiz Chi Square.

Result :

analisis univariat's result characteristic bases mother education a large part SMA as much 41 respondents (54,7%), and wiraswasta's work as much 40 respondents (53,3%), respondent breasts feed exclusive as much 47 respondents (62,7%), breast feed non exclusive as much 28 respondents (37,3%), analisis's result bivariate by tests *chi square* gotten by point $\rho = 0.0001$, so H_a is accepted

Conclusion :

There is relationship which wherewith among exclusive Attention application with decreased body weight on postpartum's mother

Key word : Exclusive Attention application, Decrease body weight mother postpartum

Bibliography : 36 (2007-2017)