

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

**ABSTRAK**

**Siti Maesaroh**

**HUBUNGAN KONDISI PSIKIS TERHADAP KELANCARAN PRODUKSI  
ASI PADA IBU MENYUSUI EKSKLUSIF DI WILAYAH KERJA  
PUSKESMAS BANGETAYU, KECAMATAN GENUK,  
KOTA SEMARANG**

66 Halaman + 6 tabel + 4 gambar + 13 lampiran + xiii

**Latar belakang** : ASI merupakan makanan bernutrisi dan bergizi untuk bayi. Kandungan yang terdapat di dalam ASI bermanfaat untuk proses pertumbuhan serta perkembangan bayi. Akan tetapi, banyak ibu menyusui yang produksi ASI nya tidak lancar karena berbagai faktor. Tujuan penelitian untuk mengetahui kondisi psikis terhadap kelancaran produksi ASI pada ibu menyusui eksklusif di Wilayah Kerja Puskesmas Bangetayu, Kecamatan Genuk, Kota Semarang.

**Metode**: Penelitian ini merupakan penelitian kuantitatif dengan *Cross Sectional*. Proses pengumpulan data menggunakan observasi. Teknik pengambilan data menggunakan total sampling dengan jumlah sampel sebanyak 58 responden.

**Hasil** : Penelitian ini menggunakan uji *Chi Square* untuk menganalisa data. Hasil penelitian ini didapatkan *P-value* = 0.00 ( $<0,05$ ). Hal ini menunjukkan bahwa terdapat hubungan kondisi psikis terhadap produksi ASI.

**Simpulan** : Ada hubungan kondisi psikis terhadap kelancaran produksi ASI pada ibu menyusui eksklusif di Wilayah Kerja Puskesmas Bangetayu, Kecamatan Genuk, Kota Semarang.

**Kata kunci** : Kondisi Psikis, Kelancaran Produksi ASI, Menyusui Eksklusif.

**Daftar Pustaka** : (2009-2018)

**NURSING STUDY PROGRAM  
FACULTY OF NURSING**

**SULTAN AGUNG ISLAMIC UNIVERSITY SEMARANG**  
**Mini Thesis, January 2019**

## **ABSTRACT**

**Siti Maesaroh**

**Relationship Of Psychic Conditions On The Straightening Of Breast Milk Production In Exclusive Breasfeeding Mothers In The Working Area Of Bangetayu Health Center, Genuk district, Semarang City**

**66 Pages+ 6 tables+ 4 figure + 13 appendices + xiii**

**Background** : Breast milk is a nutritious food for babies. The content that is in breast milk is useful for the process of growth and development of the baby. However, many breastfeeding mothers whose milk production is not smooth due to various factors. The purpose of the study was to determine the psychological condition of the smooth production of breast milk in exclusive breastfeeding mothers in the working area of Bangetayu Health Center, Genuk District, Semarang City.

**Method** : This research is a quantitative research with Cross Sectional. The process of collecting data uses observation. Data collection techniques using total sampling with a total sample of 58 respondents.

**Result** : This research uses Chi Square test to analyze data. The results of this study obtained P-value = 0.00(<0.05). This shows that the relationship between psychological conditions for breast milk production.

**Resume** : There is a relationship between psychological conditions for the smooth production of breast milk in exclusive breastfeeding mothers in the working area of Bangetayu Health Center, Genuk District, Semarang City.

**Key word** : Psychological conditions, Smooth production of breast milk,  
Exclusive breastfeeding

**References: (2009-2018)**