

## **Relationship Between Rooming-In and Lactation Techniques with Breastfeeding Success in Azalea Ward, RSUD dr. M. Thomsen, Nias**

### **Abstract**

**Background,** Successful breastfeeding is an important measure of both maternal and infant health during the postpartum period. Key factors that influence exclusive breastfeeding include rooming-in practices and the correct application of lactation techniques. Nevertheless, several challenges may hinder their implementation, such as the health condition of the mother and baby, limited healthcare resources, and inadequate maternal knowledge regarding proper breastfeeding methods. **Objective,** this study aimed to examine the association between rooming-in and lactation techniques with breastfeeding success among postpartum mothers. **Methods,** a quantitative cross-sectional design was employed. The study population consisted of all 38 postpartum mothers at RSUD dr. M. Thomsen, Nias, who were included using total sampling. Data were gathered through observation checklists and structured questionnaires. The Chi-Square test was used for statistical analysis. **Results,** of the 38 participants, 31 practiced rooming-in, 30 applied correct lactation techniques, and 31 achieved breastfeeding success. Delivery methods included 8 cesarean sections and 30 normal deliveries. Statistical analysis showed a significant association between both rooming-in and proper lactation techniques with breastfeeding success ( $p < \alpha$ ). **Conclusion,** implementing rooming-in and correct lactation techniques is significantly linked to successful breastfeeding in postpartum mothers. **Implications,** these findings suggest that hospitals should maintain consistent rooming-in practices and offer practical, hands-on breastfeeding education programs to enhance maternal and infant health outcomes.

**Keywords:** *Rooming-in, Lactation techniques, Breastfeeding success, Postpartum mothers*

***Hubungan Rawat Gabung dan Teknik Laktasi Terhadap Keberhasilan Menyusui di Ruang Azalea RSUD dr.M.Thomsen Nias***

**ABSTRAK**

**Latar belakang,** Keberhasilan menyusui merupakan salah satu indikator penting dalam kesehatan bayi dan ibu pascapersalinan. Praktik rawat gabung (rooming-in) dan teknik laktasi yang tepat merupakan faktor kunci yang memengaruhi keberhasilan pemberian Air Susu Ibu (ASI) eksklusif. Namun, penerapan kedua faktor tersebut sering menghadapi kendala seperti kondisi ibu dan bayi pascapersalinan, keterbatasan fasilitas, serta kurangnya pengetahuan ibu tentang teknik menyusui yang benar. **Tujuan Penelitian,** menganalisis hubungan rawat gabung dan teknik laktasi dengan keberhasilan menyusui. **Metode Penelitian:** Desain kuantitatif dengan pendekatan cross-sectional. Populasi seluruh ibu postpartum berjumlah 38 orang dan dijadikan sampel penelitian dengan teknik total sampling yang ada di RSUD dr. M.Thomsen Nias. Alat ukur menggunakan lembar observasi dan kuesioner. Analisis data uji Chi-Square. **Hasil penelitian,** dari 38 orang responden mayoritas rawat gabung 31 orang, teknik menyusui yang tepat 30 orang dan keberhasilan menyusui 31 orang dengan jenis persalinan sectio caesarea 8 orang dan normal 30 orang. **Kesimpulan,** Hasil uji *chi square test* terdapat hubungan rawat gabung dan teknik laktasi terhadap keberhasilan menyusui dengan nilai  $p < \alpha$ . **Implikasi Penelitian,** Memotivasi rumah sakit untuk menerapkan rawat gabung secara konsisten dan menyediakan program edukasi laktasi berbasis praktik.

***Kata kunci: Rawat gabung, Teknik laktasi, Keberhasilan menyusui, Ibu Postpartum.***