

**PENGARUH PEMBERIAN BUAH PEPAYA (*CARICA PAPAYA L*)TERHADAP
KELANCARAN PRODUKSI ASI PADA IBU MENYUSUI
DI KLINIK BIDAN SUPIANIMEDAN TAHUN 2021**

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Pepaya (*Carica Papaya L*) merupakan salah satu buah yang mengandung laktagogum dan memiliki kandungan nutrisi yang tinggi dan kaya akan manfaat bagi kesehatan. Laktagogum merupakan zat atau obat yang dapat meningkatkan atau memperlancar pengeluaran air susu ibu. Laktagogum memiliki efek dalam merangsang pengeluaran hormon oksitosin dan prolaktin seperti alkaloid, polifenol, steroid, flavonoid, yang efektif dalam meningkatkan sekresi dan pengeluaran ASI. Tujuan umum, mengetahui Pengaruh Pemberian Buah Papaya (*Carica Papaya L*) Terhadap Kelancaran Produksi Asi Pada Ibu Menyusui Di Klinik Bidan Supiani Medan Tahun 2021. Penelitian ini menggunakan metode pre-eksperimen dengan menggunakan rancangan one group *pre-test dan posttest design*. Berdasarkan hasil penelitian statistik tentang pengaruh pemberian buah pepaya terhadap kelancaran produksi ASI pada ibu berdasarkan *uji Wilcoxon Signed Rank Test pre dan post*, diperoleh nilai Z sebesar -4.768^a dengan nilai p-value sebesar 0,000. Nilai *uji p-value* $0,001 < 0,005$ (H_0 ditolak). Hal ini menunjukkan bahwa terdapat perbedaan antara sebelum dilakukan pemberian buah pepaya (*Carica Papaya L*) dan sesudah diberikan buah pepaya (*Carica Papaya L*). Maka dapat disimpulkan bahwa ada pengaruh pemberian buah pepaya (*Carica Papaya L*) terhadap kelancaran ASI pada ibu menyusui di Klinik Bidan Supiyani Medan Tahun 2021.

Kata Kunci: Buah Pepaya (*Carica Papaya L*), Kelancaran Produksi ASI, Ibu Menyusui.

**THE EFFECT OF GIVING PAPAYA FRUIT (CARICA PAPAYA L) ON THE LESS OF
BREAST MILK PRODUCTION IN BREASTFEEDING MOTHER IN SUPIANI CLINIC
MEDAN YEAR 2021**

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Papaya (*Carica Papaya L*) is a fruit that contains lactagogum and has high nutritional content and is rich in health benefits. Lactagogum is a substance or drug that can increase or facilitate the release of breast milk. Lactagogum has the effect of releasing oxytocin and prolactin hormones such as alkaloids, polyphenols, steroids, flavonoids, which are effective in increasing breast milk secretion and excretion. General objectives, see the Effect of Papaya Fruit Giving (*Carica Papaya L*) on the Smoothness of Breast Milk Production in Breastfeeding Mother in Supiyani Clinic Medan Year 2021. This study used a pre-experimental method using one group pre-test and posttest design. Based on the results of statistical research on the effect of offering papaya fruit on the smooth production of breast milk in mothers based on the pre and post Wilcoxon Signed Rank Test, the Z value was -4.768a with a p-value of 0.000. The p-value test value is $0.001 < 0.005$ (H_0 is rejected). This shows that there is a difference between before giving papaya fruit (*Carica Papaya L*) and after being given papaya fruit (*Carica Papaya L*). So it can be concluded that there is an effect of giving papaya fruit (*Carica Papaya L*) on the smoothness of breastfeeding in breastfeeding mother in Supiani Clinic Medan Year 2021

Keywords: Papaya Fruit (*Carica Papaya L*), Smooth Breastfeeding Production, Breastfeeding Mother