

Abstrak

Frekuensi dan durasi pemberian ASI mempunyai hubungan dengan terjadinya mastitis karena pada payudara terdapat vena limpatik yang mengalirkan produksi air susu, jika frekuensi dan durasi pemberian ASI optimal, maka pengosongan payudara dapat secara sempurna, aliran vena limpatik lancar, sehingga mencegah terjadinya mastitis. **Tujuan** penelitian ini untuk mengetahui apakah ada hubungan frekuensi pemberian ASI dengan kejadian mastitis pada ibu menyusui 0-6 bulan di wilayah Puskesmas Onolalu. **Metode** penelitian ini menggunakan analitik dengan pendekatan *cross sectional*. Sampel dalam penelitian sebanyak 32 responden dengan Teknik total sampling. Analisis data menggunakan uji *chi-square*. **Hasil** penelitian adalah mayoritas responden berusia 20-30 sebanyak 14 orang (43,8%), mayoritas responden berpendidikan SMA sebanyak 13 orang (40,6%), mayoritas responden bekerja sebagai IRT sebanyak 11 orang (34,4%), mayoritas responden dengan paritas Secundigravida sebanyak 14 orang (43,8%), dari 32 responden mayoritas dengan kejadian mastitis sebanyak 18 responden (56,2%). Mayoritas Frekuensi pemberian ASI yang optimal sebanyak 19 responden (59,4%). Berdasarkan uji statistic chi-square yang telah dilakukan menunjukkan nilai P-value ($>0,05$) 0,006. Hipotesa penelitian yang menyatakan bahwa ada hubungan antara frekuensi pemberian ASI dengan kejadian Mastitis terbukti atau dapat diterima. **Kesimpulan** dari hasil penelitian ini adalah adanya hubungan antara frekuensi pemberian ASI dengan kejadian Mastitis. **Saran** dalam penelitian ini adalah diharapkan agar meningkatkan penyuluhan tentang hal-hal yang menyangkut dengan frekuensi pemberian ASI dengan kejadian mastitis pada ibu menyusui.

Kata Kunci : Frekuensi pemberian ASI, Mastitis

Abstract

The frequency and duration of breastfeeding have a relationship with the occurrence of mastitis because in the breast there are lymphatic veins that drain milk production, if the frequency and duration of breastfeeding is optimal, then breast emptying can be complete, lymphatic venous flow is smooth, thus preventing mastitis. The purpose of this study was to determine whether there was a relationship between the frequency of breastfeeding and the incidence of mastitis in breastfeeding mothers 0-6 months in the Onolalu Public Health Center. This research method uses analytic with cross sectional approach. The sample in the study was 32 respondents with total sampling technique. Data analysis using chi-square test. The results of the study are the majority of respondents aged 20-30 as many as 14 people (43.8%), the majority of respondents with high school education as many as 13 people (40.6%), the majority of respondents working as IRT as many as 11 people (34.4%), the majority of respondents with parity Secundigravida as many as 14 people (43.8%), from the majority of 32 respondents with mastitis incidence as many as 18 respondents (56.2%). The majority of the optimal frequency of breastfeeding were 19 respondents (59.4%). Based on the chi-square statistical test that has been carried out, the P-value (> 0.05) is 0.006. The research hypothesis which states that there is a relationship between the frequency of breastfeeding and the incidence of mastitis is proven or acceptable. The conclusion from the results of this study is that there is a relationship between the frequency of breastfeeding and the incidence of mastitis. Suggestions in this study are expected to increase counseling on matters relating to the frequency of breastfeeding and the incidence of mastitis in breastfeeding mothers. **Keywords: Frequency of breastfeeding, Mastitis**