

ABSTRAK

PENGARUH TEHNIK MARMET TERHADAP KELANCARAN ASI PADA IBU POSTPARTUM DI PUSKESMAS SEI BEROMBANG KECAMATAN PANAI HILIR

**S1 KEBIDANAN PROGAM KHUSUS FAKULTAS KEPERAWATAN
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Air susu ibu (ASI) mengandung banyak gizi yang baik untuk pertumbuhan anak sehingga dapat melindungi bayi dari berbagai kuman. Tujuan penelitian untuk mengetahui tehnik marmet berpengaruh untuk kelancaran ASI pada ibu menyusui di Puskesmas Sei Berombang Kecamatan Panai Hilir. Jenis penelitian *quasi eksperiment* dengan desain 1 kelompok perlakuan (pre dan posttest). Sampel berjumlah 16 orang ibu postpartum hari kedua. Analisis dengan uji wilcoxon. Hasil analisis menunjukkan nilai sig. 0,000 ($< 0,05$), pemberian tehnik marmet berpengaruh bagi kelancaran ASI. Penelitian ini dapat ditarik kesimpulan pemberian tehnik marmet dapat meningkatkan produksi ASI pada ibu postpartum. Diharapkan tehnik ini menjadi alternatif dalam mempercepat pengeluaran ASI sehingga ASI menjadi lancar dan ASI eksklusif dapat terjalani.

Kata kunci : Tehnik marmet, Kelancaran ASI, Postpartum

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ABSTRACT

THE EFFECT OF THE MARMET TECHNIQUE ON THE CURRENCY OF BREAST MILK ON POSTPARTUM MOTHERS AT SEI Berombang Public Health Center, PANAI HILIR DISTRICT

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Mother's milk (ASI) contains many nutrients that are good for child growth so that it can protect babies from various germs. The purpose of this study was to determine the effect of marmet techniques on breastfeeding mothers at the Sei Berombang Health Center, Panai Hilir District. This type of research is quasi-experimental with 1 treatment group design (pre and posttest). The sample amounted to 16 postpartum mothers on the second day. Analysis by Wilcoxon test. The results of the analysis show the value of sig. 0.000 (< 0.05), giving the marmet technique an effect on the smoothness of breast milk. From this research, it can be concluded that giving marmet technique can increase breast milk production in postpartum mothers. It is hoped that this technique can be an alternative in accelerating the release of breast milk so that breastfeeding becomes smooth and exclusive breastfeeding can be carried out.

Keywords : Marmet technique, Smooth breastfeeding, Postpartum

Reference :13(2013-2021)