

***The Relationship Between Early Breastfeeding Initiation and Reduced Postpartum Bleeding and Uterine Involution in the PMB Supiani***

**ABSTRACT**

*The puerperium is the period after childbirth until the reproductive organs return to their pre-pregnancy state. Postpartum hemorrhage is defined as blood loss of more than 500 cc after vaginal delivery or more than 1,000 cc in the first 24 hours after abdominal delivery. Uterine involution, the process of returning the uterus to its original size and shape, is crucial to prevent further bleeding. The maternal mortality rate (MMR) in Indonesia due to postpartum hemorrhage reaches 8.5%, with North Sumatra Province recording 195 deaths per 100,000 live births. Early initiation of breastfeeding (IMD) plays a crucial role in preventing postpartum hemorrhage and supporting uterine involution through the release of the hormone oxytocin during breastfeeding. This study used a quantitative approach with a cross-sectional design and involved 80 respondents. Data were collected using an observation sheet that included variables of IMD, postpartum hemorrhage, and uterine involution. The results of the analysis using the Chi-Square statistical test showed  $p = 0.000 < 0.05$ , which means there is a significant relationship between IMD and reduced bleeding and uterine involution in postpartum mothers. The conclusion of this study is that IMD plays an important role in reducing the risk of postpartum hemorrhage and accelerating the process of uterine involution. Therefore, education and support are needed for mothers in labor so that they can optimally implement IMD as an effort to prevent complications during the postpartum period.*

***Key Words : Early Initiation of Breastfeeding; reduction of postpartum hemorrhage; uterine involution***

# **HUBUNGAN INISIASI MENYUSU DINI DENGAN PENURUNAN PERDARAHAN POST PARTUM DAN PROSES INVOLUSIO UTERI DI PMB SUPIANI**

## **ABSTRAK**

Masa nifas (puerperium) adalah periode setelah melahirkan hingga alat reproduksi kembali ke kondisi sebelum hamil. Perdarahan post partum didefinisikan sebagai kehilangan darah lebih dari 500 cc setelah persalinan vaginal atau lebih dari 1000 cc dalam 24 jam pertama setelah persalinan abdominal. Involusi uterus, yaitu proses kembalinya ukuran dan bentuk uterus, sangat penting untuk mencegah perdarahan yang berlanjut. Angka Kematian Ibu (AKI) di Indonesia akibat perdarahan post partum mencapai 8,5%, dengan Provinsi Sumatera Utara mencatat 195 kematian per 100.000 kelahiran hidup. Inisiasi menyusui dini (IMD) berperan penting dalam mencegah perdarahan post partum dan mendukung involusi uterus melalui pelepasan hormon oksitosin saat bayi menyusui. Penelitian ini menggunakan pendekatan kuantitatif dengan desain cross sectional dan melibatkan 80 responden. Data dikumpulkan menggunakan lembar observasi yang mencakup variabel IMD, perdarahan post partum, dan involusi uteri. Hasil analisis menggunakan uji statistik *Chi-Square* menunjukkan  $p=0,000 < 0,05$ , yang berarti terdapat hubungan signifikan antara IMD dengan penurunan perdarahan dan proses involusi uteri pada ibu postpartum. Kesimpulan dari penelitian ini adalah bahwa IMD berperan penting dalam menurunkan risiko perdarahan postpartum dan mempercepat proses involusi uterus. Oleh karena itu, diperlukan edukasi dan pendampingan kepada ibu bersalin agar dapat melakukan IMD secara optimal sebagai upaya pencegahan komplikasi pada masa nifas.

**Kata Kunci : Inisiasi Menyusui Dini; Perdarahan Post Partum; Involusio Uteri**