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PENGARUH PEMAKAIAN KB SUNTIK 3 BULAN NON ESTROGEN TERHADAP KECUKUPAN ASI PADA IBU MENYUSUI DI WILAYAH DESA TLOGOTIRTO KECAMATAN GABUS

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ABSTRAK

Latar Belakang : Faktor yang mempengaruhi produksi ASI yaitu frekuensi menyusui bayi, umur kehamilan saat melahirkan, berat badan bayi, umur dan paritas ibu, stress dan penyakit akut, konsumsi rokok, konsumsi alkohol, makanan ibu, dukungan suami dan keluarga lain, perawatan payudara, jenis persalinan, rawat gabung, gizi ibu dan kontrasepsi. Hormon Progesterin mempunyai fungsi mempengaruhi pertumbuhan dan ukuran alveoli. Pemberian Depo progesterin (DMPA) yang tidak berdampak pada produksi ASI, sedangkan kontrasepsi yang mengandung hormon estrogen yang dapat menurunkan jumlah produksi ASI. **Tujuan Penelitian :** Mengidentifikasi Pengaruh Pemakaian KB Suntik 3 Bulan Non Estrogen (DMPA) Dan Tidak KB Terhadap Kecukupan ASI Pada Ibu Menyusui Di Wilayah Desa Tlogotirto Kecamatan Gabus. **Metodologi Penelitian :** Jenis penelitian yang digunakan yaitu *observasional analitik* dengan desain *case control*. Populasi dalam penelitian ini adalah seluruh ibu yang menyusui yang memiliki anak usia 9-12 bulan yaitu 55 ibu. Sampel dengan rumus slovin terdapat 48 sampel yang terbagi dalam menggunakan Kb suntik 3 bulan non estrogen dan tidak KB. **Hasil penelitian :** setelah dilakukan uji *Fisher's Exact Test* diketahui nilai p value $1,00 > 0,05$ yang berarti tidak ada pengaruh pemakaian Suntik KB 3 bulan Non hormonal terhadap kecukupan ASI pada ibu menyusui di desa Tlogotirto Kecamatan Gabus

Kata Kunci : KB Non Estrogen, Kecukupan ASI, Ibu Menyusui

THE EFFECT OF USING 3 MONTHS NON – ESTROGEN INJECTABLE CONTRACEPTION ON ADEQUACY OF BREAST MILK FOR BREASTFEEDING IN THE TLOGOTIRTO VILLAGE AREA GABUS DISTRICT

ABSTRACT

Background: Factors that affect breast milk production are the frequency of breastfeeding the baby, gestational age at delivery, baby weight, maternal age and parity, stress and acute illness, cigarette consumption, alcohol consumption, maternal diet, support from husband and other families, breast care, type of delivery, hospitalization, maternal nutrition and contraception. The hormone progesterin has the function of influencing the growth and size of the alveoli. Provision of Depo Progesterin (DMPA) which has no impact on breast milk production, while contraception containing the hormone estrogen can reduce the amount of breast milk production. **Research Objectives :** To identify a si Influence The use of non-estrogen (DMPA) and non- contraceptive 3-month injectable family planning on breast milk adequacy in breastfeeding mothers in the Tlogotirto village area, Gabus district . **Research Methodology :** The type of research used is *analytic observational with case control design* . The population in this study were all breastfeeding mothers who had children aged 9-12 months, namely 55 mothers. The sample with the slovin formula contained 48 samples which were divided into using 3-month non-estrogen injectable contraceptives and non-estrogen contraceptives. **The results: after the Fisher's Exact Test was carried out,** was known that the p value was $1.00 > 0.05$, which means that there is no effect of using 3-month non-hormonal family planning injections on the adequacy of breast milk in breastfeeding mothers in Tlogotirto village, Gabus district.

Keywords: Non-Estrogen Family Planning, Adequate Breastfeeding, Breastfeeding Mothers

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