

Hubungan pemberian asi pada bayi umur kurang dari 10 (sepuluh) hari dengan gejala Postpartum Blues di kota Bengkulu Tahun 2011

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Abstrak

Background: Postpartum blues is a mild mental disorder in postpartum mothers. infant feeding methods may affect the reciprocal of the postpartum blues or postpartum maternal mental health, and these symptoms can lead to successful breast-feeders (breast milk) exclusively Results in 2010 in Indonesia RISKESDES feeding patterns in infants < 1 month was 55.1% partially, and in the province of Bengkulu in 2010 52.9% prelacteal feeding. Prevalence of postpartum blues in several countries between 40-60% while the incidence of postpartum blues in Bengkulu not yet been reported. Research Goals: to determine the relationship breast-feeders pad infants aged < 10 days with symptoms of postpartum blues. Methods: This research is a type of observational research with cross sectional design studt. Large sample of 97 postpartum women with accidental sampling technique. Analysis of the data used is univariable, bivariable, and multivariable. Results: univariable analysis found that breast-feeders in infants less than 10 days almost all partial breastfeeding (48.45%) and only a fraction of full breastfeeding (19.59%), and almost half mothers experience symptoms of postpartum blues (29.90%). Bivariable analysis showed that there is a significant association between breast-feeders in infants age < 10 days, parity and social support to the symptoms of postpartum blues. But there is no relationship between type of labor with symptoms of postpartum blues. Results: Results of logistic regression analysis showed a significant association between early feeding patterns in infants with symptoms of postpartum blues (OR = 4.47, 95% CI: 1.03 to 10.43), which means non-breastfeeding mothers who have a risk 4.47 times more likely to experience postpartum blues than women full breastfeeding. Conclusion: non breastfeeding mothers who have a risk 4.47 times more likely to have symptoms than women postpartum full breastfeeding blues. So need to improve the delivery of information, education and communication (IEC) on the importance of breast-feeders alone since the first hour of birth to age 6 months in the mother on an ongoing basis from now on antenatal care, delivery, and postpartum by involving her husband and close family