

## Efektivitas program "SATUPAS" terhadap produksi ASI, frekuensi perah, dan ASI parsial bayi berat lahir rendah = The effectiveness of "SATUPAS" program on breastmilk production, frequency of breastmilk expression, and partial breastfeeding in low birth weight infants.

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### Abstrak

ASI menjadi nutrisi terbaik yang dapat membantu menurunkan morbiditas dan mortalitas BBLR. Namun, pemberian ASI pada BBLR selama masa perawatan di rumah sakit sering menemukan berbagai macam hambatan. Intervensi yang dapat dilakukan berupa pemberian edukasi dan dukungan menyusui BBLR melalui program SATUPAS. Tujuan penelitian ini adalah untuk mengidentifikasi pengaruh program "SATUPAS" terhadap produksi ASI, frekuensi perah, dan ASI parsial bayi berat lahir rendah. Desain penelitian adalah true experiment dengan pendekatan pre-post test control group dan pengambilan sampel menggunakan metode random sampling. Responden berjumlah 82 ibu dan bayi berat lahir rendah yang dibagi menjadi 41 responden mendapat intervensi program SATUPAS dan 41 responden mendapat intervensi rutin. Analisis univariat menunjukkan kedua kelompok homogen dan analisis bivariat menggunakan uji Wilcoxon dan Mann-Whitney menunjukkan terdapat perbedaan yang signifikan antara produksi ASI ( $p=0,001$ ), frekuensi perah ( $p=0,001$ ), dan ASI parsial ( $p=0,001$ ) kelompok kontrol dan kelompok intervensi. Penelitian ini merekomendasikan penerapan program SATUPAS sebagai upaya untuk meningkatkan pemberian ASI bagi bayi berat lahir rendah yang menjalani hospitalisasi.

.....Breast milk is the best nutrition that can help reduce morbidity and mortality of Low Birth Weight (LBW) infants. However, breastfeeding LBW infants during hospitalization often has many problems. Intervention in the form of providing education and support for LBW infants breastfeeding through the SATUPAS program is attempted to overcome this problem. The purpose of this study was to identify the effect of the "SATUPAS" program on breastmilk production, frequency of breastmilk expression, and partial breastfeeding of low birth weight infants. The research design was a true experiment with a pre-post test control group approach and the sampling method used a random sampling. Respondents were 82 mothers and low birth weight babies, divided into 41 respondents who received the SATUPAS program intervention and 41 respondents received routine intervention. Univariate analysis showed that both groups were homogeneous and bivariate analysis using the Wilcoxon and Mann-Whitney tests showed that there was a significant difference between breastmilk production ( $p = 0.001$ ), frequency of breastmilk expression ( $p = 0.001$ ), and partial breastfeeding ( $p = 0.001$ ) in the control group and the intervention group. This study recommends the implementation of the SATUPAS program as an effort to increase breastfeeding for low birth weight infants undergoing hospitalization.