

**PENDAMPINGAN TEKNIK MENYUSUI PADA IBU
POSTPARTUM DENGAN MENYUSUI EFEKTIF DI
WILAYAH KERJA PUSKESMAS TAMANSARI KOTA
TASIKMALAYA**

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**PROGRAM STUDI D III KEPERAWATAN
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Karya Tulis Ilmiah, Juli 2025

Salwa Hanifah

**Pendampingan Teknik Menyusui Pada Ibu Postpartum Dengan Menyusui
Tidak Efektif di Wilayah Kerja Puskesmas Tamansari Kota Tasikmalaya**

xv + 107 halaman + 5 tabel + 13 lampiran

ABSTRAK

Teknik menyusui adalah cara ibu memberikan ASI untuk memenuhi kebutuhan gizi bayi. Namun, praktik ASI eksklusif masih menghadapi hambatan, seperti kurangnya pengetahuan, minimnya dukungan, dan pengaruh promosi susu formula. Pendampingan diperlukan agar ibu memahami cara menyusui yang benar, termasuk posisi tubuh dan perlekatan puting. Penelitian ini bertujuan untuk mengetahui respon subjek sebelum dan sesudah pendampingan teknik menyusui pada ibu postpartum. Penelitian ini menggunakan metode deskriptif dengan pendekatan studi kasus. Subjek terdiri dari dua ibu postpartum, dengan pendampingan dilakukan dalam tiga kali kunjungan. Instrumen yang digunakan meliputi pedoman wawancara, Standar Operasional Prosedur (SOP). Teknik pengambilan data menggunakan lembar observasi. Setelah tiga hari pendampingan, terlihat perubahan positif. Perlekatan bayi membaik, posisi menyusui tepat, dan bayi mulai tertidur pulas setelah menyusui. Pendampingan teknik menyusui efektif meningkatkan pengetahuan, keterampilan, dan kepercayaan diri ibu dalam menyusui.

Kata Kunci : Teknik Menyusui, ASI eksklusif, Ibu Postpartum, Pendampingan.

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Breastfeeding Technique Assistance for Postpartum Mothers with Breastfeeding Is Ineffective in the Working Area of Tamansari Community Health Care Tasikmalaya City

xv +107 pages + 5 tables + 13 appendices

ABSTRACT

Breastfeeding technique is the way a mother provides breast milk to meet her baby's nutritional needs. However, the practice of exclusive breastfeeding still faces several obstacles, such as lack of knowledge, limited support, and the influence of formula milk promotion. Assistance is necessary to help mothers understand proper breastfeeding methods, including body positioning and correct nipple attachment. This study aims to assess the response of postpartum mothers before and after receiving breastfeeding technique assistance. The research used a descriptive method with a case study approach. The subjects consisted of two postpartum mothers, with assistance provided over three visits. Instruments used included interview guidelines and Standard Operating Procedures (SOP). Data collection was carried out using observation sheets. After three days of assistance, positive changes were observed. Baby latch improved, breastfeeding position became correct, and the babies began sleeping soundly after feeding. The breastfeeding technique assistance proved effective in improving the mothers' knowledge, skills, and confidence in breastfeeding.

Keywords: *Breastfeeding Technique, Exclusive Breastfeeding, Postpartum Mothers, Assistance.*