

ABSTRACT

PROVISION OF BANANA BLOSSOM CONSUMPTION TO IN CREATION ASI PRODUCTION ON POSTPARTUM MOTHER BPM HELMY INNARSIH SIMO, BOYOLALI

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Background ; The problem that is often found from breastfeeding mothers is not the maximum production of breast milk. One way to increase the volume of breast milk, by consuming the banana blossom. The banana blossom containing laktogogum has the potential to stimulate the hormone oxytocin and prolactin, so that stimulation occurs to produce milk. **Aim ;** Describe the results of the observation of breastfeeding mother's breast milk production which consumes the banana blossom. **Method ;** This study used a descriptive observational method using 2 respondents, the banana heart was given twice a day for 7 days. The research place at BPM Helmy Innarsih Simo in April 2019, while collecting data with observations before and after consuming the banana blossom. **Results;** before the administration of processed banana blossom, ASI production 2 respondents were not smooth, after the administration of processed banana blossom experienced increased milk production in postpartum mothers on the 4th day the administration of processed banana blossom. **Conclusion;** The consumption of banana heart in postpartum mothers has increased milk production.

Keywords: Postpartum mother, breast milk, banana heart

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