

## ABSTRAK

Dian Daniarti	Dosen Pembimbing
NIM B2015034	1. Anjar Nurrohmah, M.Kep
Program Studi DIII Keperawatan	2. Mursudarinah, M.Kes
<b>PENERAPAN <i>BREASTCARE</i> TERHADAP PRODUKSI ASI PADA IBU <i>POST PARTUM</i> DI KECAMATAN BULU KABUPATEN SUKOHARJO</b>	
<b>ABSTRAK</b>	
<p><b>Latar Belakang</b> ; Perawatan payudara merupakan suatu kebutuhan bagi ibu nifas. Dimana dengan perawatan payudara akan sangat membantu pengeluaran ASI yang berimbas pada peningkatan produksi ASI, cakupan ASI eksklusif di kabupaten sukoharjo tahun 2014 masih dibawah target, yaitu 63,39%. Banyak faktor yang mempengaruhi rendahnya cakupan ASI eksklusif, salah satunya adalah faktor rangsangan berupa perawatan payudara. Apabila seorang ibu nifas diberi rangsangan berupa metode breastcare secara rutin akan membantu memperlancar produksi ASI. <b>Tujuan</b> ; Untuk meningkatkan produksi ASI pada ibu nifas. <b>Metode</b> ; penelitian yang digunakan adalah penelitian terapan dengan studi kasus yang menggunakan metode penerapan deskriptif dan mengobservasi kejadian yang sudah terjadi. Responden adalah ibu nifas hari ke - 1 sampai hari ke-7. Untuk responden diberikan breastcare 2x sehari (pagi dan sore) kemudian di observasi produksi ASI-nya pada hari ke-8. <b>Hasil</b> ; Hasil penelitian menunjukkan responden sebelum diberikan breastcare produksi ASI nya kurang, kemudian setelah diberikan breastcare produksi ASI nya banyak. <b>Kesimpulan</b> ; Breastcare post partum efektif meningkatkan produksi ASI pada ibu menyusui.</p>	
<b>Kata Kunci</b> : <i>perawatan payudara, ibu nifas, produksi ASI</i>	

## ABSTRACT

Dian Daniarti	Counsellor
NIM B2015034	1. Anjar Nurrohmah, M.Kep
Program Studi DIII Keperawatan	2. Mursudarinah, M.Kes
<b>APPLICATION OF BREASTCARE TO BREAST MILK PRODUCTION IN POST PARTUM MOTHERS IN BULU SUKOHARJO DISTRICT</b>	
<b>ABSTRACT</b>	
<p><i><b>Background</b> ; Breast Care is a requirement for post partum mothers. Where to breast care will greatly assist ASI expenditures which impact on the increase in milk production. With the abundant production of milk, the baby will be breastfed exclusively, an exclusive breastfeeding coverage in sukoharjo district in 2014 the target is still in below, that is about 63.39%. There is many factors that can be affect to the low coverage of exclusive breastfeeding, which is a stimulus factor in the form of breast care. when a postpartum mother is given by stimulation in the form of breast care method, in a regular / daily base, it will be help to facilitate the productions of breast milk. <b>The Aim</b> ; To increase about milk productions in a postpartum. <b>The method</b> ; The research used is about an applied research with study case using a descriptive application method and observing about an incidents that was happened previously. The respondents is postpartum people, that start from the days of 1<sup>st</sup> until 7<sup>th</sup>. It is for the respondents who given about breast care twice in a day (in the morning and afternoon), and then about milk productions it will be observed in the day of 8<sup>th</sup>. <b>The Results</b>; the observation results showed about the respondent who has less milk production and who given by breast care previously, after that it is increase a lots about milk productions that was given a breast care. <b>The Conclusion</b>; Postpartum breast care is effective to increase milk productions to the mothers of breastfeeding.</i></p>	
<b>Keywords:</b> <i>Breast care, Postpartum, Milk Production</i>	