

ABSTRACT

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THE RELATIONSHIP OF REST PATTERNS AND DIET WITH BREAST MILK PRODUCTION IN POSTPARTUM MOTHERS

ABSTRACT

Breast milk production is a complex and natural physiological process in the mother's body after giving birth, which is controlled by two main hormones, namely prolactin and oxytocin. Based on a preliminary study conducted at PMB Zaitun Ernawati S.ST, Bd geger through a questionnaire to 10 postpartum mothers and it was found that 7 postpartum mothers experienced their breast milk not flowing smoothly on the day less than <10 days (1st day to 10 days). The purpose of the study is to analyze the relationship between rest patterns and diet with breast milk production in postpartum mothers at TPMB Zaitun Ernawati S, ST. Bd, geger, Bangkalan Regency.

This study design is an analytical cross-sectional study with independent variables of rest patterns and eating patterns and dependent variables of breast milk production in postpartum mothers. Of the 34 postpartum mothers, 32 were selected as samples through simple random sampling. The data collection tool used was a questionnaire, and the data were analyzed using the contingency coefficient test.

The results showed a significant relationship between rest patterns and milk production in postpartum mothers p value .000 ($p < 0.05$), and a relationship between eating patterns and milk production in postpartum mothers p value .000 ($p < 0.05$) at TPMB Zaitun Ernawati S.ST. Bd, Geger, Bangkalan Regency.

Based on the results of this study, postpartum mothers should have regular and quality rest for at least 8 hours a day, with a nap of 1-2 hours, while their diet should be good and balanced, and the frequency, amount, and type of food should be sufficient to facilitate breast milk production.

Keywords: Rest Patterns, Diet, Breast Milk Production, Postpartum Mothers