

**POLITEKNIK KESEHATAN TANJUNGPURUN
JURUSAN KEPERAWATAN
PROGRAM STUDI SARJANA TERAPAN KEPERAWATAN
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**PENGARUH *EDUKASI BOOKLET* TERHADAP KESIAPAN IBU
MENYUSUI POST OPERASI *SECTIO CAESAREA* DI RSU
MUHAMMADIYAH METRO PROVINSI LAMPUNG TAHUN 2021**

xviii + 63 halaman, 6 tabel, 6 gambar, 10 lampiran

ABSTRAK

World Health Organization (WHO) tahun 2015 menetapkan standar rata-rata *sectio caesarea* sekitar 5-15% per 1000 kelahiran dunia. RISKESDAS (2018) data angka persalinan dengan operasi *sectio caesarea* mencapai rata-rata 17,6%. Kegagalan dalam menyusui perlu diwaspadai pada ibu yang melahirkan dengan *sectio caesarea*. Hal ini dikarenakan kurangnya kesiapan ibu saat menyusui. Perlu adanya dukungan psikologis agar tidak terjadi kegagalan dalam menyusui, salah satunya yaitu edukasi *booklet* untuk dapat meningkatkan kesiapan ibu dalam menyusui. Peneliti menggunakan *booklet* sebagai media edukasi karena memudahkan seseorang memahami informasi yang disampaikan dan tidak menimbulkan salah persepsi, *booklet* ini berjudul “Manajemen Laktasi Pasca Melahirkan”. Tujuan dari penelitian ini mengetahui pengaruh edukasi *booklet* terhadap kesiapan ibu menyusui post operasi *sectio caesarea* di RSU Muhammadiyah Metro Provinsi Lampung Tahun 2021.

Jenis penelitian kuantitatif dengan menggunakan desain penelitian *quasi experiment* dengan rancangan *one grup pretest posttest*. Teknik pengambilan sampel menggunakan teknik *accidental sampling*. Populasi dalam penelitian ini ibu post operasi *sectio caesarea* dengan jumlah sampel sebanyak 32 responden. Uji statistika dengan uji t-test dependen.

Hasil penelitian ini didapatkan *p-value* $0,000 < \alpha$ (0.05) terdapat pengaruh edukasi *booklet* terhadap kesiapan ibu menyusui post operasi *sectio caesarea* di RSU Muhammadiyah Metro Provinsi Lampung Tahun 2021.

Berdasarkan penelitian ini, edukasi *booklet* dapat diterapkan untuk mengurangi ketidaksiapan menyusui pada pasien post operasi *sectio caesarea* di rumah sakit.

Kata Kunci : Post Operasi, Edukasi *Booklet*, Kesiapan Menyusui

Daftar Bacaan : 28 (2010-2020)

**POLYTECHNIC OF HEALTH TANJUNGPUR
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**THE EFFECT OF BOOKLETS EDUCATION ON THE READINESS OF
BREASTFEEDING MOTHERS POST SECTIO CAESAREA SURGERY AT
RSU MUHAMMADIYAH METRO LAMPUNG PROVINCE IN 2021**

xviii + 63 pages, 6 tables, 6 picture, 10 attachments

ABSTRACT

The World Health Organization (WHO) in 2015 set the average standard for sectio caesarea around 5-15% per 1000 world births. RISKESDAS (2018) data on the rate of deliveries by cesarean section reached an average of 17.6%. Failure to breastfeed needs to be watched out for in mothers who give birth by cesarean section. This is due to the lack of readiness of the mother when breastfeeding. There is a need for psychological support so that there is no failure in breastfeeding, one of which is booklet education to increase mother's readiness to breastfeed. Researchers use booklets as educational media because it makes it easier for someone to understand the information conveyed and does not cause misunderstandings, this booklet is entitled "Postpartum Lactation Management". The purpose of this study was to determine the effect of booklet education on the readiness of breastfeeding mothers after sectio caesarea at RSU Muhammadiyah Metro Lampung Province in 2021.

This type of quantitative research uses a quasi-experimental research design with a one-group pretest posttest design. The sampling technique used accidental sampling technique. The population in this study was postoperative sectio caesarea mothers with a total sample of 32 respondents. Statistical test with dependent t-test.

The results of this study found that $p\text{-value } 0.000 < (0.05)$ there was an effect of booklet education on the readiness of breastfeeding mothers after sectio caesarea at RSU Muhammadiyah Metro, Lampung Province in 2021

Based on this study, booklet education can be applied to reduce unpreparedness for breastfeeding in postoperative sectio caesarea patients in hospitals.

**Keywords: Post Operations, Booklet Education, Breastfeeding Readiness
Reading list: 28 (2010-2020)**