

# **POLITEKNIK KESEHATAN TANJUNGPUR**

## **JURUSAN FARMASI**

**Laporan Tugas Akhir, Juli 2023**

**Rapah Felisa Nanda Aditias**

### **Gambaran Pemanfaatan Tanaman Obat Tradisional Untuk Meningkatkan Produksi Air Susu Ibu (ASI) Di Desa Sridadi Kecamatan Wonosobo Kabupaten Tanggamus**

**xviii + 74 halaman, 12 tabel, 5 gambar dan 12 lampiran**

#### **ABSTRAK**

ASI merupakan makanan pokok bagi bayi yang baru lahir sampai berumur 6 bulan, dikarenakan kandungan ASI sangat dibutuhkan untuk pertumbuhan dan perkembangan bayi. Tanaman obat tradisional menjadi salah satu pilihan masyarakat ibu-ibu yang sedang menyusui di Desa Sridadi karena beberapa tanaman obat tradisional dapat dimanfaatkan untuk meningkatkan produksi air susu ibu (ASI).

Penelitian ini bertujuan untuk mengetahui gambaran pemanfaatan tanaman obat tradisional untuk meningkatkan produksi air susu ibu (ASI) di Desa Sridadi Kecamatan Wonosobo Kabupaten Tanggamus. Penelitian ini menggunakan rancangan penelitian deskriptif dengan teknik *total sampling* dengan sampel yang digunakan berjumlah 48 responden. Persentase karakteristik responden berdasarkan usia responden 58% rentang usia 27-35 tahun, usia bayi 65% rentang >6 bulan, anak keberapa responden 58% anak ke 1, pendidikan terakhir responden 48% tamat SMA, untuk persentase jenis tanaman obat tradisional didapatkan hasil 37% dengan tanaman daun katuk, persentase bagian tanaman obat tradisional yang dimanfaatkan 100% bagian daun tanaman obat, persentase jumlah tanaman obat yang dimanfaatkan 44% dengan jumlah 1 tanaman obat, persentase pengolahan tanaman obat tradisional yang dimanfaatkan 94% melalui tahap pengolahan direbus, persentase waktu penggunaan tanaman obat tradisional 65% dengan waktu penggunaan setelah melahirkan, persentase aturan pakai tanaman obat tradisional 94% dengan aturan pakai 3x sehari, persentase sumber informasi pemanfaatan tanaman obat tradisional 75% sumber informasi turun-temurun, persentase bahan tambahan yang dimanfaatkan 24% dengan bahan tambahan garam.

Kata Kunci : ASI, Tanaman obat tradisional, Desa Sridadi

Daftar Bacaan : 2015-2022

# **POLITEKNIK KESEHATAN TANJUNGPUR**

## **JURUSAN FARMASI**

**Final Project Report, July 2023**

**Rapah Felisa Nanda Aditias**

*Description of the Utilization of Traditional Medicinal Plants to Increase Mother's Milk Production (ASI) in Sridadi Village, Wonosobo District, Tanggamus Regency*

*xviii + 74 pages, 12 tables, 5 pictures and 12 attachments*

### **ABSTRACT**

*Breast milk is the staple food for babies from birth to 6 months old, because the content of breast milk is needed for the growth and development of babies. Traditional medicinal plants are one of the choices of breastfeeding mothers in Sridadi Village because several traditional medicinal plants can be used to increase the production of breast milk (ASI).*

*This study aims to describe the use of traditional medicinal plants to increase breast milk production in Sridadi Village, Wonosobo District, Tanggamus Regency. This study used a descriptive research design with a total sampling technique with a sample of 48 respondents. The percentage of respondent characteristics based on the age of the respondent is 58%, the age range is 27-35 years, the age of the baby is 65%, the range is > 6 months, how many children are the respondents 58% are the first child, the last education of the respondent is 48% graduated from high school, for the percentage of types of traditional medicinal plants the result is 37 % with katuk leaf plants, the percentage of traditional medicinal plants used 100% of medicinal plant leaves, the percentage of medicinal plants used is 44% with a total of 1 medicinal plant, the percentage of traditional medicinal plants processed is 94% through the boiling processing stage, the percentage of time the use of traditional medicinal plants is 65% with the time of use after giving birth, the percentage of the rules for using traditional medicinal plants is 94% with the rule of using 3x a day, the percentage of sources of information on the use of traditional medicinal plants is 75% the sources of information are hereditary, the percentage of additional materials used is 24% with ingredients additional salt.*

*Keywords : ASI, traditional medicinal plants, Sridadi Village*

*Reading list : 2015-2022*