

**POLITEKNIK KESEHATAN TANJUNGKARANG PROGRAM STUDI DIII
KEBIDANAN TANJUNGKARANG**

Laporan Tugas Akhir, Mei 2025

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Pemberian rebusan daun ubi jalar ungu untuk meningkatkan produksi ASI ibu postpartum pada Ny. D di PMB Jilly Punnica, S.Tr.Keb, Lampung Selatan
xvi+ 110 halaman, 1 tabel, 6 gambar, 7 lampiran

ABSTRAK

ASI tidak lancar terjadi pada 50-66% ibu primipara dan 40-52% ibu multipara. Kelancaran ASI berperan penting terhadap keberhasilan menyusui, karena ketidakcukupan produksi ASI merupakan alasan utama penghentian ASI secara eksklusif. Di PMB Jilly Punnica terdapat 3 dari 8 ibu postpartum yang mengalami penurunan produksi ASI. Berdasarkan kondisi tersebut, dirumuskan masalah, bagaimana penerapan pemberian rebusan daun ubi jalar ungu untuk meningkatkan produksi ASI terhadap ibu postpartum.

Tujuan melakukan asuhan pemberian rebusan daun ubi jalar ungu untuk meningkatkan produksi ASI ibu postpartum dengan cara pemberian rebusan daun ubi jalar ungu, karena pada daun ubi jalar mengandung zat laktogogum serta polifenol dan steroid yang dapat merangsang peningkatan kadar prolaktin dan produksi ASI.

Metode yang digunakan dalam studi kasus ini dengan pendekatan management 7 langkah varney dan didokumentasikan dengan metode SOAP. Kemudian menggunakan instrumen penelitian berupa celengan pemantauan frekuensi menyusui, frekuensi BAB bayi dan frekuensi BAK bayi, dengan teknik pengambilan data primer dan sekunder dilakukan dengan wawancara dan observasi. Sasaran asuhan kebidanan ditujukan kepada Ny. D postpartum hari ke-12. Dengan pemberian rebusan daun ubi jalar ungu sebanyak 200 gram yang dikonsumsi dipagi hari selama 7 hari berturut-turut.

Berdasarkan hasil studi kasus setelah dilakukan intervensi selama 7 hari didapatkan hasil produksi ASI ibu meningkat ditandai dengan frekuensi menyusui 12 kali dalam sehari, frekuensi BAB bayi 4 kali dalam sehari, frekuensi BAK bayi 7 kali dalam sehari, bayi nampak tenang dan tidur 2-3 jam setelah menyusui, kondisi payudara tegang sebelum menyusui dan lembek setelah menyusui pada puting ibu terlihat asi menetes dan merembes serta kenaikan berat badan bayi sebanyak 440 gram. Dengan demikian, peningkatan produksi ASI ini menunjukkan bahwa rebusan daun ubi jalar ungu efektif digunakan sebagai salah satu upaya non-farmakologi untuk meningkatkan produksi ASI dan dapat direkomendasikan bagi ibu nifas yang mengalami penurunan produksi ASI.

Kata kunci : Produksi ASI Menurun, Rebusan Daun Ubi Jalar Ungu
Daftar bacaan : 19 (2017-2024)

**HEALTH POLYTECNIC OF TANJUNGKARANG DIPLOMA IN MIDWIFERY
STUDY PROGRAM**

Final Poject Report, May 2025

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Giving boiled purple sweet potato leaves to increase breast milk production in postpartum mother's to Mrs. D at PMB Jilly Punnica, S.Tr.Keb, South Lampung

xvi+ 110 pages, 1 table, 6 figures, 7 appendices

ABSTRACT

Smooth breastfeeding occurs in 50-66% of primiparous mothers and 40-52% of multiparous mothers. The smoothness of breast milk plays an important role in the success of breastfeeding, as insufficient breast milk production is the main reason for the cessation of exclusive breastfeeding. At PMB Jilly Punnica, there are 3 out of 8 postpartum mothers who experience a decrease in breast milk production. Based on this condition, the problem is formulated: how the application of boiled purple sweet potato leaves can increase breast milk production in postpartum mothers.

The purpose of administering boiled purple sweet potato leaves is to increase postpartum mothers' breast milk production through the consumption of boiled purple sweet potato leaves, as these leaves contain lactogogum, polyphenols, and steroids that can stimulate an increase in prolactin levels and breast milk production.

The method used in this case study is the Varney's 7-Step Management approach and documented using the SOAP method. Then, research instruments in the form of a piggy bank to monitor breastfeeding frequency, baby's bowel movement frequency, and baby's urination frequency were used, with primary and secondary data collection techniques conducted through interviews and observations. The target of midwifery care is aimed at Mrs. D on the 12th postpartum day. With the administration of boiled purple sweet potato leaves amounting to 200 grams consumed in the morning for 7 consecutive days.

Based on the results of the case study after a 7-day intervention, it was found that the mother's breast milk production increased, marked by a breastfeeding frequency of 12 times a day, a baby's bowel movement frequency of 4 times a day, a baby's urination frequency of 7 times a day, the baby appearing calm and sleeping 2-3 hours after breastfeeding, breast condition being tense before breastfeeding and soft after breastfeeding, milk dripping and seeping from the mother's nipple, and a weight gain of 440 grams in the baby. Thus, the increase in breast milk production indicates that the boiled purple sweet potato leaves are effective as a non-pharmacological effort to enhance breast milk production and can be recommended for postpartum mothers experiencing a decrease in breast milk production.

Keywords: *Decreased Breast Milk Production, Boiled Purple Sweet Potato Leaves.*

Reading list: *19 (2017-2024)*