

POLITEKNIK KESEHATAN TANJUNGPURUNING

JURUSAN KEBIDANAN TANJUNGPURUNING

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**Pengaruh Konsumsi Temulawak (*Curcuma Zanthorrhiza*) Terhadap Kelancaran Produksi ASI pada Ibu Nifas di PMB Elya Wahyuni Amd.Keb Desa Walur Pesisir Barat, Tahun 2021**

xviii+66 halaman+12 tabel+2 gambar+9 lampiran

**ABSTRAK**

ASI merupakan makanan eksklusif bagi bayi, nilai gizi yang terkandung dalam ASI sangat tinggi. ASI merupakan makanan yang mudah dicerna oleh bayi yang diserap melalui puting susu ibunya. Kenyataannya masih banyak ibu nifas yang ASI nya tidak lancar, seperti cakupan di PMB Elya Wahyuni Amd.Keb Desa Walur Kabupaten Pesisir Barat seluruhnya 18 responden (100%) ibu nifas.

Tujuan penelitian ini adalah menganalisis pengaruh konsumsi temulawak oleh ibu nifas terhadap kelancaran produksi ASI PMB Elya Wahyuni Amd.Keb Desa Walur Kecamatan Pesisir Utara Kabupaten Pesisir Barat.

Desain penelitian yang digunakan adalah penelitian *Pre Eksperimental* dengan *pre-test dan post-test group design*. Populasinya penelitian ini adalah 18 ibu nifas di PMB elya wahyuni Amd.Keb Desa Walur kabupaten Pesisir Barat. Sampelnya 18 responden ibu nifas diambil secara *Purposive Sampling*. Data yang diambil berupa data primer, Metode pengumpulan data berupa lembar kuesioner lalu dianalisis dengan uji *Wilcoxon Matched Pairs* dan diuji normalitas menggunakan *Shapiro Wilk*, kemudian diolah menggunakan komputer.

Berdasarkan hasil uji statistik *Wilcoxon Matched Pairs* diperoleh nilai p value  $< \alpha$  yang berarti ( $0,000 < 0,05$ ) yang berarti  $H_1$  diterima  $H_0$  ditolak yang artinya ada pengaruh konsumsi temulawak oleh ibu nifas terhadap kelancaran produksi ASI di PMB Elya Wahyuni Amd.Keb Desa Walur Kabupaten Pesisir Barat.

Kesimpulan dari penelitian ini adalah minuman temulawak efektif untuk kelancaran produksi ASI pada ibu nifas.

**Kata kunci : Konsumsi Temulawak, Kelancaran Produksi ASI.**

**Daftar Bacaan : 22 (2010-2019)**

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***The Effect of Consumption of Temulawak (Curcuma Zanthorrhiza) on Smooth Breast Milk Production in Postpartum Mothers at PMB Elya Wahyuni Amd.Keb Walur Pesisir Barat Village, 2021***

*xviii+66 pages+12 tables+2 pictures+9 attachments*

**ABSTRACT**

*Breast milk is an exclusive food for infants, the nutritional value contained in breast milk is very high. Breast milk is a food that is easily digested by babies that is absorbed through the mother's nipples. In fact, there are still many postpartum mothers whose breast milk is not smooth, such as the coverage in PMB Elya Wahyuni Amd.Keb Walur Village, Pesisir Barat Regency, all 18 respondents (100%) are postpartum mothers.*

*The purpose of this study was to analyze the effect of Curcuma Zanthorrhiza by postpartum mothers on the smooth production of breast milk from PMB Elya Wahyuni Amd.Keb Walur Village, Pesisir Utara District, Pesisir Barat Regency.*

*The research design used was a pre-experimental study with a pre-test and post-test group design. The population of this study were 18 postpartum mothers in PMB elya Wahyuni Amd.Keb Walur Village, Pesisir Barat Regency. The sample was 18 postpartum mothers who were taken by purposive sampling. The data taken in the form of primary data, the method of collecting data in the form of a questionnaire sheet and then analyzed with the Wilcoxon Matched Pairs test and tested for normality using Shapiro Wilk, then processed using a computer.*

*Based on the results of the Wilcoxon Matched Pairs statistical test, the  $p$  value  $< p$  which means ( $0.000 < 0.05$ ) which means  $H_1$  is accepted,  $H_0$  is rejected, which means that there is an effect of Curcuma Zanthorrhiza by postpartum mothers on the smooth production of breast milk in PMB Elya Wahyuni Amd.Keb Desa Walur West Coast District.*

*The conclusion of this study is that Curcuma Zanthorrhiza t drink is effective for smooth milk production in postpartum mothers.*

**Keywords: Curcuma Zanthorrhiza, Breast Milk Production.**  
**Reading List : 22(2010-2019)**