

**PENGARUH DAUN KELOR TERHADAP KELANCARAN PRODUKSI ASI
PADA IBU NIFAS DI WILAYAH KERJA PUSKESMAS PATARUMAN 3
KOTA BANJAR**

Ermila

Program Studi Sarjana Kebidanan Universitas Galuh

Email: ermiladadang@gmail.com

ABSTRAK

Latar Belakang: ASI merupakan nutrisi utama bagi bayi. Daun kelor mengandung fitosterol sebagai laktagogum dan berbagai zat gizi yang membantu produksi ASI. Air Susu Ibu (ASI) merupakan sumber nutrisi utama bagi pertumbuhan dan perkembangan bayi. **Tujuan:** Mengetahui pengaruh daun kelor terhadap kelancaran produksi ASI. **Metode:** Menggunakan metode kuantitatif dengan desain **Quasi Experiment One Group Pretest-Posttest**. Populasi penelitian adalah seluruh ibu nifas yang menyusui di wilayah kerja Puskesmas Pataruman 3 Kota Banjar, sedangkan sampel berjumlah 10 orang yang dipilih menggunakan teknik **purposive sampling**. Intervensi dilakukan dengan pemberian daun kelor sebanyak 100 gram/hari, terbagi 2 kali pemberian (50gram), dimasak sebagai sayur bening dan dikonsumsi setiap hari selama 7 hari. Data dikumpulkan menggunakan lembar observasi dan dianalisis secara univariat dan bivariat menggunakan uji *Mc Nemar*. **Hasil:** Sebelum pemberian daun kelor, dari 10 responden terdapat 1 orang (10%) produksi ASI lancar dan 9 orang (90%) dengan produksi ASI kurang lancar. Setelah pemberian daun kelor, terdapat 9 orang (90%) dengan produksi ASI lancar dan 1 orang (10%) produksi ASI kurang lancar. Hasil uji *Mc Nemar* menunjukkan **p-value = 0.008 < 0,05**. **Kesimpulan:** Terdapat pengaruh pemberian daun kelor terhadap kelancaran produksi ASI pada ibu nifas di wilayah kerja Puskesmas Pataruman 3 Kota Banjar. Daun kelor dapat menjadi salah satu alternatif intervensi nonfarmakologis untuk membantu memperlancar produksi ASI.

Kata kunci: Daun kelor, Ibu Nifas Menyusui, Kelancaran ASI

THE EFFECT OF MORINGA LEAVES ON BREAST MILK PRODUCTION FLUENCY IN POSTPARTUM MOTHERS AT PATARUMAN 3 COMMUNITY HEALTH CENTER, BANJAR CITY

Ermila

Bachelor Study Program of Midwifery, Galuh University.

Email: ermiladadang@gmail.com

ABSTRACT

Background: Breast milk is the primary source of nutrition for infant growth and development. Moringa leaves contain phytosterols that function as galactagogues and various nutrients that support breast milk production. **Purpose:** To determine the effect of Moringa leaves on breast milk production fluency in postpartum mothers. **Methods:** This study employed a quantitative approach with a Quasi-Experimental One-Group Pretest-Posttest Design. The population consisted of all breastfeeding postpartum mothers at area of Pataruman 3 Community Health Center, Banjar City. The sample comprised 10 respondents selected using purposive sampling. The intervention involved the administration of 100 grams of Moringa leaves per day, divided into two doses of 50 grams, cooked as clear vegetable soup and consumed daily for 7 days. Data were collected using an observation form and analyzed using univariate and bivariate analysis with the *Mc Nemar* test. **Results:** Prior to the administration of Moringa leaves, out of 10 respondents, 1 person [10%] had fluent breast milk production and 9 people [90%] had less fluent breast milk production. After the administration of Moringa leaves, 9 people [90%] had fluent breast milk production and 1 person [10%] had less fluent breast milk production. The *Mc Nemar* test yielded a p-value = 0.008 < 0.05. **Conclusion:** There is a significant effect of Moringa leaf administration on breast milk production fluency in postpartum mothers at Pataruman 3 Community Health Center, Banjar City. Moringa leaves can be used as an alternative non-pharmacological intervention to help improve breast milk production fluency.

Keywords: Moringa leaves, Breastfeeding Postpartum Mothers, Breast Milk Fluency