

HUBUNGAN STATUS GIZI DENGAN KELANCARAN PRODUKSI ASI PADA IBU POSTPARTUM DI WILAYAH KERJA PUSKESMAS BAREGBEG TAHUN 2026

Siti Himatul Aliyah
Fakultas Ilmu Kesehatan Universitas Galuh
Email sitihimatuliyah890@gmail.com

ABSTRAK

Air Susu Ibu (ASI) merupakan sumber nutrisi utama yang penting bagi pertumbuhan dan perkembangan bayi. Kelancaran produksi ASI pada ibu postpartum dapat dipengaruhi oleh berbagai faktor, salah satunya status gizi ibu. Penelitian ini bertujuan mengetahui hubungan status gizi dengan kelancaran produksi ASI pada ibu postpartum di Wilayah Kerja Puskesmas Baregbeg Tahun 2026. Penelitian ini menggunakan metode kuantitatif observasional analitik dengan pendekatan *cross-sectional*. Populasi dan sampel penelitian berjumlah 22 ibu postpartum dengan teknik total sampling. Status gizi diukur berdasarkan Indeks Massa Tubuh (IMT), sedangkan kelancaran produksi ASI diukur menggunakan kuesioner. Analisis bivariat menggunakan *Fisher-Freeman-Halton Exact Test*. Hasil penelitian menunjukkan sebagian besar responden memiliki status gizi normal, yaitu 16 responden (72,7%), sedangkan 3 responden (13,6%) kurus, 1 responden (4,5%) berat badan berlebih, dan 2 responden (9,1%) obesitas. Sebanyak 16 responden (72,7%) memiliki produksi ASI lancar dan 6 responden (27,3%) tidak lancar. Hasil uji statistik menunjukkan nilai $p = 0,006$ ($p < 0,05$), sehingga terdapat hubungan yang signifikan antara status gizi dengan kelancaran produksi ASI pada ibu postpartum. Ibu dengan status gizi normal cenderung memiliki produksi ASI yang lebih lancar. Disarankan bagi ibu postpartum untuk memperhatikan status gizi melalui pola makan bergizi seimbang agar mendukung kelancaran produksi ASI.

Kata kunci: Indeks Massa Tubuh, Ibu Postpartum, Produksi ASI, Status Gizi.

**RELATIONSHIP BETWEEN NUTRITIONAL STATUS AND BREAST MILK
PRODUCTION AMONG POSTPARTUM MOTHERS IN THE WORKING
AREA OF BAREGBEG PUBLIC HEALTH CENTER IN 2026**

Siti Himatul Aliyah
Fakultas Ilmu Kesehatan Universitas Galuh
Email sitihimatuliyah890@gmail.com

ABSTRACT

Breast milk is an important source of nutrition for infants' growth and development. The smoothness of breast milk production in postpartum mothers can be influenced by various factors, one of which is nutritional status. This study aimed to determine the relationship between nutritional status and the smoothness of breast milk production among postpartum mothers in the Working Area of Baregbeg Public Health Center in 2026. This study used a quantitative analytical observational method with a cross-sectional approach. The population and sample consisted of 22 postpartum mothers selected using total sampling. Nutritional status was measured based on Body Mass Index (BMI), while the smoothness of breast milk production was assessed using a questionnaire. Bivariate analysis was performed using the Fisher-Freeman-Halton Exact Test. The results showed that most respondents had normal nutritional status, totaling 16 respondents (72.7%), while 6 respondents (27.3%) had abnormal nutritional status. A total of 16 respondents (72.7%) had smooth breast milk production, while 6 respondents (27.3%) did not. The statistical test showed $p = 0.006$ ($p < 0.05$), indicating a significant relationship between nutritional status and the smoothness of breast milk production. Mothers with normal nutritional status tended to have smoother breast milk production. Postpartum mothers are advised to maintain their nutritional status through a balanced nutritious diet to support smooth breast milk production.

Keywords: *Body Mass Index, Breast Milk Production, Nutritional Status, Postpartum Mothers.*