

**HUBUNGAN KARAKTERISTIK IBU DENGAN PERILAKU
PERAWATAN PAYUDARA (*BREAST CARE*) PADA IBU NIFAS
USIA 7–42 HARI DI WILAYAH KERJA UPTD PUSKESMAS
RAJADESA KABUPATEN CIAMIS
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ABSTRAK

Latar Belakang: Masa nifas merupakan periode penting dalam pemulihan ibu dan keberhasilan pemberian ASI. Cakupan ASI eksklusif di Puskesmas Rajadesa Kabupaten Ciamis tahun 2025 sebesar 71,7%, dengan jumlah ibu nifas 630 orang. Salah satu upaya mendukung kelancaran ASI adalah perawatan payudara yang bertujuan menjaga kebersihan, memperlancar pengeluaran ASI, dan mencegah masalah payudara. Perilaku tersebut dapat dipengaruhi karakteristik ibu, seperti usia, pendidikan, pekerjaan, dan paritas. **Tujuan:** Mengetahui hubungan karakteristik ibu dengan perilaku perawatan payudara (*breast care*) pada ibu nifas usia 7–42 hari di Wilayah Kerja UPTD Puskesmas Rajadesa Kabupaten Ciamis Tahun 2026. **Metode:** Penelitian kuantitatif korelasional dengan desain *cross sectional*. Populasi dan sampel sebanyak 30 ibu nifas post partum normal dengan teknik *total sampling*. Data dikumpulkan menggunakan lembar observasi dan kuesioner, kemudian dianalisis secara univariat dan bivariat menggunakan uji *chi square*. **Hasil:** Sebagian besar responden berusia 20–35 tahun (86,7%), berpendidikan SMA (43,3%), tidak bekerja/ibu rumah tangga (73,3%), multipara (60%), dan melakukan perawatan payudara (60%). Hasil uji *chi square* menunjukkan usia ($p=0,677$), pendidikan ($p=0,159$), pekerjaan ($p=0,213$), dan paritas ($p=0,879$) tidak berhubungan signifikan dengan perawatan payudara ($p>0,05$). **Kesimpulan:** Tidak terdapat hubungan signifikan antara usia, pendidikan, pekerjaan, dan paritas dengan perilaku perawatan payudara. Perilaku perawatan payudara kemungkinan lebih dipengaruhi faktor lain, seperti pengetahuan, sikap, pengalaman menyusui, dukungan keluarga, peran tenaga kesehatan, serta keterpaparan informasi dan edukasi.

Kata Kunci: Karakteristik usia, pendidikan, pekerjaan, paritas, perawatan payudara, ibu nifas

**THE RELATIONSHIP BETWEEN MOTHERS' CHARACTERISTICS AND
BREAST CARE BEHAVIORS IN POSTPARTUM MOTHERS AGED 7–42
DAYS IN THE WORK AREA OF UPTD PUSKESMAS RAJADESA,
CIAMIS REGENCY IN 2026**

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ABSTRACT

Background: The postpartum period is an important stage for maternal recovery and successful breastfeeding. The exclusive breastfeeding coverage at Rajadesa Public Health Center, Ciamis Regency, was 71.7% in 2025, with 630 postpartum mothers. One effort to support smooth breastfeeding is breast care, which aims to maintain breast hygiene, facilitate milk flow, and prevent breast problems. Such behavior may be influenced by maternal characteristics, including age, education, occupation, and parity. **Objective:** To determine the relationship between maternal characteristics and breast care behavior among postpartum mothers aged 7–42 days in the Working Area of the Rajadesa Public Health Center, Ciamis Regency, in 2026. **Methods:** This study used a quantitative correlational method with a cross-sectional design. The population and sample consisted of 30 postpartum mothers with normal postpartum conditions, selected using total sampling. Data were collected using observation sheets and questionnaires and analyzed using univariate and bivariate analyses with the Chi-square test. **Results:** Most respondents were aged 20–35 years (86.7%), had a senior high school education (43.3%), were unemployed/housewives (73.3%), were multiparous (60%), and practiced breast care (60%). The Chi-square test showed that age ($p=0.677$), education ($p=0.159$), occupation ($p=0.213$), and parity ($p=0.879$) were not significantly associated with breast care behavior ($p>0.05$). **Conclusion:** There was no significant relationship between age, education, occupation, or parity and breast care behavior. Breast care behavior may be more strongly influenced by other factors, such as knowledge, attitudes, breastfeeding experience, family support, the role of healthcare workers, and exposure to information and education.

Keywords: Age characteristics, education, occupation, parity, breast care, postpartum mothers