

HALAMAN ABSTRAK

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ABSTRAK

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Literature Review : Hubungan Kecemasan dengan Kelancaran Pengeluaran ASI pada Ibu Post Partum

Latar belakang : Pemberian ASI eksklusif masih sangat rendah, dikarenakan masalah pada kelancaran pengeluaran ASI yang disebabkan oleh beberapa faktor, salah satunya yaitu faktor psikologis kecemasan.

Tujuan : Penelitian bertujuan untuk mengetahui hubungan kecemasan dengan kelancaran pengeluaran ASI pada ibu *post partum*

Metode : Metode yang digunakan dalam penelitian ini adalah korelasi dengan pengumpulan data *literature review*, pencarian artikel pada rentang waktu 5 tahun yaitu dari tahun 2017-2021 melalui penelusuran Pubmed, Garba Garuda, dan Google Scholar. Didapatkan 5 artikel dengan 184 responden. Hasil pencarian didapatkan sesuai kata kunci dan kriteria inklusi, dianalisa menggunakan instrument JBI (Joanna Briggs Institute), yang kemudian diolah menggunakan uji Chi-Square dan tidak memenuhi syarat sehingga dilanjutkan menggunakan uji Mann-Whitney lalu disimpulkan.

Hasil: Hasil Analisa dari kelima artikel ibu *post partum* mengalami kecemasan sebanyak 99 (53,8%), mengalami ketidaklancaran ASI sejumlah 94 (51,09%), dan terdapat hubungan antara kecemasan dengan kelancaran pengeluaran ASI pada ibu *post partum* dengan nilai p-value <0,01.

Simpulan : Berdasarkan hasil *literature review* menunjukkan adanya hubungan antara kecemasan dengan kelancaran pengeluaran ASI pada ibu *post partum*.

Kata kunci : Kecemasan, Menyusui, Nifas

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ABSTRACT

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Literature Review : The Correlation between Anxiety and Expenditure of Breast Milk in Postpartum Mothers

The Backgrounds: Exclusive breastfeeding is still very low, due to problems in the expenditure of breast milk caused by several factors such as anxiety.

The Objectives: The aim of this study was to determine the relationship between anxiety and the expenditure of breast milk in *post partum* mothers.

The Methods: The method used in this study was the correlation with *literature review* data collection. The articles were from 2017-2021 and searched through PubMed, Garuda, and Google Scholar searches. There were 5 articles found with 184 respondents. The search result were obtained according to the keyword and inclusion criteria, analyzed using the JBI (Joanna Briggs Institute) instrument, which then processed using the Chi-Square test and did not meet the requirements so that it was continued using the Mann-Whitney test and concluded.

The Results: The result of the analysis of the five articles showed that were postpartum mothers who experienced anxiety (53.8% or 99 respondents), experienced breastfeeding inconsistency (51.09% or 94 respondents). There was a correlation between anxiety and the expenditure of breastmilk in postpartum mothers with p-values less than 0.01.

The Conclusion: Based on the result of a literature review, it can be concluded that there is a relationship between anxiety and the expenditure of breast milk in postpartum mothers.

Keywords : *Anxiety, Breastfeeding, Postpartum.*

