

ABSTRAK

Analisis Faktor yang Mempengaruhi Produksi Air Susu Ibu (ASI) pada Ibu Nifas di Wilayah Kerja Puskesmas Kabupaten Pekalongan

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Pendahuluan: Produksi Air Susu Ibu (ASI) pada ibu nifas merupakan bagian penting dalam keberhasilan produksi ASI, namun sebagian ibu masih mengalami produksi ASI yang tidak lancar. Kondisi tersebut dapat dipengaruhi oleh jenis persalinan, psikologis, dan faktor sosial budaya. Penelitian ini menjawab apakah jenis persalinan, faktor psikologis, dan faktor sosial budaya berhubungan dengan produksi ASI serta faktor yang paling dominan memengaruhinya. Tujuan penelitian ini adalah menganalisis faktor yang memengaruhi produksi ASI pada ibu nifas. **Metode:** Penelitian ini menggunakan desain kuantitatif analitik observasional dengan pendekatan *cross-sectional*. Populasi sekaligus sampel berjumlah 80 ibu nifas di Wilayah Kerja Puskesmas Kabupaten Pekalongan, dengan teknik total sampling. Data dikumpulkan menggunakan kuesioner produksi ASI sebanyak 24 butir, psikologis 9 butir, dan sosial budaya 12 butir. Uji validitas dilakukan pada 30 responden; seluruh butir valid dengan r hitung 0,383–0,770, 0,401–0,734, dan 0,403–0,745. Reliabilitas Cronbach's Alpha masing-masing 0,926, 0,754, dan 0,824. Uji analisis data meliputi univariat, *Chi-square*, dan regresi logistik metode *Backward Likelihood Ratio*. **Hasil:** Produksi ASI lancar ditemukan pada 44 responden (55%). Analisis bivariat menunjukkan jenis persalinan tidak berhubungan dengan produksi ASI ($p=0,247$), sedangkan faktor psikologis ($p=0,015$) dan sosial budaya ($p=0,013$) berhubungan signifikan dengan produksi ASI. Analisis multivariat menunjukkan faktor psikologis berpengaruh terhadap produksi ASI ($p=0,018$; $\text{Exp(B)}=0,313$) dan sosial budaya ($p=0,013$; $\text{Exp(B)}=3,385$). Faktor sosial budaya merupakan faktor paling dominan. **Kesimpulan:** Dukungan sosial budaya dan kondisi psikologis perlu menjadi perhatian dalam pendampingan ibu nifas untuk meningkatkan kelancaran produksi ASI. Oleh karena itu, diperlukan dukungan keluarga, masyarakat, dan tenaga Kesehatan untuk menciptakan lingkungan yang mendukung keberhasilan menyusui serta menjaga kondisi psikologis ibu selama masa nifas.

Kata kunci: Ibu nifas, jenis persalinan, produksi ASI, psikologis, sosial budaya.

ABSTRACT

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Analysis of Factors Influencing Breast Milk Production among Postpartum Mothers in the Working Area of Community Health Centers in Pekalongan Regency

Introduction: Breast milk production in postpartum mothers is a crucial aspect of successful lactation; however, some mothers still experience difficulties with milk flow. This condition can be influenced by the mode of delivery, as well as psychological and sociocultural factors. This study investigates whether the mode of delivery, psychological factors, and sociocultural factors are associated with breast milk production and identifies the most dominant influencing factor. The aim of this study is to analyze the factors affecting breast milk production in postpartum mothers. **Methods:** This study employed an observational analytic quantitative design with a cross-sectional approach. The population and sample consisted of 80 postpartum mothers within the working area of a Community Health Center (Puskesmas) in Pekalongan Regency, selected using total sampling. Data were collected via questionnaires covering breast milk production (24 items), psychological factors (9 items), and sociocultural factors (12 items). A validity test conducted on 30 respondents confirmed that all items were valid, with calculated r-values ranging from 0.383–0.770, 0.401–0.734, and 0.403–0.745. Cronbach's Alpha reliability coefficients were 0.926, 0.754, and 0.824, respectively. Data analysis included univariate analysis, the Chi-square test, and logistic regression using the Backward Likelihood Ratio method. **Results:** Adequate breast milk production was observed in 44 respondents (55%). Bivariate analysis showed that the mode of delivery was not associated with breast milk production ($p=0.247$), whereas psychological factors ($p=0.015$) and sociocultural factors ($p=0.013$) were significantly associated with breast milk production. Multivariate analysis indicated that psychological factors ($p=0.018$; $\text{Exp}(B)=0.313$) and sociocultural factors ($p=0.013$; $\text{Exp}(B)=3.385$) influenced breast milk production. Sociocultural factors were the most dominant factor. **Conclusion:** Socio-cultural support and psychological well-being require attention when providing care to postpartum mothers to facilitate smooth breast milk production. Therefore, support from family, the community, and healthcare professionals is essential to create an environment that fosters successful breastfeeding and safeguards the mother's psychological well-being during the postpartum period.

Keywords: *Postpartum mothers, mode of delivery, breast milk production, psychological factors, sociocultural factors.*