

ABSTRACT

THE INFLUENCE OF HEALTH EDUCATION ON BREASTMILK TOWARDS POSTPARTUM MATERNAL BEHAVIOR IN BREASTFEEDING AT RB SUHARTI INTIASIH MATERNITY HOUSE, LUMAJANG

A Quasi-Experimental Study at Suharti Intiasih Maternity House, Lumajang

Yusnah

Breastmilk contain all nutrients needed by infants. It is available all the time in suitable temperature, practical and cost-free, highly appropriate for infant's digestive function. It contains antibodies that protect them from infectious diseases, and it produces no allergy. Other advantage is that it can serve as a means to express love for the baby. It is unfortunate that not all mothers provide breastmilk for their babies. This is because they still have less knowledge on the advantages of breastmilk. Therefore, the undertaking of health education on breastmilk is necessary. This study was aimed to identify the influence of health education on breastmilk towards postpartum maternal behavior in breastfeeding at RB Suharti Intiasih Maternity House, Lumajang.

This study used quasi-experimental one group pre- post-test design. The population was all patients in RB Suharti Intiasih Maternity House, Lumajang, who met the inclusion criteria. Total sample was 30 individuals, taken using purposive sampling. The independent variable was health education, and the dependent variables were maternal knowledge, attitude, and practice in the first week postpartum. Data were collected using questionnaire, and analyzed by means of SPSS using Wilcoxon Sign Rank Test with significance level of $p \leq 0.05$.

Results showed that after health education, knowledge was good in 30 (100%) respondents, attitude was good in 30 (100%) respondents, and skill was also good in 30 (100%) respondents, with significance level of $p = 0.000$. This indicates that health education has a significant influence on maternal behavior in the first week postpartum in RB Suharti Intiasih Maternity House, Lumajang.

Keywords: *health education, maternal postpartum behavior, knowledge, attitude, skill*