

**ABSTRACT**

**COMPARISON OF BREAST MILK PRODUCTION BETWEEN  
VAGINAL DELIVERY AND CAESAREAN DELIVERY WITH  
REGIONAL ANESTHESIA WHICH HAS DONE EIBF  
AT LOMBOK 22 HOSPITAL SURABAYA**

Breastfeeding is the one and only reliable nutritional source for baby. It is important that a mother ideally begins breastfeeding her newborn in the first hour after delivery. Actually, many factors could affect breastfeeding such as delivery type. The aim of this study was analyze and compare breast milk production between vaginal delivery and caesarean delivery with regional anesthesia which has done Early Initiation of Breastfeeding (EIBF). The data used was primary data through filling questionnaires and interviews to study subjects.

This study was observational analytic with prospective cohort design. The population was all mothers which giving birth at Lombok 22 Hospital Surabaya and also has done EIBF. Sampling was simple random sampling and obtained 56 mothers into 2 groups. First group was 28 mothers who postpartum with vaginal delivery. Second group was 28 mothers who postpartum with caesarean delivery with regional anesthesia.

The result showed that there were a different breast milk production between vaginal delivery and caesarean delivery with regional anesthesia ( $p=0.000$ ). This study used postpartum pain as an intermediate variable. The result showed that there were a relationship between postpartum pain and breast milk production ( $p=0.000$ ). Last, the result of multiple regression analysis showed that breast milk production was influenced by type of delivery ( $p=0.023$ ;  $RR=8.047$ ) and postpartum anxiety ( $p=0.000$ ;  $RR=55.205$ ).

*Keywords: Breast Milk Production, Caesarean Delivery with Regional Anesthesia, Postpartum Anxiety, Postpartum Pain*

**ABSTRAK**

**PERBEDAAN PRODUKSI ASI ANTARA IBU POSTPARTUM  
PERSALINAN NORMAL DAN PERSALINAN SC DENGAN ANESTESI  
REGIONAL YANG TELAH DIINISIASI MENYUSU DINI  
DI RS LOMBOK 22 SURABAYA**

ASI merupakan sumber nutrisi terbaik bagi bayi. Oleh sebab itu, sangat penting bagi ibu bersalin untuk segera memberi ASI kepada bayinya maksimal satu jam setelah melahirkan. Tetapi banyak faktor yang mempengaruhi keberhasilan pemberian ASI, salah satunya adalah metode persalinan. Tujuan penelitian ini adalah menganalisis perbedaan produksi ASI metode persalinan normal dan SC dengan anestesi regional yang telah diinisiasi menyusui dini.

Penelitian ini merupakan penelitian observational analitik dengan desain kohort prospektif. Teknik pengambilan sampel dengan teknik simple random sampling. Besar sampel yaitu 56 ibu post partum, data primer di ambil dari RS Lombok 22 Surabaya. Populasi penelitian ini adalah ibu post partum normal dan post partum SC dengan anestesi regional yang telah diinisiasi menyusui dini.

Hasil analisis menunjukkan bahwa terdapat perbedaan produksi ASI metode persalinan normal dan SC dengan anestesi regional yang telah diinisiasi menyusui dini ( $p=0,000$ ). Nyeri persalinan merupakan variabel antara yang memiliki hubungan dengan produksi ASI ( $p=0,000$ ). Analisis lebih lanjut menunjukkan produksi ASI dipengaruhi oleh metode persalinan ( $p=0,023$ ;  $RR=8,047$ ) dan kecemasan ( $p=0,000$ ;  $RR=55,205$ ).

Kesimpulan bahwa pada analisis multivariabel metode persalinan dan kecemasan mempengaruhi produksi ASI, namun dukungan nyata suami tidak mempengaruhi produksi ASI dan informasi menjadi variabel yang konstan.

*Kata kunci: Kecukupan Produksi ASI, Sectio Caesarea dengan anestesi regional, Kecemasan, Nyeri Persalinan*