

Bachelor of Midwifery Study Program, Imelda University Medan 2025

Universitas Imelda Medan

Siti Patimah Hasibuan

EXPERIENCES OF POSTPARTUM MOTHERS IN IMPLEMENTING EARLY INITIATION OF BREASTFEEDING (IMD) IN THE WORKING AREA OF PADANG BULAN PUBLIC HEALTH CENTER.

ABSTRACT

Background:Early Initiation of Breastfeeding (EIBF) is the process of breastfeeding that begins immediately after birth to provide colostrum, which is rich in nutrients, enhance mother–infant bonding, and support the success of exclusive breastfeeding.**Objective:**To explore the experiences, challenges, and inhibiting factors faced by postpartum mothers in carrying out EIBF in the working area of Padang Bulan Public Health Center. **Method:**This research used a qualitative method with a phenomenological approach. The informants were postpartum mothers who were willing to participate and were selected using the snowball sampling technique. Data were collected through in-depth interviews, observation, and documentation, then analyzed using data reduction, data presentation, and conclusion drawing techniques.**Results:**The findings showed that most respondents had performed EIBF. The main inhibiting factors were pain and delayed milk production. Mothers generally reported positive experiences, marked by feelings of happiness, comfort, and pride. EIBF was found to help stimulate milk production, provide colostrum which strengthens the baby’s immune system, as well as make mothers feel relaxed and reduce postpartum pain.**Conclusion:**The implementation of EIBF is still suboptimal, as some mothers practiced it for less than 30 minutes and the breastfeeding process was still guided by health workers. Nevertheless, EIBF provides both physiological and psychological benefits for mothers and their babies.

Keywords: experience, early initiation of breastfeeding, postpartum mothers

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PENGALAMAN IBU NIFAS DALAM MELAKSANAKAN INISIASI MENYUSU DINI DIWILAYAH KERJA PUSKESMAS PADANG BULAN

ABSTRAK

Latar Belakang : Inisiasi Menyusui Dini (IMD) merupakan proses menyusui yang dilakukan segera setelah bayi lahir untuk memberikan kolostrum yang kaya nutrisi, meningkatkan ikatan ibu–bayi, serta mendukung keberhasilan ASI eksklusif. **Tujuan :** mengeksplorasi pengalaman, tantangan, dan faktor penghambat ibu nifas dalam melaksanakan IMD di wilayah kerja Puskesmas Padang Bulan. **Metode :** Metode kualitatif dengan pendekatan fenomenologi. Informan adalah ibu nifas yang bersedia berpartisipasi, dipilih dengan teknik *snowball sampling*. Data dikumpulkan melalui wawancara mendalam, observasi, dan dokumentasi, kemudian dianalisis dengan reduksi data, penyajian, serta penarikan kesimpulan. **Hasil :** menunjukkan sebagian besar responden melakukan IMD. Faktor penghambat utama adalah nyeri dan ASI belum keluar. Pengalaman ibu umumnya positif, ditandai perasaan bahagia, nyaman, dan bangga. IMD terbukti membantu mempercepat produksi ASI, memberikan manfaat kolostrum bagi daya tahan tubuh bayi, serta membuat ibu merasa rileks dan mengurangi nyeri pascapersalinan. **Kesimpulan :** pelaksanaan IMD masih kurang optimal karena sebagian ibu hanya melakukannya kurang dari 30 menit dan proses menyusui masih diarahkan. Namun, IMD tetap memberikan manfaat fisiologis dan psikologis bagi ibu maupun bayi.

Kata kunci: pengalaman, inisiasi menyusui dini, ibu nifas