

Program Studi Sarjana Kebidanan
Universitas Imelda Medan
Apriani Floresinta Sitanggang
NIM : 2015201004

**Pengalaman Ibu Dalam Pemberian ASI Pada Bayi di Unit Perinatologi
Rumah Sakit Umum Imelda Medan**

ABSTRAK

Latar Belakang: ASI (Air Susu Ibu) merupakan nutrisi penting bagi bayi, terutama bagi mereka yang dirawat di unit perinatologi. Namun, pelaksanaan pemberian ASI di ruang perinatologi sering menghadapi berbagai tantangan. Penelitian ini bertujuan untuk mengeksplorasi pengalaman ibu dalam pemberian ASI pada bayi di ruang perinatologi RSUD Imelda Medan dengan fokus pada pelaksanaan, metode, dukungan, dan hambatan yang dihadapi. **Tujuan:** Menggali pelaksanaan ibu dalam pemberian ASI di ruang perinatologi RSUD Imelda Medan, meneliti metode pemberian ASI di ruang perinatologi RSUD Imelda Medan, menilai dukungan yang diterima ibu selama pemberian ASI di ruang perinatologi RSUD Imelda Medan, mengidentifikasi hambatan dalam pemberian ASI pada bayi di ruang perinatologi RSUD Imelda Medan. **Metode:** Penelitian ini menggunakan metode kualitatif dengan pendekatan fenomenologi. Data dikumpulkan melalui wawancara mendalam dengan lima ibu yang pernah menyusui bayi mereka di ruang perinatologi RSUD Imelda Medan. Analisis dilakukan untuk mengidentifikasi tema dan subtema dari pengalaman yang dilaporkan. **Hasil:** Penelitian ini mengidentifikasi empat tema utama: pelaksanaan pemberian ASI, metode pemberian ASI, dukungan selama pemberian ASI, dan hambatan pemberian ASI. Pelaksanaan pemberian ASI umumnya dilakukan di pojok ASI dengan beberapa ibu juga menggunakan susu formula. Metode pemberian ASI meliputi penggunaan botol, memompa ASI, dan menyusui langsung. Dukungan dari keluarga dan tenaga kesehatan terbukti krusial dalam mendukung ibu. Hambatan yang dihadapi termasuk kesulitan bayi dalam menyusui langsung dan ASI yang belum lancar. **Kesimpulan:** Pengalaman ibu dalam pemberian ASI di ruang perinatologi RSUD Imelda Medan dipengaruhi oleh berbagai faktor, termasuk metode yang digunakan, dukungan dari keluarga dan tenaga kesehatan, serta hambatan yang dihadapi. Penelitian ini menunjukkan pentingnya dukungan yang efektif untuk meningkatkan keberhasilan pemberian ASI pada ibu dengan bayi yang dirawat di perinatologi.

Kata Kunci: ASI, Unit Perinatologi, Dukungan Keluarga, Hambatan Pemberian ASI,

Bachelor of Midwifery Study Program
Imelda University Medan
Apriani Floresinta Sitanggang
NIM: 2015201012

**Experience of Mothers in Breastfeeding Babies in the Perinatology Unit
of Imelda Medan Hospital**

ABSTRACT

Background: Breast milk (Breast milk) is an important nutrient for infants, especially for those who are treated in the perinatology unit. However, the implementation of breastfeeding in the perinatology room often faces various challenges. This study aims to explore the experience of mothers in breastfeeding babies in the perinatology room of Imelda Medan Hospital with a focus on implementation, methods, support, and obstacles faced. **Objective:** To explore the implementation of breastfeeding in the perinatology room of Imelda Medan Hospital, to examine the method of breastfeeding in the perinatology room of Imelda Medan Hospital, to assess the support received by mothers during breastfeeding in the perinatology room of Imelda Medan Hospital, to identify obstacles in breastfeeding babies in the perinatology room of Imelda Medan Hospital. **Methods:** This study uses a qualitative method with a phenomenological approach. Data was collected through in-depth interviews with five mothers who had breastfed their babies in the perinatology room of Imelda Medan Hospital. The analysis was conducted to identify themes and subthemes from the reported experiences. **Results:** This study identified four main themes: the implementation of breastfeeding, breastfeeding methods, support during breastfeeding, and breastfeeding barriers. The implementation of breastfeeding is generally carried out in the breastfeeding corner with some mothers also using formula milk. Breastfeeding methods include the use of bottles, pumping breast milk, and direct breastfeeding. Support from family and health workers has proven crucial in supporting mothers. The obstacles faced include the difficulty of babies in breastfeeding directly and breastfeeding that has not been smooth. **Conclusion:** The mother's experience in breastfeeding in the perinatology room of Imelda Medan Hospital is influenced by various factors, including the methods used, support from family and health workers, and obstacles faced. This study shows the importance of effective support to improve breastfeeding success in mothers with infants treated in perinatology.

Keywords: Breast Milk, Perinatology Unit, Family Support, Breastfeeding Barriers,