

Correlation between Nutritional Status with Breast Milk Production of Breastfeeding Mothers in Prajekan Kidul Village Bondowoso Regency

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ABSTRACT

Breast milk (ASI) is the best and perfect food for babies because it contains nutrients needed for optimal growth and development for babies. The mother's food intake during pregnancy is one of the things that need to be considered in order to smooth the production of breast milk so that breastfeeding is not hampered. Mothers with insufficient food intake, especially during pregnancy, can result in reduced milk production or not even out. Good nutritional status occurs when the body gets enough nutrients that are used efficiently so as to allow optimal physical growth, brain growth, workability and health, while deficient nutritional status occurs when the body is deficient in one or more essential nutrients. This study used a correlational analytical research design and used a cross sectional approach. The number of samples to be used was 37 respondents. Subject taking in this study was carried out using the Total Sampling technique. This research was conducted for 14 days directly. The results of the analysis test with Spearman Rank Correlation show that there is a relationship between nutritional status and breast milk production with p value of 0.003 ($p < 0.005$). And the result of the output Correlation coefficient (correlation coefficient) is -0.478, this value indicates a moderate relationship between maternal nutritional status and milk production. The conclusion of this study is that there is a relationship between nutritional status and milk production in breastfeeding mothers in Prajekan Kidul Village, Bondowoso Regency. From the results of this study, it is suggested that this research can be a new knowledge that nutritional status affects breast milk production.

Keywords: Nutritional Status, Breast Milk