

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA  
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PROGRAM STUDI D IIV KEBIDANAN**

**SKRIPSI, MEI 2021  
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**PERBEDAAN POSISI MENYUSUI *SIDE LYING POSITION* DENGAN  
*FOOTBALL HOLD* TERHADAP NYERI LUKA *POST SECTION SESAREA* DI  
RUMAH SAKIT TENTARA TINGKAT IV PEKANBARU**

**± 77 Halaman, 6 Gambar, 5 Tabel, 2 Skema, 13 Lampiran**

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**ABSTRAK**

Tindakan operasi *sectio caesarea* menyebabkan nyeri dan mengakibatkan terjadinya perubahan kontinuitas jaringan karena adanya pembedahan. Nyeri tersebut akan menimbulkan berbagai masalah, salah satunya masalah laktasi. Untuk mendukung keberhasilan menyusui, ibu perlu mengetahui teknik menyusui yang baik dan benar. Teknik menyusui memiliki beberapa jenis, diantara yaitu *side lying position* dan *football hold*. Tujuan penelitian ini untuk mengetahui perbedaan posisi menyusui *side lying position* dengan *football hold* terhadap nyeri luka *post section sesarea* di Rumah Sakit Tentara TK IV Pekanbaru. Jenis penelitian ini adalah *quasy eksperimental* dengan desain penelitian *posttest-Only*. Penelitian dilakukan di Ruang Mawar Rumah Sakit Tentara TK IV Pekanbaru pada bulan Januari–Mei 2021. Populasi yang digunakan adalah semua ibu nifas yang melahirkan dengan tindakan *section sesarea*, jumlah sampel sebanyak 20 ibu nifas pada hari kedua yang dibagi menjadi 2 kelompok, 10 orang menyusui dengan posisi *side lying position* dan 10 orang dengan posisi *football hold*. Uji statistik menggunakan uji T-independent. Hasil penelitian menunjukkan bahwa rata-rata nyeri luka *post section sesarea* pada kelompok *side lying position* adalah  $4,40 \pm 1,07$ , sedangkan pada kelompok posisi menyusui *football hold* adalah  $3,80 \pm 1,03$ . Dari hasil penelitian menunjukkan bahwa tidak terdapat perbedaan posisi menyusui *side lying position* dengan *football hold* terhadap nyeri luka *post section sesarea* ( $p = 0,219$ ). Disarankan kepada pihak rumah sakit untuk membuat kebijakan memvariasikan posisi menyusui pada ibu bersalin terutama pada ibu *post section sesarea*.

Kata Kunci : *Side lying position, football hold, nyeri luka post section sesarea*

Referensi : 22 Referensi (2010–2020)

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STUDY PROGRAM D IV OF MIDEWIFERY**

**THESIS, MEI 2021  
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**DIFFERENCE OF BREASTFEEDING POSITION SIDE LYING POSITION  
WITH FOOTBALL HOLD ON POST SECTION SESAREA WOUND PAIN AT  
THE ARMY HOSPITAL LEVEL IV PEKANBARU**

**± 77 Pages, 6 Pictures, 5 Tables, 2 Schemes, 13 Appendices**

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**ABSTRACT**

Section Caesarea surgery causes pain and results in changes in tissue continuity due to surgery. The pain will cause various problems, one of which is lactation. To support successful breastfeeding, mothers need to know good and correct breastfeeding techniques. There are several types of breastfeeding techniques, including side lying position and football hold. The purpose of this study was to determine the difference between side lying position and football hold breastfeeding position on post-section cesarean wound pain in TK IV Army Hospital Pekanbaru. This type of research is quasi experimental with posttest-only research design and statistical test using independent T-test. The samples in this study were 20 postpartum mothers who gave birth by section cesarean (SC) on the second day which were divided into 2 groups, 10 breastfeeding in a side lying position and 10 people in a football hold position. The study was conducted in the Mawar Room of the TK IV Army Hospital from January to May 2021. The results showed that the average post-section cesarean wound pain in the side lying position group was 4.40 with  $SD \pm 1.075$ , while in the football hold breastfeeding group was 3, 8 with  $SD \pm 1.033$ . The results showed that there was no difference between side lying position and football hold on post section cesarean wound pain ( $p = 0.219$ ). It is recommended that the hospital which is the place for post-cesarean section care for mothers can guide the mother to breastfeed on the second day of the post-cesarean section.

Keywords : *Side lying position, football hold, post section sesarea wound pain*

References : 22 References (2010–2020)