

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN KEMENKES RIAU
PROGRAM STUDI D-IV KEBIDANAN**

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**EFEKTIVITAS KONSUMSI EKSTRAK DAUN KELOR TERHADAP
PRODUKSI ASI IBU NIFAS DI WILAYAH KERJA PAYUNG SEKAKI
KOTA PEKANBARU**

Xiv ± 56 Halaman + 4 Tabel + 3 Bagan + 18 Lampiran

ABSTRAK

Peran ASI sangat penting bahkan dapat mempengaruhi resiko kematian. Pemberian ASI dapat menyelamatkan hingga 30.000 kematian bayi di Indonesia, dan pemberian ASI eksklusif dapat mencegah 10 juta kematian balita di dunia setiap tahunnya. Tujuan penelitian ini untuk mengetahui efektivitas konsumsi ekstrak daun kelor terhadap produksi ASI ibu nifas. Penelitian ini dilakukan di Wilayah Kerja Puskesmas Payung Sekaki Kota Pekanbaru pada bulan Maret-Mei 2022. Populasi penelitian ini seluruh ibu nifas yang mempunyai bayi yang berada di wilayah kerja Payung Sekaki. Sampel penelitian ini berjumlah 15 ibu nifas, pengambilan sampel menggunakan teknik *purposive sampling*. Intervensi pemberian ekstrak daun kelor diberikan selama 3 hari sebanyak 2 kali dalam sehari. Desain penelitian ini adalah *Quasy Eksperimen* dengan rancangan *One Group Pretest- Posttest Design*. Penelitian ini menggunakan uji *Wilcoxon*. Hasil penelitian didapatkan bahwa Rata-rata produksi ASI sebelum di berikan ekstrak daun kelor adalah 14.13 (SD: 14.287) dan rata-rata produksi ASI setelah di berikan ekstrak daun kelor adalah 109.00 (SD: 20,976). Berdasarkan uji *Wilcoxon* di dapatkan p value =0,001 yang artinya ada pengaruh ekstrak daun kelor terhadap produksi ASI ibu nifas. Disarankan kepada bidan di wilayah kerja Puskesmas Payung Sekaki agar dapat memberikan ekstrak daun kelor pada ibu nifas sebagai suplemen untuk meningkatkan produksi ASI.

**Kata Kunci : Produksi ASI, Ekstrak Daun Kelor, Ibu Nifas
Daftar Pustaka : 28 (2008 -2020)**

**MINISTRY OF HEALTH REPUBLIC OF INDONESIA
HEALTH POLYTECHNIC OF RIAU
STUDY PROGRAM OF D-IV MIDWIFERY**

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**THE EFFECTIVENESS OF THE CONSUMPTION OF MORINGA LEAF
EXTRACT ON THE PRODUCTION OF MOM'S BREAST MILK IN THE
WORK AREA OF SEKAKI Umbrella, PEKANBARU CITY**

Xiv ± 56 pages + 4 tables + 3 Charts + 18 appendix

ABSTRACT

The role of breast milk is very important and can even affect the risk of death. Breastfeeding can save up to 30,000 infant deaths in Indonesia, and exclusive breastfeeding can prevent 10 million under-five deaths in the world every year. The purpose of this study was to determine the effectiveness of the consumption of Moringa leaf extract on the production of postpartum mother's milk. This research was conducted in the Payung Sekaki Public Health Center Work Area, Pekanbaru City in March-May 2022. The population of this study were all postpartum mothers who had babies who were in the Payung Sekaki work area. The sample of this study amounted to 15 postpartum mothers, the sample was taken using purposive sampling technique. The intervention of giving Moringa leaf extract was given for 4 days 2 times a day. The design of this research is Quasy Experiment with One Group Pretest-Posttest Design. This study used a dependent T test. The results showed that the average milk production before being given Moringa leaf extract was 14.13 (SD: 14.287) and the average milk production after being given Moringa leaf extract was 109.00 (SD: 20.976). Based on the T-dependent test, it was found that p-value = 0.001 which means that there is an effect of Moringa leaf extract on the production of postpartum mother's milk. It is recommended for midwives in the working area of Payung Sekaki Health Center to provide Moringa leaf extract to postpartum mothers as a supplement to increase breast milk production.

Keywords: Breast Milk Production, Moringa Leaf Extract, Postpartum Mothe
References: 28 (2008-2020)