

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN RIAU
PROGRAM STUDI SARJANA TERAPAN KEBIDANAN**

**SKRIPSI, JULI 2026
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**EFEKTIVITAS TEH INSTAN TORBANGUN TERHADAP PENAMBAHAN
BERAT BADAN BAYI DALAM 10 HARI PERTAMA DI KLINIK TAMAN
SARI GROUP DAN TPMB ROSITA**

xii + 48 Halaman, 5 Tabel, 3 Gambar, 3 Bagan, 13 Lampiran

ABSTRAK

Air Susu Ibu (ASI) merupakan makanan terbaik bagi bayi karena mengandung zat gizi yang lengkap, mudah dicerna, serta memiliki antibodi yang berperan penting dalam mendukung pertumbuhan, perkembangan, dan meningkatkan sistem kekebalan tubuh bayi. Kecukupan ASI pada 10 hari pertama kehidupan sangat menentukan penambahan berat badan bayi, sehingga diperlukan upaya untuk meningkatkan produksi ASI. Salah satu alternatif nonfarmakologis yang dapat digunakan adalah konsumsi teh instan torbangun (*Coleus amboinicus*) yang dikenal memiliki kandungan senyawa laktagogum. Penelitian ini bertujuan mengetahui efektivitas teh instan torbangun terhadap penambahan berat badan bayi dalam 10 hari pertama pada ibu postpartum di Klinik Taman Sari Group dan TPMB Rosita. Penelitian ini menggunakan desain kuantitatif *pre-experimental* dengan rancangan *One Group Pretest-Posttest Design*. Sampel berjumlah 15 ibu postpartum yang dipilih menggunakan teknik *purposive sampling*. Data dikumpulkan menggunakan lembar observasi dan pengukuran berat badan bayi dengan timbangan digital yang telah dikalibrasi, kemudian dianalisis menggunakan uji *t* dependen. Hasil penelitian menunjukkan rata-rata berat badan bayi meningkat dari 3055,33 gram menjadi 3365,33 gram, dengan rata-rata peningkatan 310 gram. Hasil uji statistik menunjukkan nilai $p = 0,000$ ($p < 0,05$), yang berarti terdapat perbedaan yang bermakna antara berat badan bayi sebelum dan sesudah intervensi. Disimpulkan bahwa pemberian teh instan torbangun efektif terhadap penambahan berat badan bayi dalam 10 hari pertama sehingga berpotensi mendukung kecukupan produksi ASI pada ibu postpartum.

Kata Kunci : ASI, berat badan bayi, ibu postpartum, teh instan torbangun.
Daftar Bacaan : 33 Referensi (2018-2025)

**MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA
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**THE EFFECTIVENESS OF INSTANT TORBANGUN TEA ON INFANT
WEIGHT GAIN DURING THE FIRST 10 DAYS OF LIFE AT TAMAN SARI
GROUP CLINIC AND ROSITA MIDWIFERY PRACTICE**

xii + 48 Pages, 5 Tables, 3 Figures, 3 Diagrams, 13 Appendices

ABSTRACT

Breast milk is the best source of nutrition for infants because it contains essential nutrients, is easily digested, and provides antibodies that support growth, development, and the immune system. Adequate breast milk intake during the first 10 days of life is important for supporting infant growth, as reflected by infant weight gain. Therefore, efforts to support breast milk production are needed. One non-pharmacological approach is the consumption of instant torbangun tea (*Coleus amboinicus*), which contains bioactive compounds that have lactogenic potential. This study aimed to determine the effectiveness of instant torbangun tea on infant weight gain during the first 10 days of life among postpartum mothers at Taman Sari Group Clinic and Rosita Independent Midwifery Practice (TPMB). This quantitative study employed a pre-experimental design using a One-Group Pretest-Posttest Design. A total of 15 postpartum mothers were selected using purposive sampling. Data were collected using observation sheets and infant weight measurements obtained with a calibrated digital infant scale. Data were analyzed using a paired *t*-test. The results showed that the mean infant weight increased from 3,055.33 grams before the intervention to 3,365.33 grams after the intervention, with a mean weight gain of 310 grams over 10 days. The statistical analysis showed a *p*-value of < 0.001 ($p < 0.05$), indicating a statistically significant difference in infant weight before and after the intervention. It can be concluded that infant weight increased following the consumption of instant torbangun tea for 10 days. The consumption of instant torbangun tea has the potential to support adequate breast milk production among postpartum mothers.

Keywords: *Breast milk, infant weight gain, postpartum mothers, torbangun tea.*
References : 33 References (2018-2025)