

ABSTRACT

THE RELATIONSHIPS BETWEEN DIET, NUTRIENT INTAKE AND BREASTMILK PRODUCTION AMONG BREASTFEEDING MOTHERS IN KEAGUNGAN VILLAGE TAMANSARI DISTRICTS OF JAKARTA BARAT

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(XIV, VI BAB, 74 Page, 20 Table, 2 Picture, 10 Attachment

Background : The 2018 Basic Health Research shows that the coverage of national exclusive breastfeeding is only 37.3%. For a mother, breastfeeding is an obligation that must be carried out because the smooth production of breastmilk is very important to meet the nutritional needs of the baby. One way to increase breast milk production is by doing a good diet such as eating regularly, fulfilling and nutritious.

Objective : To determine the relationship between diet, nutrient intake and breastmilk production in nursing mothers in the Village of Keagungan, Tamansari, West Jakarta.

Method : This type of research uses a cross sectional design with a sample of 35 breastfeeding mothers and sample determination using total sampling technique. Analysis of the data used is spearman rank correlation.

Results : The study showed a good dietary pattern of breastfeeding mothers (77.1%), the average nutritional intake of breastfeeding mothers was in accordance with the Figures for Nutritional Needs (RDA) and breastmilk production in breastfeeding mothers of both (71.4%). There is a relationship between diet and production of ASI $p\text{-value} = (0.00)$. There is a correlation between nutrient intake and production of ASI $p\text{-value} = (0.00)$.

Conclusion : There is a relationship between diet, nutrient intake and breastmilk production in nursing mothers in the Village of Keagungan, Tamansari, West Jakarta. Nursing mothers should be able to further increase the consumption of diverse foods every day. Eat according to schedule, type and amount and avoid foods that should not be consumed during the breastfeeding process and give babies exclusive breastfeeding until the age of 6 months.

Keywords : Breastfeeding mother, eating, nutrient intake and breastmilk production.

Reading List : 108 (2000-2018)