

EFEKTIVITAS INISIASI MENYUSU DINI (IMD) TERHADAP PENINGKATAN BONDING IBU DAN BAYI SERTA PEMBERIAN ASI EKSKLUSIF DI PUSKESMAS SIKUMANA KOTA KUPANG

Kresentia Adelvina do Nascimento

Program Studi D III Keperawatan Poltekkes Kemenkes Kupang

Email: donascimentodelvi@gmail.com

ABSTRAK

Latar Belakang : Inisiasi Menyusu Dini (IMD) adalah pemberian ASI pada bayi dalam satu jam pertama melalui kontak kulit ibu-bayi yang terbukti meningkatkan ASI eksklusif dan *bonding*. Namun, cakupan IMD dan ASI eksklusif di Puskesmas Sikumana masih rendah. **Tujuan:** Menganalisis efektivitas IMD terhadap peningkatan *bonding* ibu-bayi serta keberhasilan ASI eksklusif di Puskesmas Sikumana Kota Kupang. **Metode:** Penelitian deskriptif dengan studi kasus pada dua ibu postpartum (primipara dan multipara). Data diperoleh melalui wawancara, observasi IMD, kuesioner Postpartum Bonding Questionnaire (PBQ), dan dokumentasi rekam medis. Analisis dilakukan secara naratif dengan perbandingan teori. **Hasil:** Responden primipara melaksanakan IMD 35 menit dengan skor PBQ 108/125 (*bonding* cukup baik) meski awalnya cemas terkait ASI. Edukasi meningkatkan keyakinan dan keberlanjutan ASI eksklusif. Responden multipara melaksanakan IMD 30 menit dengan skor PBQ 102/125 (*bonding* baik), namun bayi mengalami ikterus fisiologis akibat asupan ASI kurang optimal. **Kesimpulan:** IMD efektif meningkatkan ibu-bayi dan mendukung ASI eksklusif, meskipun diperlukan edukasi dan pendampingan lanjutan.

Kata Kunci : Inisiasi Menyusu Dini, Bonding Attachment, ASI Eksklusif

THE EFFECTIVENESS OF EARLY INITIATION OF BREASTFEEDING (EIBF) ON ENHANCING MOTHER-INFANT BONDING AND EXCLUSIVE BREASTFEEDING AT SIKUMANA COMMUNITY HEALTH CENTER IN KUPANG CITY

Kresentia Adelvina do Nascimento

Diploma III Nursing Program, Poltekkes Kemenkes Kupang

Email: donascimentodelvi@gmail.com

ABSTRACT

Background: Early Initiation of Breastfeeding (EIBF) is the practice of breastfeeding within the first hour of birth through skin-to-skin contact, proven to increase exclusive breastfeeding and mother-infant bonding. However, the coverage of EIBF and exclusive breastfeeding at Sikumana Health Center remains low.

Objective: To analyze the effectiveness of EIBF in enhancing mother-infant bonding and the success of exclusive breastfeeding at Sikumana Health Center in Kupang City. **Method:** A descriptive study with a case study approach involving two postpartum mothers (primipara and multipara). Data were collected through interviews, observation of EIBF, the Postpartum Bonding Questionnaire (PBQ), and medical records. Analysis was conducted narratively with theoretical comparison.

Results: The primipara mother performed EIBF for 35 minutes with a PBQ score of 108/125 (good bonding) despite initial anxiety regarding milk adequacy. Education improved her confidence and continuity of exclusive breastfeeding. The multipara mother performed EIBF for 30 minutes with a PBQ score of 102/125 (fair bonding), but her infant experienced physiological jaundice due to suboptimal milk intake.

Conclusion: EIBF is effective in improving mother-infant bonding and supporting exclusive breastfeeding, although continuous education and guidance are required.

Keywords: Early Initiation of Breastfeeding, Bonding Attachment, Exclusive Breastfeeding