

SKRIPSI

**STUDI FENOMENOLOGI : PENGALAMAN IBU DALAM MENYUSUI
BAYI PADA WILAYAH TERDAMPAK BENCANA ALAM**

Penelitian Keperawatan Maternitas



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ABSTRAK

Bencana alam hidrometeorologi menimbulkan dampak banjir bandang yang terjadi pada wilayah kerja Puskesmas Pauh menyebabkan trauma serta mengganggu kenyamanan ibu dalam menyusui bayi. Ibu menyusui mengalami stress kehilangan rumah harta benda serta kurangnya privasi. Penelitian ini bertujuan mengeksplorasi pengalaman ibu dalam menyusui bayi pada wilayah terdampak bencana alam. Penelitian ini merupakan studi fenomenologi pengalaman 8 partisipan ibu menyusui yang terkena bencana alam hidrometeorologi banjir bandang di wilayah kerja Puskesmas Pauh. Data dikumpulkan melalui wawancara semi-terstruktur dan dianalisis menggunakan metode Colaizzi. Hasil penelitian menemukan empat tema, yaitu: (1) menyusui dalam kondisi bencana alam menjadi proses penuh tantangan dan merenggut rasa aman, (2) kerentanan fisik dan emosional ibu dan bayi serta gangguan pengasuhan, (3) dukungan keluarga, tenaga kesehatan, dan bantuan pemerintah menjadi penolong keberlangsungan menyusui, dan (4) ketangguhan dan komitmen sebagai ibu mendorong keberlanjutan menyusui di tengah keterbatasan. Faktor-faktor yang mempengaruhi pengalaman ibu dalam menyusui bayi saat bencana alam bersifat kompleks seperti kondisi fisik, psikologis, lingkungan, kondisi bayi, dukungan sosial, serta ketangguhan ibu. Diperlukan kerja sama dari Dinas Kesehatan dan BPBD untuk bantuan makanan bergizi bagi ibu dan bayi, air bersih yang memadai dan ruang laktasi bagi ibu menyusui di tempat pengungsian untuk meningkatkan kenyamanan dalam mempertahankan proses menyusui bayi

Kata kunci: ibu menyusui, bencana alam, banjir bandang, pengalaman, fenomenologi.

Daftar Pustaka: 37 (2018-2025)

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*A Phenomenological Study: Mothers' Experiences of Breastfeeding Their Infants
in Areas Affected by Natural Disasters*

ABSTRACT

A hydrometeorological disaster specifically a flash flood in the Pauh Community Health Center service area caused trauma and disrupted the comfort of breastfeeding mothers. These mothers experienced stress due to the loss of their homes and belongings, as well as a lack of privacy. This study aimed to explore the experiences of mothers breastfeeding their infants in a disaster-affected area. It employed a phenomenological approach to examine the experiences of eight breastfeeding mothers affected by the flash flood in the Pauh service area. Data were collected through semi-structured interviews and analyzed using Colaizzi's method. The study identified four themes: (1) breastfeeding during a natural disaster is a challenging process that strips away a sense of security; (2) physical and emotional vulnerability of both mother and infant, alongside disruptions to caregiving; (3) support from family, healthcare workers, and the government facilitates the continuation of breastfeeding; and (4) maternal resilience and commitment drive the continuation of breastfeeding despite limitations. The factors influencing mothers' breastfeeding experiences during natural disasters are complex, encompassing physical, psychological, and environmental conditions, the infant's state, social support, and maternal resilience. Collaboration between the Health Office and the Regional Disaster Management Agency is essential to provide nutritious food for mothers and infants, adequate clean water, and lactation spaces in evacuation shelters, thereby enhancing comfort and supporting the continuation of breastfeeding.

Keywords: breastfeeding mothers, natural disaster, flash flood, experience, phenomenology.

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