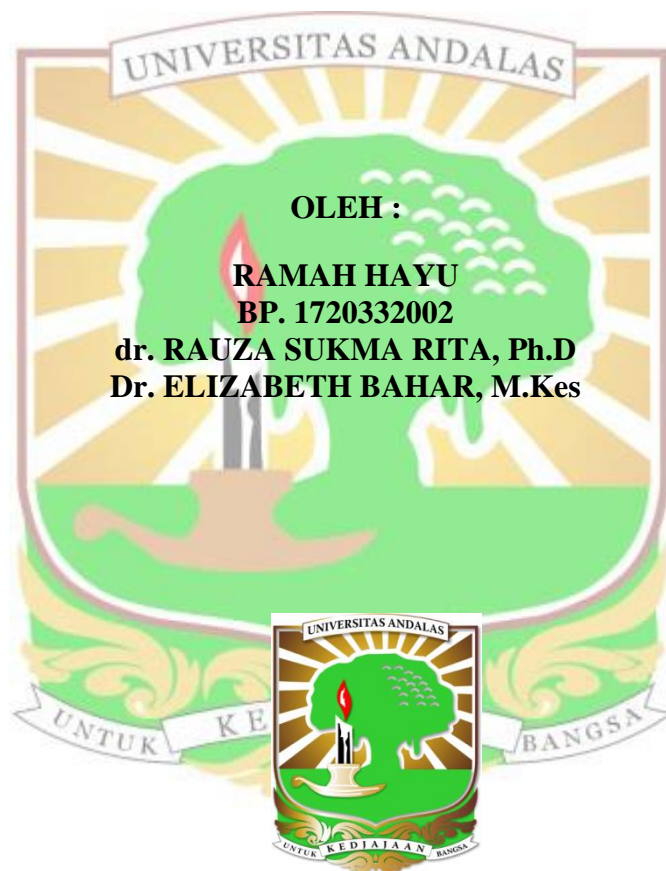


**GAMBARAN PEMILIHAN WADAH DAN TEMPAT  
PENYIMPANAN SERTA KADAR PROTEIN  
DAN LEMAK ASI PADA IBU  
MENYUSUI DIWILAYAH  
KERJA PUSKESMAS  
ANDALAS**

**TESIS**



**PROGRAM STUDI S2 ILMU KEBIDANAN  
PASCASARJANA FAKULTAS KEDOKTERAN  
UNIVERSITAS ANDALAS  
PADANG 2020**

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## ABSTRAK

### GAMBARAN PEMILIHAN WADAH DAN TEMPAT PENYIMPANAN SERTA KADAR PROTEIN DAN LEMAK ASI PADA IBU MENYUSUI DI WILAYAH KERJA PUSKESMAS ANDALAS

RAMAH HAYU

Air Susu Ibu (ASI) merupakan nutrisi yang paling ideal untuk bayi karena ASI mengandung protein, lemak, karbohidrat, dan air dalam jumlah yang tepat untuk pencernaan, pertumbuhan dan perkembangan bayi. Kandungan lemak dan protein dalam ASI dapat dipengaruhi oleh wadah dan tempat penyimpanan ASI. Tujuan penelitian ini untuk mengetahui gambaran pemilihan wadah dan tempat penyimpanan serta kadar protein dan lemak ASI pada ibu menyusui.

Penelitian ini merupakan penelitian deskriptif dengan pendekatan *cross sectional*. Di Wilayah Kerja Puskesmas Andalas Padang. Populasi meliputi ASI dari ibu-ibu menyusui di Wilayah Kerja Puskesmas Andalas. Sampel diambil sesuai kriteria inklusi ( $n = 24$ ) diikuti cara pemilihan wadah dan tempat penyimpanan ASI serta dilakukan pemeriksaan kadar protein dan lemak di laboratorium Bioteknologi Ternak Fakultas Peternakan Universitas Andalas Padang pada bulan Maret 2019 sampai dengan Januari 2020. Data dianalisis dan ditampilkan dalam tabel distribusi frekuensi dan persentase.

Hasil penelitian menunjukkan bahwa Pemilihan wadah penyimpanan ASI terbanyak pada kantong plastik (66,7%), paling sedikit botol plastik (8,3%). Rerata kadar protein (rerata $\pm$ SD) berdasarkan wadah penyimpanan botol kaca, botol plastik, dan kantong plastik ASI adalah  $0,98 \pm 0,14$  g/dl,  $0,84 \pm 0,07$  g/dl, dan  $0,97 \pm 0,24$  g/dl, dengan selisih terbesar pada botol kaca dan terkecil pada kantong plastik. Rerata kadar lemak berdasarkan wadah botol kaca, botol plastik, dan kantong plastik ASI adalah  $2,88 \pm 0,75$ g/dl,  $1,78 \pm 0,31$ g/dl, dan  $2,69 \pm 0,46$ g/dl, dengan selisih terbesar pada kantong plastik, terkecil pada botol kaca. Tempat penyimpanan ASI terbanyak dipilih ibu adalah lemari es (62,5%), paling sedikit di ruangan (8,3%). Rerata kadar protein berdasarkan tempat penyimpanan ruangan, *cooler bag*, dan lemari es adalah  $0,95 \pm 0,21$  g/dl,  $0,88 \pm 0,37$ g/dl, dan  $0,93 \pm 0,25$ g/dl dengan selisih terbesar pada *cooler bag*, terkecil pada ruangan, sedangkan kadar lemak adalah  $2,19 \pm 0,77$ g/dl,  $2,72 \pm 0,54$ g/dl, dan  $2,70 \pm 0,60$ g/dl dengan selisih terbesar pada lemari es, terkecil pada ruangan.

Kesimpulan pada penelitian ini yaitu gambaran pemilihan wadah dan tempat penyimpanan serta kadar protein dan lemak ASI pada ibu menyusui di Wilayah Kerja Puskesmas Andalas memiliki penurunan dari ASI segar.

**Kata kunci** : Wadah, Tempat penyimpanan ASI, Protein, Lemak.

## ABSTRACT

### THE DESCRIPTION OF SELECTION OF BREAST MILK CONTAINER AND STORAGE WITH PROTEIN AND FAT CONTENT IN THE BREASTFEEDING MOTHERS AT ANDALAS COMMUNITY HEALTH CENTER WORKING AREA

RAMAH HAYU

Breast milk is the most ideal nutrient for infants because it contains protein, fat, carbohydrates, and water in the right amount for digestion, growth and development of infants. The fat and protein content in breast milk can be affected by the container and storage of breast milk. The objective of this study is to determine the description of the selection of breast milk container and storage with protein and fat content in breastfeeding mothers.

This is a descriptive research with cross sectional approach. This research is conducted at the Community Health Center of Andalas, Padang. The population includes breast milk from breastfeeding mothers in the Community Health Center of Andalas. Samples were taken according to inclusion criteria (n = 24) followed by selection of container and storage for breast milk and protein and fat content check was conducted in the Laboratory of Animal Biotechnology, Faculty of Animal Husbandry, University of Andalas, Padang from March 2019 to January 2020. The data were analyzed and shown in frequency distribution and percentage tables.

The results showed that the age range of the most respondents was at the age of 20-35 years (79.2%). the selection of breast milk container for protein content which was mostly chosen by mothers was plastic bags (66.7%), and the least was plastic bottles (8.3%); the mean of glass bottles, plastic bottles, and breast milk plastic bags were  $0,98 \pm 0,14$  g/dl,  $0,84 \pm 0,07$ , and  $0,97 \pm 0,24$  with the biggest difference was in glass bottles and the smallest was in plastic bags; the mean of glass bottles, plastic bottles, and breast milk plastic bags were  $2,88 \pm 0,75$  g/dl,  $1,78 \pm 0,31$  g/dl, and  $2,69 \pm 0,46$  g/dl with the biggest difference in plastic bags and the smallest in glass bottles; the selection of the breast milk container with protein content which was mostly chosen by the mothers was freezer (62.5%), and the least was room (8.3%); the mean of room, cooler bag, and freezer respectively was  $0,95 \pm 0,21$  g/dl,  $0,88 \pm 0,37$  g/dl, and  $0,93 \pm 0,25$  g/dl with the biggest difference in a cooler bag, and the smallest in the room; the selection of breast milk content with fat of room, cooler bag, and freezer respectively was  $2,19 \pm 0,77$  g/dl,  $2,72 \pm 0,54$  g/dl, and  $2,70 \pm 0,60$  g/d with the biggest difference in freezer was and the smallest in the room.

The conclusion of this research is the description of the selection of breast milk container and storage with protein and fat content in breastfeeding mothers at Andalas Community Health Center working area has decreased from fresh breast milk.

**Keywords:** Container, Breast Milk Storage, Protein, Fat.