

**PEMBERIAN SUSU KEDELAI TERHADAP MENYUSUI TIDAK
EFEKTIF DALAM ASUHAN KEPERAWATAN PADA
IBU *POST PARTUM* SPONTAN DI RUANG JADE
UOBK RSUD DR SLAMET GARUT
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ABSTRAK

Latar Belakang: Masa postpartum merupakan periode penting untuk memulai menyusui. Tahun 2024 tercatat sejumlah ibu postpartum di RSUD dr. Slamet Garut mengalami hambatan produksi ASI pada hari pertama hingga ketiga setelah persalinan. Masalah yang sering muncul adalah menyusui tidak efektif akibat ASI belum keluar atau hanya sedikit, sehingga bayi rewel dan tidak puas. Kondisi ini dapat memengaruhi keberhasilan menyusui dan tumbuh kembang bayi. Salah satu metode nonfarmakologis yang dapat membantu adalah pemberian susu kedelai, pada ibu menyusui laktagog alami yang aman, mudah, tanpa efek samping, serta terbukti meningkatkan produksi ASI. **Tujuan:** Melakukan asuhan keperawatan maternitas pada ibu postpartum spontan dengan menyusui tidak efektif melalui intervensi pemberian susu kedelai sebagai pendekatan untuk meningkatkan produksi ASI. **Metode:** Penelitian deskriptif kualitatif dengan pendekatan studi kasus pada dua ibu postpartum spontan yang mengalami menyusui tidak efektif akibat produksi ASI yang belum optimal. Data dikumpulkan melalui format asuhan keperawatan maternitas, SOP pemberian susu kedelai, SAP penyuluhan, leaflet edukasi, lembar informed consent, serta perlengkapan pemberian susu kedelai. **Hasil:** Pemberian susu kedelai selama tiga hari di Ruang Jade RSUD dr. Slamet Garut meningkatkan produksi ASI secara signifikan. Responden 1 menunjukkan peningkatan jumlah ASI sehingga bayi tampak kenyang setelah menyusui dan frekuensi menyusui bertambah. Responden 2 juga mengalami perbaikan proses menyusui, terlihat lebih percaya diri, serta bayi lebih tenang setelah menyusui. Selain itu, tidak ditemukan efek samping yang merugikan dari pemberian susu kedelai pada kedua responden. **Kesimpulan:** Pemberian susu kedelai terbukti efektif meningkatkan produksi ASI, memperbaiki proses menyusui, serta mendukung kenyamanan ibu dan bayi pada masa postpartum. **Saran:** Susu kedelai dapat dijadikan intervensi nonfarmakologis sederhana, alami, dan aman untuk mendukung kelancaran produksi ASI serta keberhasilan menyusui jangka panjang.

Kata Kunci: Laktagog, Menyusui Tidak Efektif, Produksi ASI, Post Partum, Susu Kedelai.

Daftar Pustaka : 5 Buku (2018-2022), 4 Jurnal, 6 Artikel

***The Effect of Soy Milk Administration on Ineffective Breastfeeding in
Nursing Care of Postpartum Mothers after Spontaneous
Delivery in Jade Ward, UOBK Dr. Slamet
Garut Hospital, 2025***

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ABSTRACT

Background: The postpartum period is a crucial stage for initiating breastfeeding. In 2024, several postpartum mothers at RSUD dr. Slamet Garut were reported to experience difficulties in breast milk production during the first to third day after delivery. A common issue encountered was ineffective breastfeeding due to minimal or absent milk secretion, causing the baby to become fussy and unsatisfied. This condition can affect the success of breastfeeding and the infant's growth and development. One non-pharmacological method that can help is the consumption of soy milk, which serves as a natural, safe, and easily accessible lactagogue proven to enhance breast milk production without any side effects. **Objective:** To provide maternity nursing care for postpartum mothers with ineffective breastfeeding through the intervention of soybean milk administration as an approach to improve breast milk production. **Method:** This study employed a descriptive qualitative design with a case study approach involving two postpartum mothers who experienced ineffective breastfeeding due to suboptimal milk production. Data were collected using maternity nursing care formats, a standard operating procedure for soybean milk administration, educational session plans, educational leaflets, informed consent forms, and tools for soybean milk preparation. **Results:** Administration of soy milk for three days in the Jade Ward of Dr. Slamet Garut Hospital significantly increased breast milk production. Respondent 1 showed an increase in breast milk volume, with the baby appearing full after breastfeeding and the frequency of feeding sessions increasing. Respondent 2 also experienced improvements in the breastfeeding process, appeared more confident, and the baby was calmer after feeding. In addition, no adverse side effects were observed from soy milk administration in either respondent. **Conclusion:** Soy milk administration proved effective in increasing breast milk production, improving the breastfeeding process, and supporting the comfort of both mother and baby during the postpartum period. **Recommendation:** Soy milk can be used as a simple, natural, and safe non-pharmacological intervention to support adequate breast milk production and promote long-term breastfeeding success.

Keywords: postpartum, ineffective breastfeeding, soy milk, breast milk production, lactagogues

Bibliography: 5 Books (2018-2022), 4 Journals, 6 A