

ABSTRACT

Camelia, 2024. *The Relationship Between Stress Levels and Breast Milk Production in Postpartum Mothers at PMB Soemidjah Ipung Malang. Thesis. Bachelor of Applied Midwifery Program. Health Polytechnic of the Ministry of Health Malang, Midwifery Department. Health Polytechnic of the Ministry of Health Malang. Principal Supervisor: Jupriyono, S.Kp., M.Kes. Co-Supervisor: Asworoningrum Yulindahwati, SST, M.Keb.*

Breast milk production is a critical issue that postpartum mothers must address. If a mother's breast milk production is insufficient, it can lead to the failure of exclusive breastfeeding, resulting in inadequate nutrition for the baby. Additionally, it can cause mastitis in the mother due to blocked milk ducts. One of the factors influencing breast milk production is stress. Anxiety and stress in a mother can disrupt lactation, which in turn can affect milk production by inhibiting its release. This study aims to determine whether there is a relationship between stress levels and breast milk production in postpartum mothers at PMB Soemidjah Ipung Malang. The study design uses a correlational analytic approach with a cross-sectional method, involving a population of 31 postpartum mothers who meet the inclusion criteria. The sampling technique used is total sampling, resulting in a sample size of 31 respondents. The research instruments used are the Perceived Stress Scale (PSS-10) questionnaire and a breast milk production questionnaire. Data were analyzed using Spearman's statistical test with a confidence level of ≤ 0.05 . The results showed a p-value of 0.01 for the relationship between maternal stress levels and breast milk production, and a p-value of 0.005 for the relationship between infant-related stress and breast milk production, with significance levels of 0.456 and 0.489, respectively, falling into the moderate category. Therefore, it can be concluded that this study rejects the null hypothesis (H_0), indicating that there is a relationship between stress levels and breast milk production. This finding should be considered for preventing excessive stress in postpartum mothers to ensure smooth breast milk production.

Keywords: Stress Levels, Breast Milk Production, Postpartum