

ABSTRACT

Hairubbi, Rona Ayu Fadillah. 2024. The Relationship between Macronutrient Consumption Patterns of Postpartum Mothers and Adequacy of Breast Milk Infants in the Kendalsari Health Center Working Area, Malang City. Thesis. Bachelor of Applied Midwifery Study Program Malang. Health Polytechnic of the Ministry of Health Malang. Main Supervisor: Dr. Yohanes Kristianto, Grad. Dipl. Sci.,MFT, Co-advisor: Didien Ika Setyarini, S.SiT.,M.Keb

Many postpartum mothers are unable to breastfeed optimally or even switch to formula milk during the early postpartum period due to insufficient milk production. One factor contributing to this condition is suboptimal maternal nutrition, particularly related to poor consumption patterns of macronutrients. Macronutrient deficiencies can affect the nutritional adequacy of infants as well as the health of mothers after childbirth. Therefore, this study aims to analyze the relationship between the consumption patterns of macronutrients among postpartum mothers and breast milk sufficiency in the Kendalsari Community Health Center (Puskesmas) service area. To date, there have been few studies specifically examining this relationship, despite the fact that breast milk sufficiency is greatly influenced by the mother's nutritional quality. This study employs a correlational design with a cross-sectional approach. The sampling technique used is purposive sampling, with a sample size of 26 postpartum mothers. The results indicate that mothers with adequate intake of carbohydrates, protein, and fat tend to have sufficient breast milk supply. Adequate macronutrient intake has been proven to significantly contribute to the sufficiency of breast milk for infants ($p < 0.05$). Additionally, the variety of food types consumed and regular meal frequency are closely associated with breast milk sufficiency. Further research is recommended to use a larger sample size and employ more valid assessment instruments for nutrient intake.

Keywords: Postpartum mothers, breast milk adequacy, macronutrient consumption patterns