

## Pengalaman Relaktasi Ibu Menyusui Pascaterinfeksi Covid-19 Di Jadebotabek = Experience of Post-Covid-19 Breastfeeding Mothers' Relactation in Jakarta Greater Area

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### Abstrak

Infeksi virus SARS-Cov-2 pada pandemi Covid-19 dapat mengakibatkan ibu berhenti menyusui namun dapat pula melakukan relaktasi pascapulih. Relaktasi merupakan proses mengembalikan bayi kembali menyusui setelah sebelumnya berhenti. Menyusui bukan sekadar memberi ASI merupakan alasan penting mengapa relaktasi perlu dilakukan. Penelitian fenomenologi deskriptif ini bertujuan untuk dapat mengetahui dan mendeskripsikan pengalaman hidup (*lived-experience*) ibu menyusui di Jadebotabek dalam menjalani relaktasi pascaterinfeksi Covid-19. Data diperoleh melalui wawancara mendalam terhadap 15 partisipan yang kemudian dianalisis dengan metode Colaizzi. Ditemukan tujuh tema yang berkaitan dengan pengalaman relaktasi tersebut, yaitu 1) Indikasi, 2) Motivasi, 3) Strategi, 4) Perasaan ibu, 5) Dukungan, 6) Pengetahuan, dan 7) Harapan. Penelitian ini menunjukkan bahwa relaktasi di situasi pandemi Covid-19 adalah hal yang mungkin dan dapat dilakukan. Relaktasi dapat dilakukan oleh semua ibu tanpa melihat status pendidikan, status pekerjaan, usia bayi, usia ibu, status paritas, dan waktu berhentinya menyusui. Penelitian ini menyarankan perlunya panduan relaktasi yang dapat digunakan sebagai rujukan bagi ibu menyusui dan tenaga kesehatan. Diperlukan pula layanan *telemedicine* atau *breastfeeding helpline*, dan *homecare* melalui fasilitas kesehatan yang terjangkau baik secara akses maupun biaya kesehatan bagi ibu yang menjalani relaktasi. Selain itu, program-program edukasi menyusui yang melibatkan peran ayah atau suami dan dukungan dari tempat bekerja juga perlu ditingkatkan mengingat besarnya dampak dukungan ini pada keberhasilan relaktasi

.....SARS-Cov-2 infection during the Covid-19 pandemic can lead to the cessation of breastfeeding however they may relactate after recovery. Relactation is the process of reintroducing breastfeeding to a child who had previously ceased. Breastfeeding is not just giving the breastmilk is an important reason why relactation is necessary. This descriptive phenomenological research aims to be able to find out the life experience (*lived-experience*) of breastfeeding mothers in *Jakarta Greater Area* in undergoing relactation after being infected with Covid-19. Data were obtained through in-depth interviews with 15 participants and analyzed using the Colaizzi's method. There were seven emergent themes: 1) Indication, 2) Motivation, 3) Strategy, 4) Mother's emotions, 5) Support, 6) Breastfeeding information, and 7) Hope. This study reveals that relactation is feasible and doable during a Covid-19 pandemic. Relactation is feasible for all women, regardless of educational level, employment status, infant age, mother's age, parity status, and time after nursing was discontinued, as long as they receive adequate assistance. This study highlights the need for a relactation guide as a resource for nursing women and medical professionals. Telemedicine, breastfeeding helplines, and homecare services are also needed through health institutions for mothers who are relactating, both in terms of access and health expenses. Furthermore, considering the enormity of this support's influence on the efficacy of breastfeeding and relactation, it is essential to construct breastfeeding education programs that highlight the husband's participation and workplace support.