

ABSTRAK

Masa Nifas adalah merupakan masa setelah persalinan sampai 6 minggu atau 42 hari, masa nifas tidak terlepas dari masa menyusui, dimana pencegahan dalam masalah menyusui dengan pendidikan kesehatan tentang perawatan payudara sangat diperlukan, agar tercapainya tujuan asuhan kebidanan di masa nifas. Tujuan penelitian ini adalah mengetahui pengaruh metode *buzz group discussion* tentang perawatan payudara terhadap pengetahuan dan sikap ibu nifas.

Penelitian ini merupakan penelitian eksperimen dengan rancangan *quasy eksperiment pre post test with control group design*. Pengambilan sampel menggunakan teknik *simple random sampling*. Besar sampel sebanyak 60 ibu nifas yang terbagi dalam 2 kelompok yakni kelompok intervensi dan kelompok kontrol. Kelompok intervensi diberikan perlakuan menggunakan metode *buzz group discussion*, sedangkan kelompok kontrol menggunakan metode ceramah oleh tenaga kesehatan Puskesmas. Analisis yang digunakan menggunakan analisis univariat dan analisis bivariat yaitu *wilcoxon* dan *mann whitney u test*.

Hasil analisis data menggunakan uji *wilcoxon* didapatkan pengetahuan nilai $p=0,000$ ($p<0,005$), sikap nilai $p=0,000$ ($p<0,05$), menunjukkan ada pengaruh sebelum dan sesudah dilakukan metode *buzz group discussion*. Pada kelompok kontrol, pengetahuan nilai $p=0,0242$ ($p>0,005$), sikap nilai $p=0,0147$ ($p>0,005$), menunjukkan tidak ada pengaruh metode ceramah pada pengetahuan dan sikap ibu nifas. uji *mann whitney u test* didapatkan pengetahuan nilai $p=0,00$ ($p<0,05$) dan sikap nilai $p=0,00$ ($p<0,05$), menunjukkan perbedaan pengetahuan dan sikap setelah diberikan pendidikan kesehatan dengan metode *buzz group discussion*.

Metode *buzz group discussion* signifikan dalam meningkatkan pengetahuan, dan mengubah sikap ibu nifas tentang perawatan payudara

Kata Kunci : *Buzz Goup Discussion*, Perawatan Payudara

ABSTRACT

The postpartum period is the period after delivery up to 6 weeks or 42 days, the postpartum period is inseparable from the breastfeeding period, where prevention of breastfeeding problems with health education about breast care is very necessary, in order to achieve the goal of midwifery care during the postpartum period. The purpose of this study was to determine the effect of the buzz group discussion method on breast care on the knowledge and attitudes of postpartum mothers.

This research is an experimental research with quasi experimental pre post test design with control group design. Sampling using simple random sampling technique. The sample size was 60 postpartum mothers divided into 2 groups, namely the intervention group and the control group. The intervention group was given treatment using the buzz group discussion method, while the control group used the lecture method by health workers at the public health center. The analysis used was univariate analysis and bivariate analysis, namely the Wilcoxon and Mann Whitney U Test.

The results of data analysis using the Wilcoxon test obtained a knowledge value of $p=0.000$ ($p<0.005$), an attitude value of $p=0.000$ ($p<0.05$), indicating that there was an effect before and after the buzz group discussion method was carried out. In the control group, the knowledge value was $p=0.0242$ ($p>0.005$), the attitude value was $p=0.0147$ ($p>0.005$), indicating that there was no effect of the lecture method on the knowledge and attitudes of postpartum mothers. The Mann Whitney U Test obtained a knowledge value of $p=0.00$ ($p<0.05$) and an attitude value of $p=0.00$ ($p<0.05$), indicating differences in knowledge and attitudes after being given health education using the buzz group discussion method.

The buzz group discussion method is significant in increasing knowledge, and changing attitudes of postpartum mothers about breast care

Keywords: Buzz Group Discussion, Breast Care