

ABSTRAK

Hubungan Pengetahuan Ibu Nifas dan Peran Bidan dengan Pelaksanaan Bounding Attachment di Wilayah Kerja Puskesmas Ponrang Selatan Tahun 2024

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Ibu nifas perlu menjalin kontak dengan bayinya untuk membangun kedekatan yang lebih intens, memberikan dukungan psikologis, serta memperkuat ikatan batin melalui kasih sayang dan sentuhan. Namun, pelaksanaan *bounding attachment* belum dilakukan secara optimal di kalangan ibu nifas, salah satunya disebabkan oleh kurangnya pengetahuan mengenai pentingnya *bounding attachment*. Padahal, praktik ini memiliki peran penting dalam memberikan rasa nyaman dan kehangatan bagi bayi.

Penelitian ini merupakan penelitian analitik dengan pendekatan *cross sectional*. Penelitian dilaksanakan pada bulan Agustus 2024 di wilayah kerja Puskesmas Ponrang Selatan. Populasi penelitian berjumlah 30 responden, dengan jumlah sampel sebanyak 30 responden yang dipilih menggunakan teknik *total sampling*. Instrumen penelitian berupa kuesioner dan wawancara, sedangkan analisis data dilakukan menggunakan uji Chi-square.

Hasil penelitian menunjukkan adanya hubungan yang signifikan antara pengetahuan ibu nifas dengan pelaksanaan *bounding attachment* ($p = 0,001$). Ibu yang memiliki tingkat pengetahuan baik cenderung melaksanakan *bounding attachment* lebih efektif dibandingkan ibu dengan tingkat pengetahuan rendah. Selain itu, peran bidan juga berhubungan signifikan dengan pelaksanaan *bounding attachment* ($p = 0,005$). Bidan yang aktif memberikan edukasi dan dukungan kepada ibu nifas berkontribusi positif terhadap keberhasilan pelaksanaan *bounding attachment*.

Disimpulkan bahwa pengetahuan ibu nifas dan peran bidan memiliki hubungan yang signifikan dengan pelaksanaan *bounding attachment*. Semakin baik pengetahuan ibu dan semakin optimal peran bidan, maka semakin besar peluang terlaksananya *bounding attachment* dengan baik.

Kata kunci: pengetahuan, *bounding attachment*, ibu nifas, peran bidan.

ABSTRACT

The Relationship between Postpartum Mothers' Knowledge and the Role of Midwives with the Implementation of Bounding Attachment in the Ponrang Selatan Health Center Working Area in 2024

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Postpartum mothers need to establish close contact with their babies to develop a stronger emotional connection, provide psychological support, and strengthen the maternal-infant bond through affection and physical touch. However, the implementation of *bounding attachment* among postpartum mothers has not been optimal, partly due to inadequate knowledge regarding its importance. In fact, *bounding attachment* plays a crucial role in providing comfort and warmth for newborns.

This study employed an analytical research design with a cross-sectional approach. The research was conducted in August 2024 in the working area of the Ponrang Selatan Health Center. The study population consisted of 30 respondents, all of whom were included as samples using a total sampling technique. Data were collected through questionnaires and interviews and analyzed using the Chi-square test.

The results revealed a significant relationship between postpartum mothers' knowledge and the implementation of *bounding attachment* ($p = 0.001$). Mothers with a good level of knowledge were more likely to perform *bounding attachment* effectively than those with lower levels of knowledge. In addition, the role of midwives was significantly associated with the implementation of *bounding attachment* ($p = 0.005$). Midwives who actively provided education and support to postpartum mothers contributed positively to the successful implementation of *bounding attachment*.

In conclusion, postpartum mothers' knowledge and the role of midwives are significantly associated with the implementation of *bounding attachment*. Better maternal knowledge and optimal support from midwives increase the likelihood of successful *bounding attachment* practices.

Keywords: knowledge, *bounding attachment*, postpartum mothers, role of midwives