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Descriptive Study of Total Consumption of Papaya Fruit in Increasing Child
Weight at Puskesmas Now Kota Semarang

ABSTRACT

The low coverage of Exclusive breastfeeding is due to lack of good milk production, the factors that affect breast milk production are one of the nutritional status of the mother. Papaya fruit is a type of plant containing lactagogum has the potential to stimulate the hormone oxytocin and prolactin such as alkaloids, polyphenols, steroids, flavonoids and other substances that are effective in improving and expedite milk production. The effect of the amount of papaya consumption is related to milk production. Conducted research that aims to analyze the effect of the amount of papaya consumption in breastfeeding mothers aged 0-6 months with breast milk production. The study used cross sectional design; performed on breastfeeding mothers at the Public Health Center of Semarang City. The amount of papaya fruit consumption is assessed by measuring the consumption of papaya fruit per day, consumed how many days a week; the production of breast milk is measured by assessing the weight of the infant using the weight measurement according to the weighing result. The breastfeeding mother mostly has less than 80,5% of the papaya fruit consumption, the child's weight gain is mostly the normal category (78,0%), Breastfeeding mothers who consumed less papaya fruit most of them had children who experienced normal weight category increase that is as many as 29 children (87,9%). The conclusion in this study is the consumption of papaya fruit sufficient will increase the child's weight.

Keywords: papaya consumption, weight gain