

ABSTRACT

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Correlation Of Stress Level With Fluency Of Milk Production at RW.09 Talang Betutu

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Background: *Stress is a condition that becomes part of human life. Stress can be triggered by external influences and some are influenced by the individual's internal factors. Breastfeeding is an interaction between mechanical stimulation, nerves and various hormones. One of the hormone oxytocin, inhibiting the emergence of this hormone oxitodin if nursing mothers are in a state of negative feelings such as worry, sadness, disappointment and stress.*

Aim: *This study was to find out the correlation between stress level with breastfeeding production for mother's 0-2 years old at RW 09 Talang Betutu*

Method: *This research used descriptive analytic design with cross sectional approach with 80 mothers who breastfed 0-2 years old. Analyzed using Fisher's Exact Test.*

Result: *There is no correlation between stress level and the fluency of milk production in mothers who breastfeeding age 0-2 years in RW.09 Talang Betutu ($p = 1,000$).*

Conclusion: *Respondents in this study who experienced moderate stress as much as 70 respondents (87.5%), respondents who milk as much as 67 respondents (83,3%). Result of analysis with fisher's exact test concluded there is no relation between stress level with fluent of milk production in mother who breastfeeding age 0-2 year at RW.09 Talang Betutu.*

Suggestion: *Mothers who are breastfeeding are expected to not under stress during breastfeeding.*

Key words: *Stress Level, Fluency Production ASI, Breastfeeding Mother 0-2 Years Old*