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TAHAP SUBMIT

The screenshot displays a web browser window with the URL ejournal.unjaya.ac.id/index.php/mik/submissions. The page is titled "Submissions" and features a navigation menu with "My Queue" and "Archives". A "My Assigned" section contains a table with one submission entry:

Submission ID	Author	Title	Status
782	ERVIN RUFAINDAH Rufaindah	Pengaruh Sayur Bayam Merah (Amaranthus Tricolor L) Terhadap Produksi ASI Ibu ...	Submission

The submission entry includes a "Submission" button and a comment icon with the number "1". Below the table, it indicates "1 of 1 submissions". The browser's taskbar shows several open files, including "ERVIN_R_FIX_21 S....docx", "ERVIN_R_FIX_20 S....doc", "ERVIN_R_FIX_18 S....doc", "ERVIN_R_FIX_19 S....doc", and "Tingkat Pengetahu....pdf". The system tray shows the time as 10:58 on 28/07/2023.

TAHAP PEER REVIEW DAN DECISION

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805 Patemah Patemah, Ervin Rufaindah Published

Pengaruh sayur bayam merah (amaranthus tricolor l) terhadap produksi ASI ibu ni... 1

1 of 1 submissions

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24°C Cerah Search 11:00 28/07/2023

Artikel Patemah Ervin Pengaruh Bayam Merah Terhadap ASI - Word erwin rufaindah

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karbohidrat, vitamin, mineral, enzim, dan hormon yang terdapat dalam ASI tidak dapat digantikan oleh buatan industri. ASI mengandung zat-zat kekebalan yang melindungi anak dari infeksi dan penyakit kronis, serta mengurangi kemungkinan menderita gangguan kesehatan di kemudian hari seperti obesitas, diabetes, dan asthma (WHO, 2014).^{1,2}

Studi literatur oleh Cacho dan Lawrence (2017) menemukan bahwa ASI menjadi faktor komplemen dan suplemen dalam melengkapi kekebalan bawaan (innate immunity) bayi, dan secara aktif mempengaruhi perkembangan kekebalan dan perkembangan gastrointestinal bayi.³

Secara teori maupun empiris, Rocha (2014) menemukan bahwa ASI juga memberikan perlindungan terhadap

Mengingat direkomendasikan dalam enam bulan pertama kehidupan anak. ASI memiliki komposisi gizi yang ideal karena sebagian besar terdiri dari air, protein, lemak, karbohidrat, asam lemak jenuh, tidak jenuh, asam lemak tak jenuh ganda dan kolesterol, vitamin dan mineral seperti natrium, kalium, kalsium, fosfor, magnesium, besi, dan seng.^{5,7}

Asosiasi Ibu Menyusui (AIMI) dan International Baby Food Action Network (IBFAN) pada 2014 melaporkan bahwa Indonesia masih berada pada peringkat ke -3 terbawah dari 51 negara yang berpartisipasi dalam penilaian status kebijakan dan program pemberian makan bayi dan anak (Infant-Young Child Feeding).⁸ Hal ini berarti pemberian ASI eksklusif masih rendah, padahal dengan memberikan ASI Eksklusif dan Makanan Pendamping ASI vann

Sesuaikan template Reply Resolve

Page 3 of 9 1 word English (United States) Accessibility: Investigate 100%

TAHAP ACCEPTEP dan TAHAP PUBLISH

The screenshot displays the Nitro Pro 10 PDF editor interface. The main window shows a PDF document with the following content:

MEDIA ILMU KESEHATAN
1000 (2023) 1(1) 1-1004 (1144-1148)

The effect of red spinach (*amaranthus tricolor l*) on breast milk production of postpartum mothers in Poncokusumo District, Malang Regency

Pengaruh sayur bayam merah (*amaranthus tricolor l*) terhadap produksi asi ibu nifas di Kecamatan Poncokusumo Kabupaten Malang

Patemah^{1*}, Ervin Rufaindah²

^{*1,2} STIKES Widyagama Husada Malang, Jalan Taman Borobudur Indah 3A Malang, email: patemah@widvagamahusada.ac.id

ABSTRACT

Background: The National Exclusive Breastfeeding Coverage is 80%. Coverage below 80% is found in 34 Public Health Centers in Malang Regency, one of which is in Poncokusumo Health Center, namely the achievement of exclusive breastfeeding is 77.43%.

Objective: The objective of this study was to examine the effect of red spinach on breast milk production for postpartum mothers in Poncokusumo District, Malang Regency.

Methods: This type of research is a quasi-experimental with the one group pretest posttest design. The population of this study were postpartum mothers (0-40 days) in Poncokusumo District, as many as 30 people with accidental sampling technique. Giving red spinach for 5 days. In one serving, given 100 grams of red spinach. The analysis of this study was processed using a computerized system, in the form of univariate analysis and bivariate analysis using Mc Nemar's test, with a value of $\alpha = 0.05$.

Results: The results of McNemar's analysis found that there was a significant difference between the number of mothers with non-current and smooth milk production after treatment ($p < 0.000$).

Conclusions: The results of this study indicate that the treatment of giving

INFO ARTIKEL

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Artikel disetujui: 28 Npember 2022

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patemah@widvagamahusada.ac.id
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ORIGINAL ARTICLE
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The taskbar at the bottom shows the system tray with a temperature of 24°C, a search bar, and the date 28/07/2023 at 11:13.