

ABSTRACT

Breastfeeding is included in the category of mother's work process in caring for children. A nursing mother often experiences discomfort while breastfeeding for several hours. A nursing mother experiences fatigue in the muscles of the body and the most common complaints occur in areas of the body, namely the shoulders, upper arms, forearms and back. Therefore, a tool is needed that can prevent a mother from experiencing fatigue when breastfeeding. The purpose of this research is to design an ergonomic chair for breastfeeding mothers at the happy mom & baby spa in Pekalongan City. The design method uses SCAMPER and uses anthropometric measurements of Indonesian women. Scamper with a focus on Substitute to replace the material on the seat frame which was previously iron with wood material and the seat which was previously rattan material was replaced with foam and synthetic leather materials, on Modify the chairs for breastfeeding mothers were modified by adding foldable leg rests, armrests and the chair legs can be adjusted in height. As a result, nursing mothers feel comfortable while breastfeeding because they can lean on their back, arms and legs. The conclusion is that chairs that are ergonomically designed according to the anthropometric measurements of Indonesian women can create comfort in breastfeeding.

Keywords: *Chair, Ergonomics, Breastfeeding mothers, Happy Mom & Baby Spa*