

**POLITEKNIK KESEHATAN KEMENKES TANJUNGPURBARANG**  
**JURUSAN SARJANA TERAPAN KEBIDANAN**

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Hubungan Pengetahuan Ibu Tentang ASI Eksklusif Dengan Pemberian ASI Eksklusif Di Wilayah Puskesmas Kotabumi II Lampung Utara.

xiv+ 62 halaman+ 6 tabel+ 2 gambar + 9 lampiran

**ABSTRAK**

ASI-eksklusif yaitu tindakan memberikan air susu ibu pada bayi usia 0-6 bulan tanpa diberikan makanan pendamping. Masih banyak ibu yang tidak tahu manfaat ASI Eksklusif sehingga pemberian ASI Eksklusif masih rendah. Prevelensi kasus bayi yang mendapat ASI Eksklusif di Kabupaten Lampung Utara tergolong rendah. Salah satunya di wilayah kerja Puskesmas Kotabumi II Lampung Utara dengan cakupan ASI Eksklusif yaitu dengan total 40 (62,68%). Pengetahuan merupakan salah satu penyebab gagalannya pemberian ASI Eksklusif

Tujuan penelitian ini untuk menganalisis hubungan tingkat pengetahuan dengan pemberian ASI Eksklusif.

Jenis penelitian ini yaitu Analitik Kuantitatif dengan pendekatan *Cross Sectional*. Populasi dalam penelitian ini adalah semua Ibu mempunyai bayi usia 7-12 bulan sebanyak 72 orang. Dengan teknik total sampling, Besar sampel yang diambil adalah semua ibu yang menyusui bayi usia 7-12 bulan sebanyak 72 orang. Instrumen penelitian yang digunakan adalah kuesioner. Data yang diperoleh dalam penelitian diolah univariat menggunakan persentase sementara bivariat menggunakan uji statistic *Chi Square*.

Hasil penelitian didapatkan pengetahuan ibu baik berjumlah 53 orang (73,61%), ibu yang memberikan ASI Eksklusif 36 orang (50%) nilai p ( $p = 0,001$ ), Kesimpulan ada hubungan antara pengetahuan ibu dengan pemberian ASI Eksklusif di wilayah Puskesmas Kotabumi II Lampung Utara. Saran dalam penelitian ini diharapkan kepada tenaga kesehatan yaitu bidan desa dan kade agar penelitian ini bisa jadi bahan evaluasi bagi tenaga kesehatan dan kader untuk selalu mengingatkan dan menginformasikan kepada para ibu agar tidak mudah menerima iklan promosi susu formula di media, dan memberi tahu kepada ibu bahwa kandungan ASI merupakan makanan terbaik bagi bayi sampai dengan usia 6 bulan dan jauh lebih baik dibandingkan susu formula.

Kata Kunci : ASI Eksklusif, Pengetahuan, Pemberian ASI

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*The Relationship Between Mothers' Knowledge About Exclusive Breastfeeding and Exclusive Breastfeeding in the Kotabumi II Community Health Center Area, North Lampung.*

*xiv+62 pages+6 tables+2 pictures+9 attachments*

*Exclusive breastfeeding is the act of giving breast milk to babies aged 0-6 months without being given complementary foods. There are still many mothers who do not know the benefits of exclusive breastfeeding so that exclusive breastfeeding is still low. The prevalence of cases of babies receiving exclusive breast milk in North Lampung Regency is relatively low. One of them is in the working area of the Kotabumi II North Lampung Community Health Center with exclusive breastfeeding coverage, namely a total of 40 (62.68%). Where knowledge can be one of the causes of failure in providing exclusive breastfeeding*

*The aim of this research is to analyze the relationship between level of knowledge and exclusive breastfeeding.*

*This type of research is Quantitative Analysis with a Cross Sectional approach. The population in this study was all mothers with babies aged 7-12 months, totaling 72 people. With the total sampling technique, the sample size taken was all 72 mothers who breastfed babies aged 7-12 months. The research instrument used was a questionnaire. The data obtained in the research was processed univariately using percentages while bivariately using the Chi Square statistical test.*

*The results of the research showed that 53 mothers had good knowledge (73.61%), 36 mothers who gave exclusive breast milk (50%) had a p value ( $p = 0.001$ ). The conclusion was that there was a relationship between mother's knowledge and giving exclusive breast milk in the Kotabumi II Community Health Center area. North Lampung. Suggestions in this research are expected to be given to health workers, namely village midwives and cadres, so that this research can be used as evaluation material for health workers and cadres to always remind and inform mothers not to easily accept promotional advertisements for formula milk in the media, and to inform mothers that Breast milk is the best food for babies up to 6 months of age and is much better than formula milk.*

*Keywords : Exclusive Breastfeeding, Knowledge. Breastfeeding*

*Bibliography : 24 (2014-2023)*