

**POLITEKNIK KESEHATAN TANJUNGPURWATI  
JURUSAN GIZI  
Tugas Akhir, Mei 2021**

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Pengetahuan Ibu, Sikap Ibu, dan Peran Petugas Kesehatan serta Dukungan Suami Terhadap Pemberian ASI Eksklusif (Studi Literatur)”

xi + 52 halaman + 2 tabel + 1 gambar + 13 lampiran

**ABSTRAK**

Dalam rangka mempersiapkan sumber daya manusia yang handal pemerintah Indonesia melaksanakan berbagai program diantaranya yaitu pemenuhan gizi bagi bayi baru lahir dengan program pemberian ASI (Air Susu Ibu) sampai usia 2 tahun dan secara eksklusif selama 6 bulan. Menurut hasil Riset Kesehatan Dasar (Riskesdas) 2018, proporsi pola pemberian ASI eksklusif pada bayi umur 0-5 bulan di Indonesia yaitu sebesar 37,3%. Jika dibandingkan dengan target Renstra tahun 2018 yang ditetapkan yaitu 80%, maka capaian ASI eksklusif di tingkat nasional belum memenuhi target. Tujuan penelitian ini adalah untuk mengetahui pengetahuan, sikap dan peran petugas kesehatan serta dukungan suami terhadap pemberian ASI eksklusif.

Jenis penelitian yang digunakan adalah penelitian Studi Literatur (*Library Research*). Sumber data yang menjadi bahan penelitian berupa jurnal, buku atau artikel yang terkait dengan topik. Data yang telah diperoleh kemudian dianalisis menggunakan metode analisis isi (*Content Analysis*).

Eksplorasi informasi dalam penelitian ini dilakukan dengan mencari melalui portal *google scholar*, dimana peneliti mengumpulkan 13 jurnal mulai dari tahun 2015 - 2021. Berdasarkan hasil dari 13 penelitian yang diambil terdapat beberapa penelitian yang cenderung menyatakan ada hubungan antara pengetahuan ibu, sikap ibu, dan peran petugas kesehatan terhadap pemberian ASI eksklusif. Pada variabel dukungan suami beberapa penelitian cenderung menyatakan tidak ada hubungan dukungan suami dengan pemberian ASI eksklusif.

Kesimpulan dan saran dari penelitian ini yaitu 60% mengatakan adanya hubungan antara pengetahuan ibu, 71,5% sikap ibu, dan 75% peran petugas kesehatan terhadap pemberian ASI eksklusif. Namun, pada variabel dukungan suami 40% mengatakan tidak ada hubungan antara dukungan suami terhadap pemberian ASI eksklusif. Diharapkan adanya penyuluhan kepada ibu menyusui tentang pentingnya pemberian kolostrum, pentingnya pemberian ASI eksklusif, memotivasi ibu untuk memberikan ASI eksklusif, serta diharapkan suami ikut mendampingi pemeriksaan kehamilan, persalinan, dan saat kunjungan neonatal

Kata kunci : ASI eksklusif, pengetahuan ibu, sikap ibu, dukungan suami.

Daftar Bacaan : 57 (2008-2020)

**HEALTH POLYTECHNIC OF TANJUNGPUR  
NUTRITION DEPARTMENT  
Final Report, May 2021**

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Knowledge of mothers, Attitudes of mothers, and roles of health workers and husbands' support for Exclusive Breastfeeding (Study Literature)

xi + 52 pages + 2 tables + 1 picture + 13 attachments

**ABSTRACT**

In order to prepare reliable human resources, the Indonesian government implements various programs including the fulfillment of nutrition for newborns with the program of breastfeeding (breast milk) until the age of 2 years and exclusively for 6 months. According to the results of the 2018 Basic Health Research (Riskesdas), the proportion of exclusive breastfeeding patterns for infants aged 0-5 months in Indonesia is 37.3%. When compared with the target of the 2018 Strategic Plan which has been set at 80%, then the achievement of exclusive breastfeeding at the national level has not met the target. The aim of this study was to find out the knowledge, attitudes and roles of health workers and the husband's support for exclusive breastfeeding.

The type of research used is study research Literature(Library Research). Sources of data used as research material are journals, books or articles related to the topic. The data that has been obtained are then analyzed using the content analysis method.

Exploration of information in this study was carried out by searching through the google scholar portal, where researchers collected 13 journals from 2015 - 2021. Based on the results of 13 studies taken, there were several studies that tended to indicate a relationship between maternal knowledge, maternal attitudes, and the role of officers, health towards exclusive breastfeeding. In the variable of husband's support, several studies tend to state that there is no relationship between husband's support and exclusive breastfeeding.

The conclusions and suggestions of this study were 60% said there was a relationship between mother's knowledge, 71.5% of mothers' attitudes, and 75% of the role of health workers in exclusive breastfeeding. However, in the husband's support variable, 40% said there was no relationship between husband's support for exclusive breastfeeding. It is hoped that there will be counseling to breastfeeding mothers about the importance of giving colostrum, the importance of exclusive breastfeeding, motivating mothers to provide exclusive breastfeeding, and it is hoped that husbands will accompany pregnancy examinations, childbirth, and during neonatal visits.

Keywords : Exclusive breastfeeding, knowledge of mothers, attitude of mothers, husband's support.

Reading List : 57 (2008-2020)