

**POLITEKNIK KESEHATAN KEMENKES TANJUNG KARANG
JURUSAN KEBIDANAN PRODI KEBIDANAN METRO
SKRIPSI, AGUSTUS 2024**

Putri Dianti

Hubungan Dukungan Keluarga Terhadap Pemberian ASI Eksklusif Pada Bayi di Puskesmas Banjarsari Kota Metro

xiii + 48 halaman + 8 tabel + 3 gambar + 14 lampiran

ABSTRAK

ASI eksklusif selama 6 bulan penting bagi kesehatan bayi, namun cakupannya di Indonesia masih rendah, hanya 37,3%, di bawah target 80%. Dukungan keluarga, terutama dari suami dan ibu/mertua, berperan penting dalam keberhasilan menyusui. Ibu yang mendapat dukungan keluarga lebih cenderung berhasil memberikan ASI eksklusif. Upaya peningkatan ASI eksklusif perlu melibatkan peran keluarga untuk mencapai target dan meningkatkan kesehatan ibu serta bayi. Tujuan penelitian ini untuk mengetahui hubungan dukungan keluarga terhadap pemberian ASI eksklusif pada bayi di wilayah kerja Puskesmas Banjarsari Kota Metro.

Penelitian ini menggunakan metode kuantitatif dengan analisis *chi-square* dan pendekatan *cross sectional*. Populasi penelitian adalah ibu yang memiliki bayi usia ≥ 6 bulan sampai berusia ≤ 12 bulan di wilayah kerja Puskesmas Banjarsari Kota Metro berjumlah 93 orang. Sampel yaitu sebanyak 48, teknik pengambilan sampel menggunakan metode *purposive sampling*. Data dikumpulkan melalui kuesioner dan dianalisis secara univariat dan bivariat menggunakan uji *chi-square*.

Hasil penelitian menunjukkan proporsi ASI Eksklusif pada ibu yang memiliki bayi di Wilayah Kerja Puskesmas Banjarsari Kota Metro sebagian besar bayi tidak ASI Eksklusif sebesar 64,6%, proporsi dukungan keluarga pada ibu yang memiliki bayi di Wilayah Kerja Puskesmas Banjarsari Kota Metro sebagian besar dengan dukungan keluarga baik sebesar 52,1% dan ada hubungan antara dukungan keluarga dengan pemberian ASI Eksklusif pada bayi di Wilayah Kerja Puskesmas Banjarsari Kota Metro (p value=0,000).

Kesimpulannya, terdapat hubungan antara dukungan keluarga dengan pemberian ASI Eksklusif pada bayi di Wilayah Kerja Puskesmas Banjarsari Kota Metro. Oleh karena itu, disarankan agar bagi pemegang program agar lebih memperhatikan dukungan keluarga dalam hal pemberian ASI eksklusif pada bayi.

Kata kunci : ASI Eksklusif, Dukungan Keluarga, Bayi

Daftar bacaan : 35 (2014-2023)

**KEMENKES HEALTH POLYTECHNIC TANJUNG KARANG
MIDWIFERY DEPARTMENT METRO MIDWIFERY PROGRAM
THESIS, AGUSTUS 2024**

Putri Dianti

The Relationship between Family Support and Exclusive Breastfeeding for Infants at the Banjarsari Health Center in Metro City

xiii + 48 pages + 8 tables + 3 figures + 14 attachments

ABSTRACT

Exclusive breastfeeding for 6 months is important for infant health, but coverage in Indonesia is still low at 37.3%, below the target of 80%. Family support, especially from husbands and mothers-in-law, plays an important role in breastfeeding success. Mothers who receive family support are more likely to successfully provide exclusive breastfeeding. Efforts to increase exclusive breastfeeding need to involve the role of the family to achieve targets and improve the health of mothers and babies. The purpose of this study was to determine the relationship between family support and exclusive breastfeeding in infants in the working area of the Banjarsari Health Center, Metro City.

This study used quantitative methods with chi-square analysis and a cross sectional approach. The study population was mothers who had babies aged ≥ 6 months to ≤ 12 months old in the working area of the Banjarsari Health Center, Metro City, totaling 93 people. The sample was 48, the sampling technique used purposive sampling method. Data were collected through questionnaires and analyzed univariately and bivariately using the chi-square test.

The results showed that the proportion of exclusive breastfeeding in mothers who had babies in the Banjarsari Health Center Working Area of Metro City, most babies were not exclusively breastfed at 64.6%, the proportion of family support in mothers who had babies in the Banjarsari Health Center Working Area of Metro City was mostly with good family support at 52.1% and there was a relationship between family support and exclusive breastfeeding in infants in the Banjarsari Health Center Working Area of Metro City (p value = 0.000).

In conclusion, there is a relationship between family support and exclusive breastfeeding for infants in the Banjarsari Health Center Working Area, Metro City. Therefore, it is recommended that program holders pay more attention to family support in terms of exclusive breastfeeding for infants.

Keywords : Exclusive breastfeeding, family support, infants

Reading list : 35 (2014-2023)