

POLITEKNIK KESEHATAN KEMENKES TANJUNG KARANG
JURUSAN KEBIDANAN PRODI KEBIDANAN METRO
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**HUBUNGAN INISIASI MENYUSU DINI DENGAN KEBERHASILAN ASI
EKSKLUSIF PADA BAYI DI PUSKESMAS YOSOMULYO**

Xviii + 120 halaman + 6 tabel + 3 gambar + 11 lampiran

RINGKASAN

Capaian ASI eksklusif masih fluktuatif meski berbagai program telah ditingkatkan. Cakupan ASI eksklusif pada 2023, dengan target global 50% dicapai 44%, Indonesia 50% dicapai 63,9%, Lampung 75% dicapai 77,4%, Kota Metro 60% dicapai 80,5%, dan Puskesmas Yosomulyo 60% dicapai 89,8%, turun menjadi 71,74% per Oktober 2024. Salah satu faktor yang berperan dalam keberhasilan ASI eksklusif adalah IMD. Oleh karena itu, capaian IMD menjadi penting untuk diperhatikan. Cakupan IMD Pada 2023, dengan target global 80% hanya tercapai 46%, Indonesia 66% dicapai 86,6%, Lampung 60% dicapai 90,2%, Kota Metro 60% dicapai 83,1%, dan Puskesmas Yosomulyo 60% dicapai 91%, turun menjadi 88,7% per Oktober 2024. Kondisi ini dapat meningkatkan risiko infeksi, gangguan tumbuh kembang, dan stunting. Penelitian ini bertujuan mengetahui hubungan IMD dengan keberhasilan ASI eksklusif pada bayi di Puskesmas Yosomulyo.

Jenis penelitian ini kuantitatif dengan rancangan *Cross-sectional*. Populasi penelitian ini yaitu 422 ibu yang memiliki bayi usia 6–24 bulan di wilayah kerja Puskesmas Yosomulyo. Pengambilan sampel dilakukan dengan rumus estimasi proporsi sampel dan diperoleh sebanyak 221 responden, dipilih menggunakan teknik *Stratified Random Sampling* berdasarkan pembagian posyandu. Selanjutnya, pemilihan responden dilakukan secara acak pada masing-masing posyandu. Pengumpulan data dilakukan melalui wawancara dengan kuesioner, selanjutnya dianalisis secara univariat dan bivariat menggunakan uji *Chi-square*.

Hasil analisis dari 221 responden menunjukkan proporsi IMD ada 42,5%, tidak IMD ada 57,5% dan proporsi ASI eksklusif ada 63,3%, tidak ASI eksklusif ada 36,7%. Hasil uji statistik menunjukkan terdapat hubungan signifikan antara pelaksanaan IMD dan keberhasilan ASI eksklusif dengan nilai (*p value* 0,002).

Simpulan dari penelitian di Puskesmas Yosomulyo adalah terdapat hubungan antara pelaksanaan IMD dan keberhasilan ASI eksklusif. Oleh karena itu penting bagi tenaga kesehatan selalu meningkatkan edukasi dan memastikan pelaksanaan IMD dilakukan secara optimal untuk mendukung keberhasilan ASI eksklusif.

Kata Kunci : IMD, ASI Eksklusif, Bayi Usia 6–24 Bulan
Daftar bacaan : 40 (2014-2025)

**HEALTH POLYTECHNIC MINISTRY OF HEALTH TANJUNG
KARANG MIDWIFERY DEPARTMENT METRO MIDWIFERY STUDY
PROGRAM THESIS, MAY 2025**

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**RELATIONSHIP BETWEEN EARLY BREASTFEEDING INITIATION
AND EXCLUSIVE BREASTFEEDING SUCCESS IN INFANTS AT
YOSOMULYO COMMUNITY HEALTH CENTER**

Xviii + 120 pages + 6 tables + 3 pictures + 11 attachments

SUMMARY

Exclusive breastfeeding achievement is still fluctuating even though various programs have been improved. In 2023, the global target of 50% was achieved by 44%, Indonesia 50% was achieved by 63.9%, Lampung 75% was achieved by 77.4%, Metro City 60% was achieved by 80.5%, and Yosomulyo Health Center 60% was achieved by 89.8%, decreasing to 71.74% as of October 2024. One of the factors that plays a role in the success of exclusive breastfeeding is IMD. Therefore, IMD achievement is important to note. In 2023, the global target of 80% was only achieved by 46%, Indonesia 66% achieved 86.6%, Lampung 60% achieved 90.2%, Metro City 60% achieved 83.1%, and Yosomulyo Health Center 60% achieved 91%, decreasing to 88.7% as of October 2024. This condition can increase the risk of infection, growth and development disorders, and stunting. This study aims to determine the relationship between IMD and the success of exclusive breastfeeding in infants at the Yosomulyo Health Center.

This type of research is quantitative with a Cross-sectional design. The study population comprised 422 mothers with infants aged 6–24 months in the Yosomulyo Community Health Center working area. Sampling was conducted using a sample proportion estimation formula, resulting in 221 respondents selected using a stratified random sampling technique based on the distribution of integrated health posts. Furthermore, respondents were randomly selected at each Posyandu. Data were collected through interviews using a questionnaire, and then analyzed univariately and bivariately using the Chi-square test.

The results from 221 respondents showed that the proportion of IMD was 42.5%, no IMD was 57.5% and the proportion of exclusive breastfeeding was 63.3%, no exclusive breastfeeding was 36.7%. The results of statistical tests showed that there was a significant relationship between the implementation of IMD and the success of exclusive breastfeeding with a value (p value 0.002).

The conclusion of the study at the Yosomulyo Community Health Center was that there is a relationship between the implementation of Early Initiation of Breastfeeding and the success of exclusive breastfeeding. Therefore, it is crucial for healthcare workers to continuously improve education and ensure optimal implementation of Early Initiation of Breastfeeding to support the success of exclusive breastfeeding.

Keywords : IMD, Exclusive Breastfeeding, Babies Aged 6–24 Months
Reading list : 40 (2014-2025)