

POLITEKNIK KESEHATAN KEMENKES TANJUNGPURBARANG
JURUSAN KEBIDANAN
Skripsi, Mei 2025

Elisabeth Widuri

Peran Suami Dan Efikasi Diri Ibu Terhadap Pemberian ASI Eksklusif Di UPTD Puskesmas Karang Anyar Lampung Selatan.

xvii + 65 halaman, 11 tabel, 3 gambar, dan 10 lampiran.

ABSTRAK

ASI eksklusif merupakan pemberian ASI selama enam bulan pertama tanpa tambahan makanan atau minuman lain. Di Indonesia, cakupan ASI eksklusif dalam lima tahun terakhir sekitar 63,22%, masih di bawah target pemerintah sebesar 80%. Di Lampung, cakupan ini dalam lima tahun terakhir masih sangat fluktuatif, termasuk di Puskesmas Karang Anyar yang hanya mencapai 69,2% pada tahun 2023. Rendahnya cakupan ini dipengaruhi berbagai faktor, di antaranya kurangnya dukungan suami dan rendahnya efikasi diri ibu dalam menyusui.

Penelitian ini bertujuan mengetahui hubungan peran suami dan efikasi diri ibu terhadap pemberian ASI eksklusif di Puskesmas Karang Anyar, Lampung Selatan.

Penelitian menggunakan desain analitik korelasional dengan pendekatan *cross sectional*. Sampel adalah ibu menyusui bayi usia 6–12 bulan dengan metode *purposive sampling* sesuai kriteria inklusi dan eksklusi dengan jumlah sampel 90 ibu menyusui.

Hasil penelitian diperoleh responden yang memberikan ASI eksklusif sebanyak 61 (67,8%), mendapat dukungan peran suami 57 (63,3%), dan memiliki efikasi diri tinggi sebanyak 61 (67,8%). Analisis bivariat menunjukkan adanya hubungan signifikan antara peran suami (*p-value* 0,000) dan efikasi diri ibu (*p-value* 0,000) dengan pemberian ASI eksklusif. Hasil penelitian ini menunjukkan ada hubungan antara peran suami dan efikasi diri ibu terhadap pemberian ASI eksklusif di Puskesmas Karang Anyar.

Peningkatan pemberian KIE mengenai pentingnya keterlibatan suami dalam pemberian ASI eksklusif, pendidikan kesehatan tentang ASI, sebaiknya diberikan sejak dari masa kehamilan sehingga bisa meningkatkan efikasi diri ibu ketika menyusui serta menciptakan lingkungan yang mendukung ibu dalam pemberian ASI.

Kata kunci : ASI eksklusif, peran suami, efikasi diri
Daftar bacaan : 30 (2018-2023)

TANJUNGKARANG HEALTH POLYTECHNIC
MIDWIFERY DEPARTEMENT
Thesis, Mei 2025

Elisabeth Widuri

The Role of Husbands and Mothers' Self-Efficacy in Providing Exclusive Breastfeeding at the Karang Anyar Public Health Center, South Lampung.

xvii + 65 pages, 11 tables, 3 figures, and 10 attachments.

ABSTRACT

Exclusive breastfeeding is the practice of giving only breast milk for the first six months of a baby's life, without any additional food or drink. In Indonesia, the coverage of exclusive breastfeeding over the past five years has been around 63.22%, which is still below the government's target of 80%. In Lampung, the coverage has remained highly fluctuating in the past five years, including at the Karang Anyar Health Center, where it only reached 69.2% in 2023. The low coverage is influenced by various factors, including the lack of support from husbands and low maternal self-efficacy in breastfeeding.

This study aims to determine the relationship between the husband's role and maternal self-efficacy with exclusive breastfeeding at the Karang Anyar Health Center, South Lampung. The study employed a correlational analytic design with a cross-sectional approach. The sample consisted of breastfeeding mothers with infants aged 6–12 months, selected using purposive sampling according to inclusion and exclusion criteria, with a total of 90 participants.

The results showed that 61 respondents (67.8%) provided exclusive breastfeeding, 57 (63.3%) received support from their husbands, and 61 (67.8%) had high breastfeeding self-efficacy. Bivariate analysis revealed a significant relationship between the husband's support ($p\text{-value} = 0.000$) and maternal self-efficacy ($p\text{-value} = 0.000$) with exclusive breastfeeding. These findings indicate a significant relationship between the husband's role and maternal self-efficacy in exclusive breastfeeding at the Karang Anyar Health Center.

Efforts to improve the situation should include providing information, education, and communication regarding the importance of husband involvement in exclusive breastfeeding, as well as health education on breastfeeding. These initiatives should begin during pregnancy to help increase maternal self-efficacy and create a supportive environment for mothers to successfully practice exclusive breastfeeding.

Keyword : *Exclusive breastfeeding, Husband's Role, self-efficacy*

Reading List : *30 (2018-2023)*