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Ratih Purwasih

Hubungan Dukungan Menyusui Terhadap Keberhasilan ASI Eksklusif di Wilayah Kerja
Puskesmas Sukoharjo, Kabupaten Pringsewu
xvii + 46 halaman + 9 tabel + 2 gambar + 14 Lampiran

ABSTRAK

Pemberian Air susu ibu (ASI) secara eksklusif termasuk strategi penting dalam upaya meningkatkan status gizi, bayi yang tidak menerima ASI eksklusif selama enam bulan pertama kehidupannya lebih rentan mengalami gangguan kesehatan. Menurut Dikes Pringsewu 2023 Pringsewu hanya 57,8% bayi berusia 0-6 bulan yang menerima ASI Eksklusif di Puskesmas Sukoharjo. Keberhasilan dalam pemberian ASI eksklusif dipengaruhi oleh tiga kelompok faktor utama, yaitu faktor pemudah, faktor pendukung, dan faktor penguat.

Penelitian ini bertujuan untuk mengetahui hubungan dukungan menyusui terhadap keberhasilan ASI Eksklusif di Wilayah Kerja Puskesmas Sukoharjo Kabupaten Pringsewu.

Penelitian ini merupakan penelitian kuantitatif dengan jenis penelitian analitik korelasi dan desain *cross sectional*. Populasi pada penelitian ini adalah ibu menyusui yang memiliki bayi berusia >6-12 bulan. Sampel sebanyak 67 responden dengan teknik *non-probability sampling* dengan metode *purposive sampling*. Pengumpulan data menggunakan kuesioner sebagai instrumen. Analisis menggunakan uji *chi-square*.

Hasil penelitian ini didapatkan 44(65.7%) responden memberikan ASI Eksklusif, yang mendapat dukungan suami sebanyak 41(61.2%) responden, dan yang mendapat dukungan tenaga kesehatan sebanyak 56(86,6%) responden. Terdapat hubungan dukungan suami terhadap keberhasilan ASI eksklusif (*p-value* 0,000), terdapat hubungan dukungan tenaga kesehatan terhadap ASI eksklusif (*p-value* 0,001) di Puskesmas Sukoharjo, Kabupaten Pringsewu. Berdasarkan hasil penelitian ini menunjukkan bahwa kurangnya dukungan yang diterima ibu menyusui berkontribusi pada kurangnya cakupan ASI Eksklusif.

Simpulan, terdapat hubungan signifikan antara dukungan suami dan tenaga kesehatan terhadap keberhasilan ASI Eksklusif. Saran penelitian ini diharapkan pemberian edukasi yang intensif kepada ibu tentang pentingnya ASI eksklusif dan dukungan dari berbagai pihak dapat meningkatkan keberhasilan ASI eksklusif.

Kata Kunci : ASI Eksklusif, Dukungan Suami

Daftar Bacaan : 26 (2016 - 2023)

**TANJUNG KARANG POLYTECHNIC OF HEALTH
MIDWIFERY DEPARTMENT**

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Ratih Purwasih

The Relationship of Breastfeeding Support to the Success of Exclusive Breastfeeding the Working Area of the Sukoharjo Health Center, Pringsewu Regency

xvii + 46 pages + 9 tabel + 2 figures + 14 attachments

ABSTRACT

Exclusive breastfeeding is a key strategy to improve the nutritional status of infants. Babies who do not receive exclusive breastfeeding during the first six months of life are more vulnerable to various health problems. According to the Pringsewu District Health Office (2023), only 57.8% of infants aged 0–6 months received exclusive breastfeeding at the Sukoharjo Health Center. Three main groups of factors influence the success of exclusive breastfeeding: enabling factors, supporting factors, and reinforcing factors.

This study aims to determine the relationship between breastfeeding support and the success of exclusive breastfeeding.

This is a quantitative study using a correlational analysis with a cross-sectional design. The study population consisted of breastfeeding mothers with infants aged 6–12 months. A total of 67 respondents were selected using a non-probability purposive sampling technique. Data were collected using questionnaires, and statistical analysis was conducted using the Chi-square test.

The results showed that 44 respondents (65.7%) successfully practiced exclusive breastfeeding. Of these, 41 respondents (61.2%) received support from their husbands, and 56 respondents (86.6%) received support from health workers. There was a significant relationship between husband support and the success of exclusive breastfeeding ($p = 0.000$), as well as between health worker support and the success of exclusive breastfeeding ($p = 0.001$) at the Sukoharjo Health Center, Pringsewu District. These findings suggest that a lack of support contributes to the low rate of exclusive breastfeeding.

In conclusion, there is a significant relationship between husband support and health worker support and the success of exclusive breastfeeding. This study recommends providing intensive education to mothers about the importance of exclusive breastfeeding and increasing support from various stakeholders to improve exclusive breastfeeding rates.

Keywords : Exclusive Breastfeeding, Husband's Support

Literatur : 26 (2016 - 2023)