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HUBUNGAN PENGETAHUAN IBU TENTANG IMD (INISIASI MENYUSUI DINI) DAN ASI EKSKLUSIF TERHADAP PRAKTEK PEMBERIAN ASI EKSKLUSIF DI PUSKESMAS CEMPAKA

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Praktek pemberian ASI eksklusif telah dilakukan di seluruh lapisan masyarakat di seluruh dunia. Pemberian ASI eksklusif memberikan banyak keuntungan karena biayanya yang murah, nutrisi yang lengkap bagi bayi, perlindungan terhadap infeksi, obesitas atau kegemukan, serta perdarahan dan paritas ibu. Presentasi ASI Eksklusif Nasional hanya sebesar 65,16% dimana presentasi terendah terdapat pada provinsi Papua Barat (20,43%) dan tertinggi pada provinsi Sulawesi Barat (80,28%). Kalimantan selatan menduduki urutan ke 24 dari 34 provinsi di Indonesia, yaitu di bawah angka nasional (55,31%). Beberapa faktor yang mempengaruhi pemberian ASI Eksklusif salah satunya adalah pengetahuan. Penelitian ini bertujuan untuk mengetahui hubungan antara pengetahuan inisiasi menyusui dini (IMD) dan ASI eksklusif terhadap praktek pemberian ASI eksklusif di Puskesmas Cempaka. Jenis penelitian ini menggunakan rancangan *cross sectional*. Besar sampel pada penelitian ini sebanyak 51 responden dengan metode pengambilan sampel *simple random sampling*. Hasil penelitian diuji dengan menggunakan uji *chi square* dengan nilai *p value* <0,1. Berdasarkan hasil uji statistik terdapat hubungan antara pengetahuan ibu tentang IMD terhadap pemberian ASI eksklusif ($p=0,033$) dan terdapat hubungan antara pengetahuan ibu tentang ASI eksklusif terhadap pemberian ASI eksklusif ($p=0,046$) di Puskesmas Cempaka.

Kata kunci: ASI eksklusif, inisiasi menyusui dini, pengetahuan ibu

ABSTRACT

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THE CORRELATION BETWEEN MATERNAL KNOWLEDGE ABOUT EARLY INITIATION OF BREASTFEEDING AND EXCLUSIVE BREASTFEEDING TO EXCLUSIVE BREASTFEEDING PRACTICES AT CEMPAKA PUSKESMAS

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The practice of exclusive breastfeeding has been carried out in all levels of society around the world. Exclusive breastfeeding provides many advantages because of its low cost, complete nutrition for the baby, protection against infection, obesity, and maternal bleeding and parity. The percentage of National Exclusive Breastfeeding is only 65.16%, where the lowest percentage is in West Papua (20.43%) and the highest is in West Sulawesi (80.28%). South Kalimantan ranks 24 out of 34 provinces in Indonesia, which is below the national figure (55.31%). Several factors influence exclusive breastfeeding, one of which is knowledge. This study aims to determine the relationship between knowledge of early initiation of breastfeeding and exclusive breastfeeding on the practice of exclusive breastfeeding at Puskesmas Cempaka. This type of research used a cross sectional design. The sample size in this study were 51 respondents using the simple random sampling method. The results of the study were tested using the chi square test with p value <0.1. Based on the results of statistical tests, there was a the relationship between maternal knowledge about IMD to offering exclusive breastfeeding ($p=0.033$) and there is a relationship between the knowledge of mothers about exclusive breastfeeding and exclusive breastfeeding ($p=0.046$) at the Cempaka Puskesmas.