

# HUBUNGAN DUKUNGAN KELUARGA DAN PARITAS DENGAN KEBERHASILAN PEMBERIAN ASI EKSKLUSIF IBU PEKERJA DI YOGYAKARTA

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## INTISARI

**Latar Belakang :** ASI Eksklusif adalah diberikannya ASI pada bayi usia 6-24 bulan tanpa makanan atau minuman lain. Faktor keberhasilan pemberian ASI Eksklusif meliputi perilaku, umur ibu, pengetahuan, usia bayi, paritas, pekerjaan, pendidikan, sikap, peran penolong persalinan dan dukungan keluarga. Aspek pekerjaan adalah menjadi alasan kenapa ibu tidak memberikan ASI Eksklusif pada bayi. Dukungan keluarga penting untuk meningkatkan keberhasilan pemberian ASI Eksklusif.

**Tujuan :** Diketuainya hubungan dukungan keluarga dan paritas dengan keberhasilan Pemberian ASI Eksklusif ibu pekerja di Yogyakarta.

**Metode :** Penelitian ini menggunakan rancangan *cross sectional*. Populasi penelitian ini mencakup semua ibu pekerja dengan bayi 6-24 bulan di wilayah kerja Puskesmas Umbulharjo I Tahun 2023 dengan total sampling. Data dikumpulkan melalui kuesioner dan dianalisis menggunakan uji koefisien kontingensi dan *Somers'd*.

**Hasil :** Hasil penelitian menunjukkan bahwa sebanyak 72,5% ibu pekerja di Wilayah Kerja Puskesmas Umbuharjo I adalah primipara. Keberhasilan pemberian ASI eksklusif 77,5%. Dukungan keluarga baik 62,5%. Hasil analisis menunjukkan tidak ada hubungan paritas dengan keberhasilan pemberian ASI eksklusif dengan *p value* 0,656 > 0,05 tetapi ada hubungan dukungan keluarga dengan keberhasilan pemberian ASI eksklusif dengan *p value* 0,014 < 0,05. Keeratan hubungan lemah yaitu 0,285 dengan arah korelasi positif.

**Kesimpulan :** Status kelahiran primipara 72,5%, keberhasilan pemberian ASI Eksklusif 77,5%, dukungan keluarga baik 62,5%. Ada hubungan antara dukungan keluarga dengan keberhasilan pemberian ASI Eksklusif ibu pekerja di Yogyakarta. Tidak ada hubungan antara paritas dengan keberhasilan pemberian ASI eksklusif pada ibu pekerja di Yogyakarta.

**Kata kunci :** Paritas, dukungan keluarga, keberhasilan pemberian ASI Eksklusif, ibu pekerja.

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# THE CORRELATION BETWEEN FAMILY SUPPORT AND PARITY WITH THE SUCCESS OF EXCLUSIVE BREASTFEEDING FOR WORKING MOTHERS IN YOGYAKARTA

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## ABSTRACT

**Background:** Exclusive breastfeeding gives breast milk to babies aged 6-24 months without any other food or drink. The success factors of exclusive breastfeeding include behavior, mother's age, knowledge, baby's age, parity, occupation, education, attitude, the role of birth attendant, and family support. The aspect of occupation is the reason why mothers do not give exclusive breastfeeding to babies. Family support is vital to increase the success of exclusive breastfeeding.

**Objective:** This research aims to know the correlation between family support and parity with the success of exclusive breastfeeding for working mothers in Yogyakarta.

**Methodology:** This research used a cross-sectional design. The population of this research was all working mothers with babies aged 6-24 months in the working area of Puskesmas (Community Health Center) Umbulharjo I in 2023 with a total sampling. The data were collected through questionnaires and analyzed using the contingency coefficient test and Somers'd.

**Results:** The results showed that 72.5% of working mothers in the working area of Puskesmas Umbuharjo I were primiparas. The success of exclusive breastfeeding was 77.5%, and good family support was 62.5%. The analysis results showed that there was no correlation between parity and the success of exclusive breastfeeding with a p-value of  $0.656 > 0.05$ . However, there was a relationship between family support and the success of exclusive breastfeeding with a p-value of  $0.014 < 0.05$ . The closeness of the weak correlation was 0.285 with a positive correlation direction.

**Conclusion:** The primipara birth status is 72.5%, the success of exclusive breastfeeding is 77.5%, and good family support is 62.5%. There is a correlation between family support and the success of exclusive breastfeeding for working mothers in Yogyakarta. There is no correlation between parity and the success of exclusive breastfeeding for working mothers in Yogyakarta.

**Keywords:** Parity, family support, success of exclusive breastfeeding, working mothers.

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