THE DESCRIPTION OF EXCLUSIVE BREASTFEEDING FOR INFANTS AGED 6 TO 12 MONTHS AT THE PUSKESMAS PAKUALAMAN YOGYAKARTA

Evi Puji Lestari¹, Alfie Ardiana Sari², Ekawati³

ABSTRACT

Background: Exclusive breastfeeding, which only gives breast milk from 0 to 6 months, it should be supported by the environment, especially health workers, by providing knowledge and promoting the importance of exclusive breastfeeding to their babies in order to encourage mothers to give their babies the right to get breast milk. Infants those who get formula milk in developing countries experience increased infant mortality and morbidity compared to infants who receive exclusive breastfeeding. The coverage of exclusive breastfeeding in the Yogyakarta city had decreased, especially in the Pakualaman area, namely in 2014 of 49.4%, and the year 2015 amounted to 47.3%.

Objective: The description of exclusive breastfeeding is given to mothers with infants aged 6 to 12 months.

Method: This research was a type of descriptive research. The design of this study was a retrospective way, which attempted to look back (backward looking). The instrument used was a questionnaire. The number of samples used were 87 respondents from Puskesmas Pakualaman by using total population technique. Data analysis used was Univariate analysis and percentage.

Results: The results of this study indicate that those who did exclusive breastfeeding is 38 respondents (46.3%), and those who did not provide exclusive breastfeeding are 49 respondents (56.3%).

Conclusion: Mothers with infants aged 6 to 12 months in the working area of Puskesmas Pakualaman Yogyakarta is mostly mothers who did not give exclusive breastfeeding.

Keywords: Exclusive breastfeeding, mothers, infants aged 6 to 12 months.

¹ Student of Midwifery Study Program (D-3) Faculty of Health, Univesitas Jenderal Achmad Yani University, Yogyakarta
² Lecturer (D-3) of Midwifery Study Program, Faculty of Health, Univesitas Jenderal Achmad Yani University, Yogyakarta
³Lecturer (D-3) of Midwifery Study Program, Faculty of Health, Univesitas Jenderal Achmad Yani University, Yogyakarta