

GAMBARAN TINGKAT PENGETAHUAN IBU MENYUSUI TENTANG ASI EKSKLUSIF DI PUSKESMAS GAMPING 2 SLEMAN

YOGYAKARTA

INTISARI

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Latar Belakang : ASI adalah air susu ibu yang mengandung nutrisi optimal, baik kualitas dan kuantitasnya. Pengetahuan dan pengalaman seorang ibu sangat mempengaruhi keberhasilan ASI Eksklusif. Cakupan ASI Eksklusif tahun 2013 (66,7%) berada jauh dibawah target pemerintah yaitu 80% (Dinkes DIY, 2014), Puskesmas di DIY cakupan ASI Eksklusif terendah di Puskesmas Gamping 2 Sleman (73,45%) (Dinkes DIY, 2016).

Tujuan : Mengetahui Pengetahuan Ibu Menyusui Tentang ASI Eksklusif Di Puskesmas Gamping 2 Sleman

Metode penelitian : Jenis penelitian ini adalah penelitian deskriptif, rancangan peneliian deskriptif dengan pendekatan survey. Dengan jumlah sampel 78 ibu menyusui dan teknik pengamilan sampel sampling accidental.

Hasil : Tingkat pengetahuan ibu menyusui tentang pengertian ASI Eksklusif yaitu cukup sebanyak 39 responden (50,0%), pengetahuan ibu menyusui tentang manfaat ASI eksklusif yaitu baik sebanyak 50 responden (64,1%), pengetahuan ibu menyusui tentang komposisi ASI yaitu cukup sebanyak 34 responden (43,6%), pengetahuan ibu menyusui tentang cara pemberian ASI yaitu baik sebanyak 42 responden (53,8%), pengetahuan ibu menyusui tentang cara pengeluaran ASI yaitu kurang sebanyak 28 responden (35,9%), pengetahuan ibu menyusui tentang cara penyimpanan ASI yaitu baik sebanyak 41 responden (52,6%).

Kesimpulan : Tingkat pengetahuan ibu menyusui tentang ASI Eksklusif di Puskesmas Gamping 2 Sleman yaitu cukup sebanyak 46 responden (50,0%).

Kata kunci : Pengetahuan, ASI Eksklusif

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OVERVIEW OF MOTHER BOOK KNOWLEDGE ABOUT EXCLUSIVE MILK IN PUSKESMAS GAMPING 2 SLEMAN YOGYAKARTA

ABSTRACT

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Background : Breast milk is breast milk that contains optimal nutrition, both quality and quantity. The knowledge and experience of a mother greatly affects the success of Exclusive Breast Milk. Coverage of Exclusive Breastmilk in 2013 (66.7%) is far below the government target of 80% (Health Office DIY, 2014), Puskesmas in DIY exclusive coverage Exclusive breastfeeding at Puskesmas Gamping 2 Sleman (73.45%) (Dinkes DIY, 2016) .

Purpose : Knowing Mother's Breast milk Knowledge About Exclusive Breast milk At Puskesmas Gamping 2 Sleman.

Research method: The type of this research is descriptive research, descriptive research design with survey approach. With a sample size of 78 breastfeeding mothers and an accidental sampling sampling technique.

Results: Level of knowledge of breastfeeding mother about exclusive breastfeeding understanding is enough 39 respondents (50,0%), knowledge of breastfeeding mother about exclusive breastfeeding benefit either 50 respondents (64,1%), knowledge of breastfeeding mother about milk composition is enough 34 respondents (43,6%), knowledge of breastfeeding mother about good breastfeeding method as much as 42 respondents (53,8%), knowledge of breastfeeding mother about breastfeeding method that is less 28 respondents (35,9%), good breastfeeding storage as much 41 respondents (52,6%).

Conclusion : The level of knowledge of breastfeeding mothers about Exclusive breastfeeding in Puskesmas Gamping 2 Sleman is quite as much as 46 respondents (50.0%)

Keywords: Knowledge, Exclusive Breast Milk

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