

GAMBARAN TINGKAT PENGETAHUAN IBU HAMIL TENTANG ASI EKSKLUSIF DI WILAYAH KERJA PUSKESMAS PAKUALAMAN KOTA YOGYAKARTA

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INTISARI

Latar Belakang: Data *World Health Organization* (WHO) dan *United Nation Childrens Fund* (UNICEF) pada tahun 2011 melaporkan bahwa anak di dunia pada tahun 2011 yaitu dari 136,7 juta bayi lahir diseluruh dunia dan hanya 32,6% dari mereka yang diberikan ASI secara eksklusif. Rendahnya cakupan keberhasilan pemberian ASI Eksklusif pada bayi dipengaruhi oleh beberapa hal diantaranya adalah rendahnya pengetahuan dan kurangnya informasi, status ekonomi, ASI yang tidak cukup, kesibukan ibu bekerja. Berdasarkan survei pendahuluan yang dilakukan di wilayah kerja Puskesmas Pakualaman Kota Yogyakarta yang dilakukan terhadap 10 ibu hamil, didapatkan pengetahuan tentang ASI Eksklusif yaitu cukup.

Tujuan: Mengetahui Gambaran Tingkat Pengetahuan Ibu Hamil Tentang ASI Eksklusif.

Metode: Jenis penelitian ini merupakan jenis penelitian deskriptif. Penelitian ini dilakukan pada bulan juli 2015. Populasi sebanyak 46 ibu hamil. Teknik pengambilan sampel menggunakan *total sampling*. Instrumen penelitian dengan menggunakan *kuesioner*. Analisa data dengan menggunakan analisa *univariat*.

Hasil: Hasil penelitian menunjukkan bahwa dari 46 responden tingkat pengetahuan ASI Eksklusif di wilayah kerja Puskesmas Pakualaman Kota Yogyakarta kategori kurang sebanyak 5 (10,9%), cukup sebanyak 30 (65,2%) dan baik sebanyak 11 (23,9%). Dengan demikian disarankan kepada tenaga kesehatan untuk memberikan penyuluhan dan informasi tentang ASI Eksklusif sehingga ibu hamil dapat mengetahui dan mendapat gambaran untuk persiapan menyusui setelah melahirkan.

Kesimpulan: Pengetahuan ibu hamil tentang ASI Eksklusif di wilayah kerja Puskesmas Pakualaman Kota Yogyakarta, terbanyak pada kategori cukup sebanyak 30 responden (65,2%).

Kata Kunci: Pengetahuan, Ibu hamil, ASI Eksklusif

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THE KNOWLEDGE OF THE EXPECTANT MOTHER ABOUT EXCLUSIVE BREASTFEEDING AT WORK AREA OF PUBLIC HEALTH SERVICE OF PAKUALAMAN YOGYAKARTA

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ABSTRACT

Background: Data of world health organization (WHO) and United Nation Children's Fund (UNICEF) in 2011 reported that children in the world in 2011 those are from 136,7 billion born babies in around the world and only 32,6% of them were given breastfeeding exclusively. The low coverage success of exclusive breastfeeding to the baby was influenced by some matters; among others are the low knowledge and lack of information, economy status, insufficient breastfeed, and the busyness of working mothers. According to the preface survey conducted at work area of public health service of pakualaman yogyakarta to 10 the expectant mothers, it was obtained the knowledge of exclusive breastfeeding was enough.

Objective: To know the overview of knowledge level of the expectant mother about exclusive breastfeeding.

Method: Research method is descriptive research. The research was conducted in July 2015. The population was 46 the expectant mothers. Sampling technique used total sampling. Research instrument was by questionnaire. Data analysis was by univariat analysis.

Result: Research result shows that from 46 respondents the knowledge level of exclusive breastfeeding at work area of public health service of pakualaman yogyakarta is in category less as many 5 (10,9%), enough as many 30 (65,2%), and good as many 11 (23,9%). Therefore, it is suggested to the medical staff to provide counseling and information about exclusive breastfeeding so that the expectant mother can know and get the overview to prepare breastfeeding after delivery.

Conclusion: The knowledge level of the expectant mother about exclusive breastfeeding at work area of public health service of pakualaman yogyakarta is in category enough as many 30 (65,2%).

Keywords: Knowledge, The Expectant Mother, Exclusive Breastfeeding

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