

GAMBARAN TINGKAT PENGETAHUAN IBU MENYUSUI TENTANG ASI EKSKLUSIF PADA BAYI USIA 0 SAMPAI 6 BULAN DI DESA PURWOKINANTI WILAYAH KERJA PUSKESMAS PAKUALAMAN YOGYAKARTA

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INTISARI

Latar Belakang: ASI (Air Susu Ibu) merupakan makanan yang sesuai dengan kebutuhan pertumbuhan bayi. Pengetahuan dan pengalaman seorang ibu sangat mempengaruhi keberhasilan ASI eksklusif. Keterlambatan memberikan ASI 1 jam pertama memberikan resiko kematian 0,7%, hari ketiga 2,3%, setelah hari ketiga 4,2%. Cakupan ASI eksklusif tahun 2013 (38%) berada jauh di bawah target pemerintah yaitu 80% (Riskesdes, 2013). Cakupan ASI eksklusif terendah berada di Kota Yogyakarta (51,6%), dan untuk puskesmas di DIY cakupan ASI eksklusif terendah di Puskesmas Pakualaman (10,6%) (Dinkes Kota Yogyakarta, 2013). Berdasarkan Studi Pendahuluan di Puskesmas Pakualaman menunjukkan bahwa tahun 2014 cakupan ASI eksklusif terendah di Desa Purwokinanti (38,8%).

Tujuan Penelitian: Mengetahui gambaran tingkat pengetahuan ibu menyusui tentang ASI eksklusif pada bayi usia 0 sampai 6 bulan di Desa Purwokinanti Wilayah Kerja Puskesmas Pakualaman Yogyakarta.

Metode Penelitian: Penelitian ini menggunakan metode survei bersifat deskriptif kuantitatif dengan pendekatan *cross-sectional*. Populasi dalam penelitian ini adalah ibu menyusui di Desa Purwokinanti Wilayah Kerja Puskesmas Pakualaman Yogyakarta dengan jumlah populasi dalam penelitian ini sebanyak 36 ibu menyusui. Teknik pengambilan sampel adalah teknik total sampling.

Hasil Penelitian: Tingkat pengetahuan ibu menyusui tentang pengertian ASI eksklusif yaitu cukup (38,9%), pengetahuan ibu menyusui tentang manfaat ASI eksklusif yaitu baik (60,7%), pengetahuan ibu menyusui tentang komposisi ASI yaitu cukup (63,9%), pengetahuan ibu menyusui tentang cara memberikan ASI yaitu baik (52,8%), pengetahuan ibu menyusui tentang cara pengeluaran ASI yaitu baik (55,6%), dan pengetahuan ibu menyusui tentang penyimpanan ASI yaitu kurang (41,7%).

Kesimpulan: Tingkat pengetahuan ibu menyusui tentang ASI eksklusif di Desa Purwokinanti Wilayah Kerja Puskesmas Pakualaman Yogyakarta yaitu cukup (69,4%).

Kata kunci: Pengetahuan, ASI eksklusif.

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**THE DESCRIPTION OF KNOWLEDGE LEVEL OF BREASTFEEDING MOTHERS
ABOUT EXCLUSIVE BREASTFEEDING ON 0-6 MONTH-OLD BABIES IN
PURWOKINANTI VILLAGE OF COMMUNITY HEALTH CENTER
PAKUALAMAN YOGYAKARTA AUTHORITY AREA**

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ABSTRACT

Background: Breast milk is a proper intake for a baby's growth need. The knowledge and experience of a mother influence the effectiveness of exclusive breastfeeding. Late administration of breast milk until the first one hour after delivery risks the baby's life as much as 0,7%, 2,3% until the first three days, and 4,2% until the post first three days term. The coverage of exclusive breastfeeding in 2013 (38%) was far below government's target of 80% (Village Health Research 2013). The lowest coverage of exclusive breastfeeding was in Yogyakarta city (51,6%) while the lowest coverage among Community Health Centers in the Special Province of Yogyakarta took place in Pakualaman Community Health Center (10,6%) (Health Agency of Yogyakarta City, 2013). Preliminary study in Pakualaman Community Health Center identified Purwokinanti village as having the lowest coverage of exclusive breastfeeding in 2014 (38,8%).

Objective: To find out the description of knowledge level of breastfeeding mothers about exclusive breastfeeding on 0-6-month-old babies in Purwokinanti Village of Pakualaman Community Health Center authority area Yogyakarta.

Method: This study applied quantitative descriptive survey method with cross sectional approach. Population in this research was breastfeeding mothers in Purwokinanti village of Pakualaman Community Health Center Yogyakarta authority area as many as 36 breastfeeding mothers. Samples were selected through total sampling technique.

Outcome: The knowledge level of breastfeeding mothers about ; the definition of exclusive breastfeeding was sufficient (38,9%), the benefits of exclusive breastfeeding was good (60,7%), breastfeeding composition was sufficient (63,9%), proper breastfeeding administration was good (52,8%), proper breastfeeding squeeze technique was good (55,6%), and breastfeeding storing method was poor (41,7%).

Summary: The knowledge level of breastfeeding mothers about exclusive breastfeeding in Purwokinanti Village of Pakualaman Community Health Center Yogyakarta authority area was sufficient (69,4%).

Key Index: Knowledge, Exclusive breastfeeding.

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