

GAMBARAN TINGKAT PENGETAHUAN IBU MENYUSUI TENTANG PEMBERIAN ASI EKSKLUSIF DI PUSKESMAS BANTUL 1 YOGYAKARTA

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INTISARI

Latar Belakang : ASI Eksklusif adalah pemberian ASI saja tanpa tambahan cairan lain seperti susu formula, jeruk, madu, air teh, air putih dan tanpa tambahan makanan padat seperti pisang, pepaya, bubur susu, biskuit, dan nasi tim. Pemberian ASI dianjurkan dalam jangka waktu 6 bulan. UNICEF memperkirakan bahwa pemberian ASI eksklusif sampai usia 6 bulan dapat mencegah kematian 1,3 juta anak berusia di bawah lima tahun. Prevalensi cakupan ASI Eksklusif di Provinsi DIY pada tahun 2012-2013 mengalami kenaikan sebesar 18,07% yaitu pada tahun 2012 (48%) dan 2013 (66,7%), walaupun demikian target cakupan ASI Eksklusif di DIY masih di bawah target nasional yaitu 80%. Pada cakupan bayi yang diberi ASI eksklusif di Kabupaten Bantul tahun 2013 sebesar 62,05 % menurun bila dibandingkan tahun 2012 sebanyak 63,51%.

Tujuan Penelitian : Penelitian ini bertujuan untuk mengetahui gambaran tingkat pengetahuan ibu menyusui tentang Pemberian ASI eksklusif di Puskesmas Bantul 1, Bantul Yogyakarta.

Metode : Penelitian ini menggunakan *metode survey*. Penelitian ini bersifat *deskriptif kuantitatif*. Teknik Pengambilan Sampel dengan *Purposive Sampling* berjumlah 51 responden ibu menyusui di Puskesmas Bantul I, Bantul Yogyakarta tahun 2015. Analisis dilakukan secara univariat, dengan variable penelitian adalah pengetahuan responden.

Hasil Penelitian : Dari hasil penelitian, tingkat pengetahuan ibu menyusui tentang pengertian ASI eksklusif dengan kategori cukup sebanyak 23 responden (45,1%). Pengetahuan ibu menyusui tentang produksi ASI dengan kategori baik sebanyak 36 responden (70,6%). Pengetahuan ibu menyusui tentang komposisi ASI dengan kategori cukup sebanyak 22 responden (43,1%). Pengetahuan ibu menyusui tentang manfaat ASI eksklusif dengan kategori baik sebanyak 32 responden (56,3%).

Kesimpulan : Tingkat pengetahuan ibu menyusui tentang pemberian ASI eksklusif di Puskesmas Bantul 1 Yogyakarta adalah 27 responden (52,9%) berpengetahuan cukup.

Kata Kunci: Tingkat Pengetahuan, ASI Eksklusif

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THE DESCRIPTION OF KNOWLEDGE LEVEL OF BREASTFEEDING MOTHERS ABOUT EXCLUSIVE BREAST MILK PROVIDING IN BANTUL 1 COMMUNITY HEALTH CENTER, YOGYAKARTA

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ABSTRACT

Background : Exclusive breast milk is pure breast milk providing without any other additional liquid intake such as formula milk, orange, honey, tea water, mineral water, and without any additional solid food such as banana, papaya, milk porridge, biscuit, and steamed rice. Breast milk providing is suggested to be conducted for 6 months. UNICEF estimated that exclusive breast milk providing until the age of 6 months can prevent the mortality of 1,3 millions under-five children. The prevalence of exclusive breast milk providing coverage in DIY during 2012-2013 escalated as many as 18,07% ; year 2012 (48%) and year 2013 (66,7%), nevertheless, the target of exclusive breast milk providing coverage in DIY remains much lower than the national target of 80%. The coverage of babies who receive exclusive breast milk in Bantul regency in 2013 as many as 62,05% indicated a decreasing rate compared to 2012 as many as 63,51%.

Objective : To find out the description of knowledge level of breastfeeding mothers about exclusive breast milk providing in Bantul 1 Community Health Center, Yogyakarta

Method : This study applied survey method and was a quantitative descriptive study. Sampling technique applied purposive sampling to 51 respondents of breastfeeding mothers in Bantul 1 community health center, Bantul, Yogyakarta, in 2015. Analysis applied single variable analysis with respondents' knowledge as study variable.

Result : The knowledge level of breastfeeding mothers about ; the definition of exclusive breast milk was in sufficient category as many as 23 respondents (45,1%), breast milk production was in good category as many as 36 respondents (70,6%), breast milk composition was in sufficient category as many as 22 respondents (43,1%), the benefit of exclusive breast milk was in good category as many as 32 respondents (56,3%).

Conclusion : The knowledge level of breastfeeding mothers about exclusive breast milk providing in Bantul 1 community health center, Yogyakarta, was in sufficient category as many as 27 respondents (52,9%).

Keyword : Knowledge level, Exclusive breast milk.

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