

HUBUNGAN UMUR DENGAN PRAKTIK PEMBERIAN ASI EKSKLUSIF PADA IBU YANG MELAHIRKAN DI RSUD WATES

Anita Candra Sari¹, Ida Nursanti², Atik Badi'ah³

INTISARI

Latar Belakang : Usia reproduksi optimal antara umur 20–35 tahun karena optimalnya alat reproduksi (fisik) serta psikologis. Umur mempengaruhi kemampuan dan kesiapan diri ibu dalam melewati masa nifas dan menyusui. ASI eksklusif adalah bayi yang hanya diberi ASI saja selama 6 bulan, tanpa tambahan cairan lain serta tambahan makanan padat. ASI eksklusif merupakan upaya menurunkan angka kematian bayi yang masih tinggi.

Tujuan : Untuk mengetahui hubungan umur dengan praktik pemberian ASI eksklusif pada ibu yang melahirkan di RSUD Wates.

Metode : Metode penelitian survei analitik dengan rancangan *cross sectional* menggunakan teknik *purposive sampling*. Subjek penelitian sebanyak 75 responden sesuai kriteria inklusi dan eksklusi. Pengumpulan data menggunakan kuesioner. Analisa data menggunakan *Chi-square* ($\alpha = 0,05$).

Hasil : Ada hubungan yang signifikan antara umur dengan praktik pemberian ASI eksklusif pada ibu yang melahirkan di RSUD Wates (p -value $0,000 \leq 0,05$) dengan keeratan hubungan sebesar 0,459 (sedang). Dari 75 responden, umur tidak berisiko (20–35 tahun) sebanyak 64 (85,3%) yang memberikan ASI eksklusif sebanyak 53 (82,8%), sedangkan umur berisiko (<20 tahun dan >35 tahun) sebanyak 11 (14,7%) yang memberikan ASI eksklusif sebanyak 2 (18,2%) dengan p -value 0,000 dan nilai *contingency coefficient* (C) 0,459 (sedang).

Kesimpulan : Ibu dengan umur berisiko mempunyai kemungkinan lebih besar untuk tidak memberikan ASI eksklusif. Rekomendasi untuk ibu yang berencana hamil, seharusnya mengetahui umur yang tidak berisiko ketika melahirkan dan pemberian ASI eksklusif.

Kata Kunci : umur, ASI eksklusif, ibu melahirkan

¹Mahasiswa Program Studi Ilmu Keperawatan Stikes Jenderal Achmad Yani Yogyakarta

²Dosen Program Studi Ilmu Keperawatan Stikes Jenderal Achmad Yani Yogyakarta

³Dosen Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

**THE CORRELATION BETWEEN AGE AND EXCLUSIVE
BREASTFEEDING PRACTICE AMONG MOTHERS
WHO GAVE BIRTH AT WATES
GENERAL HOSPITAL**

Anita Candra Sari¹, Ida Nursanti², Atik Badi'ah³

ABSTRACT

Background: The optimal reproductive age is between 20 – 35 years old, because reproductive organs are at their optimum condition. Age influences a mother's ability and readiness to pass the postpartum period and to breastfeed. Exclusive breastfeeding practice means giving babies only breast milk, without any other liquid and additional solid food. Exclusive breastfeeding is one effort to minimize infant mortality, which is still a high incidence.

Objective: To determine the correlation between mothers' age and exclusive breastfeeding practice among mothers who gave birth at Wates General Hospital.

Method: This is an analytic survey research with a cross sectional design, this research used purposive sampling technique. The subjects of this research were 75 respondents who were selected using inclusion and exclusion criteria. The data collection was carried out using questionnaires. The data were analyzed using chi-square test ($\alpha = 0.05$).

Results: There was a significant correlation between mothers' age and exclusive breastfeeding practice among mothers who gave birth at Wates General Hospital ($p\text{-value } 0.000 \leq 0.05$), the correlation closeness was 0.459 (medium). From 75 respondents, 64 mothers (85.3%) belonged to the non-risk age group (20-35 years old), 53 mothers (82.8%) gave exclusive breastmilk. Whereas the number of mothers who belonged to the risk age group (> 35 years old) was 11 (14.7%), 2 mothers (18.2%) gave exclusive breast milk, the $p\text{-value}$ was 0.000, and the contingency coefficient (C) value was 0.459 (medium).

Conclusion: Mothers from the risk age group had bigger probability of not giving exclusive breast milk. It is recommended that mothers who plan to conceive should know what the age risk factor for giving birth and giving exclusive breast milk.

Keywords: age, exclusive breastfeeding practice, mothers who gave birth

¹ Student of Nursing Department, Jenderal Achmad Yani School of Health Sciences, Yogyakarta

² Lecturer at Nursing Department, Jenderal Achmad Yani School of Health Sciences, Yogyakarta

³ Lecturer at Health Sciences Polytechnic, Yogyakarta