

**GAMBARAN TINGKAT PENGETAHUAN IBU NIFAS
TENTANG MANFAAT ASI EKSKLUSIF
DI RSU PKU MUHAMMADIYAH
BANTUL YOGYAKARTA**

INTISARI

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Latar Belakang : Pada ibu nifas apa bila bayi tidak di berikan ASI eksklusif dapat menurunkan berat badan bayi, bayi juga akan mudah sakit karena tidak dapat zat immunoglobulin yang terkandung dalam kolostrum. RSU PKU muhammadiyah bantul merupakan rumah sakit dengan cakupan ASI rendah yaitu 72%. Cakupan ASI rendah disebabkan ibu bekerja, pengetahuan yang rendah.

Tujuan Penelitian : Untuk mengetahui gambaran tingkat pengetahuan ibu nifas tentang manfaat ASI eksklusif di RSU PKU Muhammadiyah Bantul, Yogyakarta.

Metode Penelitian : Metode penelitian *survey deskriptif*. Sampel diambil dengan teknik *purposive sampling*, sehingga diperoleh jumlah sampel sebanyak 31 responden. Instrumen penelitian adalah kuesioner dan hasil penelitian dianalisis dengan *distribusi frekuensi* relatif atau *persentase*.

Hasil Penelitian : Tingkat pengetahuan ibu nifas tentang manfaat ASI eksklusif di RSU PKU Muhammadiyah Bantul kategori cukup sebanyak 13 orang (41,9%). Tingkat pengetahuan ibu nifas tentang manfaat ASI eksklusif bagi bayi kategori baik sebanyak 12 orang (38,7%), manfaat ASI eksklusif bagi ibu kategori baik sebanyak 16 orang (51,6%), manfaat ASI eksklusif bagi keluarga kategori baik sebanyak 19 orang (61,3%), dan manfaat ASI eksklusif bagi negara kategori cukup sebanyak 16 orang (51,6%).

Kesimpulan : Tingkat pengetahuan ibu nifas tentang manfaat ASI eksklusif di RSU PKU Muhammadiyah Bantul dalam kategori cukup.

Kata Kunci : Pengetahuan Ibu nifas, manfaat ASI eksklusif

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**THE DESCRIPTION OF KNOWLEDGE LEVEL OF POST PARTUM MOTHERS
ABOUT THE BENEFITS OF EXCLUSIVE BREASTFEEDING
IN PKU MUHAMMADIYAH GENERAL HOSPITAL
BANTUL, YOGYAKARTA**

ABSTRACT

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Background: in postpartum mothers if babies are not given breast milk exclusively can decrease the babies' weight; babies also easily get sick because they did not receive immunoglobulin substance which substance in colostrum. General Hospital of PKU Muhammadiyah Bantul, Yogyakarta is a hospital which low breastfeeding coverage as much 72%. Low ASI coverage caused working mothers, less of knowledge.

Objective : To find out the description of knowledge level of post partum mothers about the benefits of exclusive breast milk in Pku Muhammadiyah General Hospital, Bantul, Yogyakarta

Method : This was a descriptive survey study. Samples were selected through purposive sampling method as many as 31 respondents. Study instrument were questionnaires and the study result was analyzed with relative frequency distribution or percentage.

Result : The knowledge level of post partum mothers about the benefits of exclusive breastfeeding in PKU Muhammadiyah general hospital Bantul was in sufficient category as many as 13 respondents (41,9%). The knowledge level about the benefits of exclusive breastfeeding for babies was in good category as many as 12 respondents (38,7%), the benefits of exclusive breastfeeding for mothers was in good category as many as 16 respondents (51,6%), the benefits of exclusive breastfeeding for family was in good category as many as 19 respondents (61,3%), and the benefits of exclusive breastfeeding for nation was in sufficient category as many as 16 respondents (51,6%).

Conclusion : The knowledge level of post partum mothers about the benefits of exclusive breastfeeding in PKU Muhammadiyah general hospital was in sufficient category.

Keyword : Knowledge, Post partum mothers, The benefits of exclusive breastfeeding.

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