

**GAMBARAN TINGKAT PENGETAHUAN IBU HAMIL
TRIMESTER III TENTANG ASI EKSKLUSIF
DI KLINIK PRATAMA WIKADEN SILUK
BANTUL YOGYAKARTA**

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INTISARI

Latar Belakang : ASI merupakan makanan pertama, utama, terbaik bagi bayi yang bersifat alamiah. ASI mengandung berbagai zat gizi yang dibutuhkan dalam proses pertumbuhan dan perkembangan bayi. Terkait itu, ada suatu hal yang perlu disayangkan yakni rendahnya pemahaman ibu, keluarga dan masyarakat mengenai pentingnya ASI bagi bayi. Akibatnya program pemberian ASI eksklusif tidak berlangsung secara optimal. Dari hasil studi pendahuluan yang dilakukan peneliti di Klinik Pratama Wikaden Siluk, Selopamioro, Imogiri, Bantul pada tanggal 1 April 2014, ibu hamil yang datang untuk melakukan *Antenatal Care* (ANC) sebanyak 35 orang, dan terdapat ibu hamil trimester III sebanyak 16 orang.

Tujuan : untuk mengetahui bagaimana gambaran pengetahuan ibu hamil trimester III tentang ASI eksklusif di Klinik Pratama Wikaden Siluk, Selopamioro, Imogiri, Bantul.

Metode Penelitian : Jenis penelitian ini menggunakan *deskriptif kuantitatif*. Penelitian ini dilakukan di Klinik Pratama Wikaden Siluk, Selopamioro, Imogiri, Bantul pada bulan Juli 2014. Sampel dalam penelitian ini adalah 20 ibu dengan total *sampling*. Instrumen penelitian ini adalah kuesioner. Penelitian hanya menggunakan variabel tunggal yaitu tingkat pengetahuan ibu yang bekerja tentang ASI Eksklusif. Analisa data hanya menggunakan analisa *univariat* yang menghasilkan distribusi prosentase.

Hasil Penelitian : Tingkat pengetahuan ibu hamil trimester III tentang ASI Eksklusif di Klinik Pratama Wikaden Siluk, Selopamioro, Bantul pada tingkat baik sebanyak 13 responden (65%), pengetahuan cukup sebanyak 4 responden (20%) dan tingkat pengetahuan kurang sebanyak 5 responden (15%)

Kesimpulan : Tingkat pengetahuan ibu hamil trimester III tentang ASI Eksklusif di Klinik Pratama Wikaden Siluk, Selopamioro, Bantul dari 20 responden mayoritas pada tingkat pengetahuan baik kemungkinan dipengaruhi oleh faktor informasi dan pengalaman. pengetahuan ibu.

Kata Kunci : Pengetahuan, Ibu Hamil Trimester III, ASI Eksklusif

Description of knowledge level of trimester III expectant mother about exclusive breast feeding at Clinic Pratama Wikaden Siluk Bantul Yogyakarta

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Abstract

Background: breast feeding is the first feeding, prominent and the best for baby which is nature concerned. Breast feeding contains some nutrition substance which is required in baby's growth and development process. Related with it, there is a matter that needs to be regrettably that lack of understanding of mother, family and society about how important breast feeding for baby. The effect is exclusive breast feeding program is not going on optimally. From result of preface study that is done by researcher at Clinic Pratama Wikaden Siluk, Selopamioro, Imogiri, Bantul on April 1st 2014, attendance of expectant mother for doing *Antenatal Care* (ANC) is as many 35 people, and there is trimester III expectant mother as many 16 people.

Objective: to know how is description of knowledge level of trimester III expectant mother about exclusive breast feeding at Clinic Pratama Wikaden Siluk Bantul Yogyakarta

Research method: research type used qualitative descriptive. Research is conducted at Clinic Pratama Wikaden, Siluk, Selopamioro, Imogiri, Bantul in Juli 2014. Research sample is 20 mothers by total sampling. Research instrument is questionnaire. Research only used single variable that is worker mother's knowledge level about exclusive breast feeding. Data analysis only used *univariate* analysis that produces percentage distribution.

Research result: knowledge level of trimester III expectant mother about exclusive breast feeding at Clinic Pratama Wikaden, Siluk, Selopamioro, Imogiri, Bantul is on the good level as many 13 respondents (65%), moderate knowledge as many 4 respondents (20%) and less knowledge level as many 5 respondents (15%).

Conclusion: knowledge level of trimester III expectant mother about exclusive breast feeding at Clinic Pratama Wikaden, Siluk, Selopamioro, Imogiri, Bantul from 20 respondents majority on good knowledge level possibly is affected by factors information, experience, and knowledge of mother.

Keywords: knowledge, trimester III expectant mother, exclusive breast feeding.

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