

**GAMBARAN KECEMASAN IBU PEKERJA DALAM PEMBERIAN ASI  
EKSKLUSIF PADA BAYINYA DI DESA PENDOWOHARJO  
KECAMATAN SEWON KABUPATEN BANTUL**

**INTISARI**

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**Latar Belakang** : Pemberian ASI secara Eksklusif merupakan kegiatan penting dalam pemeliharaan anak. Cakupan ASI Eksklusif di Provinsi DIY hanya mencapai 66,7% pada tahun 2013. Cakupan ASI Eksklusif di Kabupaten Bantul mengalami penurunan menjadi 62% pada tahun 2013.

**Tujuan** : Diketahui gambaran kecemasan ibu pekerja dalam memberikan ASI Eksklusif pada bayinya di Desa Pendowoharjo Kecamatan Sewon Kabupaten Bantul.

**Metode** : Jenis penelitian *deskriptif analitik* dengan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah ibu pekerja yang memiliki bayi 0-6 bulan di Desa Pendowoharjo Kecamatan Sewon Kabupaten Bantul. Teknik yang digunakan yaitu *purposive sampling* sebanyak 35 orang. Alat dan metode dengan kuisioner kecemasan. Uji analisis dengan univariat.

**Hasil** : Mayoritas tingkat kecemasan ibu pekerja dalam pemberian ASI dalam kategori cemas sedang yaitu sebesar 65,7%. Proporsi bayi yang mendapat ASI Eksklusif pada ibu pekerja sebanyak 31,4%, dan proporsi bayi yang tidak mendapatkan ASI Eksklusif pada ibu pekerja sebanyak 68,6%.

**Kesimpulan** : Mayoritas tingkat kecemasan ibu pekerja dalam pemberian ASI Eksklusif pada bayinya di Desa Pendowoharjo Kecamatan Sewon Kabupaten Bantul dalam kategori cemas sedang.

**Kata Kunci** : ASI Eksklusif, Kecemasan ibu pekerja

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## ABSTRACT

### **THE OVERVIEW OF THE WORKER MOTHER'S ANXIETY IN EXCLUSIVE BREAST FEEDING TO THE BABY IN THE HAMLET OF PENDOWOHARJO, DISTRICT OF SEWON, REGENCY OF BANTUL**

## ABSTRACT

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**Background:** Exclusive breast feeding is an important activity in the child care. The cope of exclusive breast feeding in province of DIY was only 566,7% in 2013. the cope of exclusive breast feeding in regency of bantul had reduction became 62% in 2013.

**Objective:** to know the overview of the worker mother's anxiety in exclusive breast feeding to the baby in the hamlet of pendowoharjo, district of sewon, regency of bantul.

**Method:** research type was analytic descriptive with cross sectional approach. Population the research was the worker mothers that have 0-6 month baby in the hamlet of pendowoharjo, district of sewon regency of bantul. Technique that was used was purposive sampling as many 35 people. The instrument and method was by questionnaire of anxiety. Analysis test was by univariat.

**Result:** majority the anxiety level of the worker mother in the breast feeding is in category medium anxious 65,7%. the baby proportion that get exclusive breast feeding of the worker mother was 31,4%, and the baby proportion that does not get exclusive breast feeding of the worker mother was 68,5%.

**Conclusion:** majority the anxiety level of the worker mother in the exclusive breast feedig to the babies in the hamlet of pendowoharjo, district of sewon, regency of bantul was in category medium anxious.

**Key of terms:** exclusive breast feeding, the anxiety of the worker mother.

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