

**GAMBARAN TINGKAT PENGETAHUAN IBU MENYUSU  
TENTANG TEKNIK MENYUSUI YANG BENAR  
DI PUSKESMAS PAKUALAMAN  
YOGYAKARTA**

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**INTISARI**

**Latar Belakang:** Air Susu Ibu (ASI) merupakan makanan yang utama dan paling sempurna bagi bayi, dimana ASI mengandung hampir semua zat gizi dengan komposisi sesuai kebutuhan bayi untuk tumbuh dan berkembang secara optimal (Perinasia, 2009). Hasil studi pendahuluan di Puskesmas Pakualaman dari 10 ibu menyusui didapatkan, sebanyak 6 mengalami masalah payudara.

**Tujuan penelitian:** Mengetahui tingkat pengetahuan ibu menyusui tentang teknik menyusui yang benar di Puskesmas Pakualaman Yogyakarta.

**Metode:** Metode penelitian *deskriptif kuantitatif*, pelaksanaan penelitian dilaksanakan di Puskesmas Pakualaman Yogyakarta, pada bulan November 2015. Penelitian ini menggunakan teknik *purposive sampling*, sejumlah 34 responden yang mempunyai bayi usia 0-6 bulan dan masih ASI eksklusif. Alat pengumpulan data adalah kuesioner, analisa data menggunakan analisis *univariat*.

**Hasil penelitian:** Gambaran tingkat pengetahuan ibu menyusui tentang teknik menyusui yang benar di Puskesmas Pakualaman Yogyakarta yaitu berpengetahuan baik sebanyak 10 responden, cukup sebanyak 22 responden, kurang sebanyak 2 responden.

**Kesimpulan:** Mayoritas tingkat pengetahuan ibu menyusui tentang teknik menyusui yang benar di Puskesmas Pakualaman Yogyakarta yaitu berpengetahuan cukup sebanyak 22 responden, baik sebanyak 10 responden, dan kurang sebanyak 2 responden.

**Kata Kunci:** Pengetahuan, Teknik Menyusui Yang Benar.

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**THE DESCRIPTION OF TECHNICAL KNOWLEDGE OF  
BREASTFEEDING BREASTFEED RIGHT  
IN HEALTH PAKUALAMAN  
YOGYAKARTA**

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**ABSTRACT**

**Background:** Breastfeeding Mother's (ASI) is the main meal and perfect for babies, in which breast milk contains almost all the nutrients in the composition according to the needs of the baby to grow and develop optimally (Perinasia, 2009). Results of a preliminary study in Health Pakualaman of 10 nursing mothers found, as many as 6 having problems ie breast nipple abrasions.

**Objective:** Knowing the level of knowledge of nursing mothers about breastfeeding technique right at the health center in Yogyakarta Pakualaman.

**Methods:** Descriptive quantitative research methods, the implementation of the research conducted at the health center in Yogyakarta Pakualaman, in November 2015. This study used purposive sampling techniques, a number of 34 respondents who had infants aged 0-6 months and still breastfeeding exclusively. Data collection tool was a questionnaire, data analysis using univariate analysis.

**Results:** The level of knowledge of nursing mothers about breastfeeding technique right at the health center in Yogyakarta that is knowledgeable good Pakualaman as many as 10 respondents, quite as much as 22 respondents, less by 2 respondents.

**Conclusions:** The majority of breastfeeding mothers level of knowledge about proper breastfeeding technique at the health center that is knowledgeable enough Pakualaman Yogyakarta as many as 22 respondents, well as much as 10 respondents, and less by 2 respondents.

**Keywords:** Knowledge, Technical Breastfeeding Right

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