

KARAKTERISTIK IBU BEKERJA YANG BERHASIL MEMBERIKAN  
ASI EKSKLUSIF PADA BAYI DI PUSKESMAS  
BANGUNTAPAN 1 BANTUL YOGYAKARTA

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INTISARI

**Latar Belakang :** Pemberian ASI Eksklusif sampai usia 6 bulan dapat mencegah kematian 1,3 juta anak berusia di bawah lima tahun. Salah satu kendala ibu dalam pemberian ASI Eksklusif adalah ibu bekerja. Hasil studi pendahuluan di Banguntapan 1 untuk cakupan pemberian ASI Eksklusif pada ibu bekerja lebih banyak dibandingkan ibu yang tidak bekerja. Ibu bekerja yang berhasil memberikan ASI Eksklusif sebanyak 122 ibu, karena sebelum habis masa cuti sudah stok ASI dan menyempatkan untuk memompa ASI saat bekerja, sedangkan ibu tidak bekerja lebih sedikit dalam memberikan ASI Eksklusif yaitu sebanyak 36 ibu dikarenakan bayi cenderung rewel sehingga ibu memilih susu formula dan MPASI dini sebab ibu menganggap ASI tidak cukup.

**Tujuan Penelitian :** Diketuainya karakteristik ibu bekerja yang berhasil memberikan ASI Eksklusif pada bayi.

**Metode Penelitian :** Merupakan penelitian deskriptif kuantitatif dengan pendekatan *cross sectional*. Jumlah sampel 31 responden dengan distribusi frekuensi yang diambil menggunakan data primer dan angket.

**Hasil :** Sebagian besar ibu bekerja yang berhasil memberikan ASI Eksklusif pada bayi di Puskesmas Banguntapan 1 Bantul Yogyakarta berusia 21-35 tahun sebanyak 26 orang (83,9%), tingkat pendidikan menengah (SMA & SMK) sebanyak 18 orang (58,1%), status pekerjaan sebagai karyawan swasta sebanyak 15 orang (48,4%), dan paritas primipara sebanyak 18 orang (58,1%).

**Kesimpulan :** Ibu bekerja yang berhasil memberikan ASI Eksklusif pada bayi di Puskesmas Banguntapan 1 Bantul Yogyakarta yaitu berusia 21-35 tahun, (SMA & SMK), karyawan swasta, dan primipara.

**Kata Kunci :** Karakteristik, Ibu Bekerja yang menyusui, ASI-Eksklusif.

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THE CHARACTERISTIC OF WORKING MOTHERS WHO MANAGED TO  
GIVE EXCLUSIVE BREASTMILK ON THEIR BABIES IN BANGUNTAPAN  
I COMMUNITY HEALTH CENTERS BANTUL YOGYAKARTA

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**ABSTRACT**

**Background :** Exclusive breastfeeding until the age of 6 months can prevent mortalities of 1,3 million under five children. One of the obstacles for mothers in providing exclusive breastfeeding is active worker status. The result of preliminary study in Banguntapan 1 found out higher rate of exclusive breastfeeding among active worker mothers compared to housewife mothers. Active worker mothers were able to provide exclusive breastfeeding as many as 122 mothers as the breastmilk stock was prepared enough during maternity leave for the mothers' pumping out their breastmilk during active working period. In the meanwhile, housewife mothers gave less exclusive breastfeeding as many as 36 mothers due to babies' unrest so that mothers preferred providing formula milk and breastfeeding complementary food because mothers regarded their breastfeeding as insufficient.

**Aim :** To know the characteristic of working mothers who are managed to give exclusive breastmilk on their babies.

**Research Methods :** This research was a descriptive quantitative research with cross sectional approach. The samples were 31 respondents with frequency distribution taken was using primary data and questionnaire.

**Results :** Most of the working mothers who managed to give exclusive breastmilk to their babies in Banguntapan I community health centers Bantul Yogyakarta that aged from 21 to 35 years old were as many as 26 persons (83.9%), that high school educated or graduated were as many as 18 persons (58.1%), that stated as a private employer were as many as 15 persons (48.4%), and parity primiparas were as many as 18 persons (58.1%).

**Conclusion :** The working mothers that managed to give exclusive breastmilk on babies in Banguntapan I community health centers Bantul Yogyakarta were aged from 21 to 35 years old, (high school graduated), private employees, and primipara.

**Keywords :** Characteristic, Breastfeeding working mothers, exclusive breastmilk.

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