

**GAMBARAN PENGETAHUAN IBU HAMIL TRIMESTER III  
TENTANG ASI EKSKLUSIF DI PUSKESMAS  
BANGUNTAPAN 1 BANTUL  
YOGYAKARTA**

**INTISARI**  
Sumiati<sup>1</sup>, Eniyati<sup>2</sup>

**Latar Belakang:** Cakupan pemberian ASI Eksklusif 0-6 bulan secara nasional di Indonesia sebesar 52,3% belum mencapai program pada tahun 2014 sebesar 80%. Salah satu faktor yang menyebabkan tingginya kematian bayi dan neonatal adalah rendahnya pemberian ASI Eksklusif. Berdasarkan studi pendahuluan yang dilakukan di puskesmas Banguntapan I Bantul terdapat 3 ibu hamil yang mengerti tentang ASI Eksklusif sedangkan 7 ibu hamil tidak mengertitentang ASI Eksklusif sebagian besar ibu hamil berpendapat tidak memberikan ASI Eksklusif dikarenakan bayi rewel dan pengeluaran ASI sedikit.

**Tujuan penelitian:** Diketuinya pengetahuan ibu hamil trimester III tentang ASI Eksklusif di Puskesmas Banguntapan I Bantul Yogyakarta.

**Metode penelitian:** Desain penelitian ini adalah *deskriptif kuantitatif*. Teknik pengambilan sampel yang digunakan adalah *total sampling* dengan jumlah sampel 40 ibu hamil. Analisa data dalam penelitian ini menggunakan *univariat*.

**Hasil:** pengetahuan ibu hamil trimester III tentang pengertian ASI Eksklusif dan macamnya dalam kategori kurang sebanyak 17 responden (42,5%) dan manfaat ASI Eksklusif dalam kategori kurang sebanyak 22 responden (55%) dan komposisi ASI Eksklusif dalam kategori cukup sebanyak 26 responden ( 65%) dan cara pemerahan, penyimpanan ASI Eksklusif dalam kategori cukup sebanyak 23 responden (57,5%).

**Kesimpulan:** Pengetahuan ibu hamil tentang ASI Eksklusif di Puskesmas Banguntapan I Bantul, dalam kategori baik sebanyak 8 responden (20%) sedangkan kategori cukup 20 responden (50%) dan kategori kurang 12 responden (30%).

**Kata Kunci:** Pengetahuan, Ibu hamil, ASI Eksklusif

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# THE DESCRIPTION OF KNOWLEDGE OF III TRIMESTER EXPECTANT MOTHER ABOUT EXCLUSIVE BREAST MILK IN PUSKESMAS BANGUNTAPAN 1 BANTUL YOGYAKARTA

## ABSTRACT

Sumiati<sup>1</sup>, Eniyati<sup>2</sup>

**Background of Study:** The scope of 0-6 months Exclusive breastfeeding in Indonesia is 52.3%. It had not reached the program in 2014 amounted to 80%. One of the factors that led to high infant mortality and neonatal was the low Exclusive breastfeeding. Based on preliminary studies conducted in health centers Banguntapan I Bantul that there were three pregnant women who know about exclusive breastfeeding and the other 7 did not understand. Most expectant mothers thought that they do not give exclusive breastfeeding because the baby is fussy and the breast milk came out a little.

**Objective of Study:** This study aims to describe the third trimester expectant mother about exclusive breastfeeding in Puskesmas Banguntapan I Bantul Yogyakarta.

**Research Methods:** This study was descriptive quantitative. The sampling technique used total sampling with 40 pregnant women as sample. Analysis of the data in this research used traditional univariate analysis.

**Results Study:** The knowledge of third trimester expectant mothers about understanding of exclusive breastfeeding and its variety were in poor category of 17 respondents (42.5%), knowledge about the benefits of exclusive breastfeeding was in the poor category of 22 respondents (55%), knowledge about the composition of exclusive breastfeeding was in adequate category of 26 respondents (65%) and knowledge about breast pumping and the storage were in adequate category of 23 respondents (57.5%).

**Conclusion:** Knowledge of third trimester expectant mothers about exclusive breastfeeding in the Puskesmas Banguntapan I Bantul was in good category of 8 respondents (20%), in adequate category of 20 respondents (50%) and in poor category of 12 respondents (30%).

**Keywords:** Knowledge, Expectant Mother, Exclusive Breast milk

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