

INTISARI

GAMBARAN KARAKTERISTIK IBU YANG TIDAK MEMBERIKAN ASI-EKSKLUSIF DI PUSKESMAS DANUREJAN 1 KOTA YOGYAKARTA TAHUN 2015

Ika Shella Saputri¹, Dwi Yulinda²

Latar Belakang : ASI Eksklusif merupakan makanan pertama, terbaik bagi bayi bersifat alamiah, mengandung gizi untuk pertumbuhan dan perkembangan bayi. ASI mengandung komponen perlindungan terhadap infeksi dan merangsang kekebalan tubuh bayi. ASI bermanfaat menurunkan resiko penyakit pencernaan (diare) dan penyakit saluran pernafasan (ISPA), meningkatkan *Intelligence Quotient* (IQ) dan *Emotional Quotient* (EQ), sedangkan bagi ibu menurunkan resiko kanker, mencegah perdarahan dan penurunan berat badan. Pemberian ASI-Eksklusif dapat meningkatkan kekebalan tubuh sehingga menurunkan resiko diare dan ISPA.

Tujuan Penelitian : Diketuinya karakteristik ibu yang tidak memberikan ASI-Eksklusif .

Metode Penelitian : Merupakan penelitian deskriptif kuantitatif dengan pendekatan retrospektif. Jumlah sampel 59 responden dengan distribusi frekuensi yang diambil dari rekam medik dan angket.

Hasil: Ibu yang tidak memberikan ASI Eksklusif di wilayah kerja Puskesmas Danurejan 1 berusia 20-35 tahun sebanyak 48 orang (81,4%) , pendidikan menengah (SMA, SMK) sebanyak 38 orang (64,4%), status paritas multipara sebanyak 31 orang (52,2%), dan bekerja sebanyak 36 orang (61,0%).

Kesimpulan: Ibu yang tidak memberikan ASI Eksklusif di wilayah kerja Puskesmas Danurejan 1 Kota Yogyakarta yaitu berusia 20-35, (SMA, SMK), multipara, dan bekerja.

Kata Kunci : Karakteristik, Ibu Menyusui, ASI-Eksklusif.

¹Mahasiswa Prodi Kebidanan (D-3) Stikes Jenderal Achmad Yani Yogyakarta

²Dosen Program Studi Kebidanan (D-3) Stikes Jenderal Achmad Yani Yogyakarta

ABSTRACT

CHARACTERISTICS OF MOTHER DOES NOT PROVIDE EXCLUSIVE BREAST MILK COMMUNITY HEALTH CENTERS DANUREJAN 1 YOGYAKARTA 2015

Ika Shella Saputri ¹, Dwi Yulinda ²

Background: Exclusive breastfeeding is the first food, best for the baby is natural, containing nutrients for growth and development of infants. Breast milk contains components protection against infection and stimulate the baby's immune system. ASI reduce the risk of gastrointestinal illness (diarrhea) and respiratory diseases (ARI), increasing the Intelligence Quotient (IQ) and Emotional Quotient (EQ), whereas for the mother lowers the risk of cancer, prevents bleeding and weight loss. Exclusive breastfeeding can boost immunity, therefore reducing the risk of diarrhea and respiratory infection.

Objective: Knowing the characteristics of mothers who did not breastfeed Exclusive.

Methods: This is a descriptive quantitative research with retrospective approach. Total sample of 59 respondents with frequency distributions taken from medical records and questionnaires.

Results: Mothers who did not breastfeed Exclusive in Community Health Centers Danurejan 1 aged 20-35 years as many as 48 people (81.4%), secondary education (high school, vocational school) as many as 38 people (64.4%), multiparous parity status as 31 (52.2%), and worked as many as 36 people (61.0%).

Conclusion: Mothers who did not breastfeed Exclusive Community Health Centers Danurejan 1 Yogyakarta is aged 20-35, (Vocational High School, The Final Secondary School), multiparous, and work.

Keywords: Characteristics, Breastfeeding, Exclusive breastfeeding.

¹Student of Midwifery Program (D-3) School of Health Jenderal Achmad Yani Yogyakarta

²Techer of Midwifery Program (D-3) School of Health Jenderal Achmad Yani Yogyakarta