

PERSEPSI IBU TENTANG DUKUNGAN SUAMI DALAM PEMBERIAN ASI EKSKLUSIF DI WILAYAH KERJA PUSKESMAS DANUREJAN 1 YOGYAKARTA

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INTISARI

Latar Belakang: ASI eksklusif adalah ASI yang diberikan kepada bayi sejak dilahirkan selama 6 bulan, tanpa menambahkan dengan makanan/minuman lain. Mulai usia 6 bulan bayi boleh diberikan makanan pendamping ASI (MP-ASI). Pemberian ASI terus dilakukan sampai bayi berumur 2 tahun. Dukungan suami adalah dukungan yang paling berarti bagi ibu. Hasil wawancara yang dilakukan dari 9 ibu yang mempunyai bayi usia 6-12 bulan yang pernah diberikan ASI eksklusif terdapat 3 ibu yang memberikan ASI saja tanpa makanan/minuman tambahan pada bayinya sampai berusia 6 bulan.

Tujuan: Diketuinya Persepsi Ibu tentang Dukungan Suami dalam Pemberian ASI Eksklusif di Wilayah Kerja Puskesmas Danurejan 1 Yogyakarta.

Metode Penelitian: Jenis penelitian deskriptif. Teknik pengambilan dengan metode *nonprobability sampling*. Besar sampel sebanyak 33 responden ibu yang mempunyai bayi usia 6-12 bulan yang ASI eksklusif. Pengumpulan data dengan menggunakan kuesioner tertutup dan analisa data adalah analisa *univariat*.

Hasil: karakteristik persepsi responden berdasarkan umur dari 33 responden, sebagian besar ibu berusia 20-35 tahun sebanyak 24 responden (72,7%). Pendidikan terakhir SMA sebanyak 20 responden (60,6%). pekerjaan adalah seorang ibu rumah tangga sebanyak 13 responden (39,4%). Persepsi ibu tentang dukungan suami dalam pemberian ASI eksklusif meliputi dukungan informasional dalam kategori kurang sebanyak 18 responden (54,5%), dukungan penilaian mayoritas kurang sebanyak 19 responden (57,6%), dukungan instrumental mayoritas baik sebanyak 22 responden (66,7%), dukungan emosional mayoritas baik sebanyak 17 responden (51,5%). Hasil tabulasi silang karakteristik dan persepsi dukungan suami menunjukkan dukungan kurang adalah kisaran umur 20-35 tahun, pendidikan terakhir SMA, dan seorang ibu rumah tangga.

Kesimpulan: Persepsi ibu tentang dukungan suami dalam pemberian ASI eksklusif mayoritas kurang sebanyak 19 responden (57,6%).

Kata Kunci: Persepsi Ibu, Dukungan, ASI Eksklusif

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THE MOTHER'S PERCEPTION ON THE HUSBAND'S SUPPORT ON EXCLUSIVE BREASTFEEDING IN THE WORKING AREA OF DANUREJAN PUBLIC HEALTH CENTER 1 YOGYAKARTA

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ABSTRACT

Background: Exclusive breast milk is breast milk that is given to babies since their birth for 6 months, without adding any other food/drinks. Starting from the age of 6 months, babies can be given complementary food aside from breast milk (MP-ASI). The breastfeeding continues until the baby reaches the age of 2. The husband's support is the most significant support for the mother. Based on the interview results out of 9 mothers who had babies at the age of 6-12 months given exclusive breastfeeding, there were 3 mothers who only breastfed without any complementary food/drinks until the babies reached the age of 6 months.

Objective: To find out the mother's perception on the husband's support on exclusive breastfeeding in the working area of Danurejan Public Health Center 1 Yogyakarta.

Research Method: The type of this research is descriptive. The collecting technique used was the nonprobability sampling method. The size of the sample was 33 respondents of mothers with babies at the age of 6-12 months with exclusive breastfeeding. The data was collected by using closed questionnaires and was analyzed by using univariate analysis.

Results: Characteristics of the perception of respondents by age of 33 respondents, the majority of mothers aged 20-35 years as many as 24 respondents (72.7%). Education past high school as much as 20 respondents (60.6%). Housewife as many as 13 respondents (39.4%). The mother's perception about the husband's support of giving exclusive breastfeeding include informational support in the poor category were 18 respondents (54.5%), the support of the majority of votes is less as many as 19 respondents (57.6%), a good majority of the instrumental support were 22 respondents (66.7%), the majority of good emotional support were 17 respondents (51.5%). Results of cross tabulation characteristics and perceptions of husband's support shows less support is aged between 20-35 years, the last high school education, and a housewife.

Keywords: The Mother's perception, Support, Exclusive breastfeeding

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