

INTISARI

GAMBARAN PELAKSANAAN TEKNIK MENYUSUI PADA IBU MENYUSUI BAYI USIA 0-6 BULAN DI PUSKESMAS DANUREJAN I YOGYAKARTA

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Latar Belakang: Hambatan utama pemberian ASI adalah kurangnya kemampuan tentang teknik menyusui yang benar. Bayi yang mendapat ASI eksklusif di Indonesia menurut Kemenkes (2014) baru mencapai 54,3%. Data Dinkes DIY tahun 2015 cakupan ASI eksklusif di DIY terendah di Kota Yogyakarta sebesar 54,9%. Di Kota Yogyakarta Puskesmas Danurejan I memiliki tingkat terendah cakupan ASI eksklusifnya. Studi pendahuluan di Puskesmas Danurejan I diperoleh dari 8 ibu yang melakukan teknik menyusui terdapat 6 ibu tidak melakukan teknik menyusui dengan benar, dan 2 ibu melakukan teknik menyusui dengan benar.

Tujuan Penelitian: Mengetahui gambaran pelaksanaan teknik menyusui pada ibu menyusui bayi umur 0-6 bulan di Puskesmas Danurejan I Yogyakarta.

Metode Penelitian: Penelitian ini menggunakan metode observasi dengan desain penelitian survei deskriptif. Teknik pengambilan sampel menggunakan *total sampling*. Penelitian ini menggunakan *checklist* sebagai alat ukur dan analisis data menggunakan *univariat*.

Hasil: Pelaksanaan teknik menyusui pada ibu menyusui bayi usia 0-6 bulan di Puskesmas Danurejan I dengan kategori baik sebanyak 14 responden (51,9%) dan kategori ibu menyusui yang tidak baik sebanyak 13 responden (48,1%).

Kesimpulan: Pelaksanaan teknik menyusui pada ibu menyusui bayi usia 0-6 bulan di Puskesmas Danurejan I teknik menyusui yang baik lebih tinggi yaitu 51,9%.

Kata Kunci: Perilaku, Teknik menyusui

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**BREAST-FEEDING TECHNIQUE OVERVIEW OF BREAST-FEEDING
MOTHERS ON BABIES AGED 0-6 MONTHS IN DANUREJAN I
COMMUNITY HEALTH CENTERS YOGYAKARTA**

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ABSTRACT

Background : The main barrier of breastfeeding is the less knowledge about the right breastfeeding technique. Babies who are exclusively breastfed in Indonesia according to Ministry of Health (2014) were just reached 54.3%. Data from DIY Health Services in 2015 showed that the lowest scope of exclusive breastmilk in DIY, was found in the city of Yogyakarta itself which was 54.9%. In Yogyakarta city, Danurejan I community health centers have the lowest level of exclusive breastmilk scope. The results obtained from preliminary study were that there were found 8 mothers who were doing breastfeeding technique which consist of 6 mothers who were not doing breastfeeding technique correctly, and 2 mothers who were doing it correctly.

Objective: Knowing the overview of breast-feeding technique implementation of breast-feeding mothers on babies aged 0-6 months in Danurejan I community health centers Yogyakarta.

Method: This research was using observation method with descriptive survey research design. The sampling technique was using total sampling. This research was using checklist as measuring instrument and the data were analyzed using univariate data analysis.

Result: Breast-feeding technique implementation of breast-feeding mothers on babies aged 0-6 months in Danurejan I community health centers were in: good categorized was 14 respondents (51.9%) and less or incorrect categorized was 13 respondents (48.1%).

Conclusion: Breast-feeding technique implementation of breastfeeding mothers on babies aged 0-6 months in Danurejan I community health centers was that the good categorized breast-feeding technique was higher than the incorrect one which was 51.9%.

Keywords: Behavior, breastfeeding technique

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