

**ABSTRAK**  
**HUBUNGAN TINGKAT PENGETAHUAN IBU HAMIL TENTANG ASI**  
**EKSKLUSIF DENGAN RENCANA PEMBERIAN ASI EKSKLUSIF**  
**DI PUSKESMAS MANTRIJERON**  
**YOGYAKARTA**

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**Latar Belakang :** ASI eksklusif adalah pemberian ASI (Air Susu Ibu) tanpa makanan tambahan lain pada bayi berumur 0—6 bulan. Bayi memperoleh nutrisi terbaiknya melalui ASI. Kemampuan ibu untuk menyusui harus dipersiapkan sejak ibu hamil, terutama trimester II dan trimester III. Kandungan air susu ibu (ASI) memberi manfaat dapat meningkatkan daya tahan tubuh bayi dan meningkatkan kecerdasan yang sangat besar bagi bayi bila kita memberikan ASI kepada mereka. Dari hasil wawancara studi pendahuluan sebanyak 10 ibu hamil terdapat 6 ibu hamil (60%) yang kurang mengetahui tentang ASI eksklusif.

**Tujuan Penelitian :** Diketuinya hubungan antara tingkat pengetahuan ibu hamil tentang ASI eksklusif dengan rencana pemberian ASI eksklusif di Puskesmas Mantrijeron Yogyakarta Tahun 2011.

**Metode Penelitian :** Penelitian deskriptif analitik, dengan pendekatan waktu *cross sectional*. Subjek penelitiannya adalah ibu hamil di Puskesmas Mantrijeron Yogyakarta. Analisis data yang digunakan dengan *Chi square*.

**Hasil Penelitian :** Hasil penelitian menjelaskan tingkat pengetahuan ibu hamil tentang ASI di Puskesmas Mantrijeron Yogyakarta sebagian besar adalah tinggi sebanyak 14 orang (46,7%).

Sebagian besar ibu hamil di Puskesmas Mantrijeron Yogyakarta memiliki rencana memberikan ASI Eksklusif kepada bayinya sebanyak 16 orang (53,3%) dan dari hasil uji statistik menggunakan uji *chi square* menunjukkan adanya hubungan yang signifikan antara tingkat pengetahuan tentang ASI dengan rencana pemberian ASI eksklusif di Puskesmas Mantrijeron Yogyakarta

**Kesimpulan :** Ada hubungan signifikan antara tingkat pengetahuan tentang ASI dengan rencana pemberian ASI eksklusif di Puskesmas Mantrijeron Yogyakarta

**Kata Kunci :** Tingkat pengetahuan ibu hamil, Rencana pemberian ASI eksklusif

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## ABSTRACT

### RELATIONSHIP OF KNOWLEDGE WOMEN PREGNANT ABOUT ASI EXCLUSIVE BY GIVING PLAN ASI EXCLUSIVE IN PUSKESMAS MANTRIJERON YOGYAKARTA

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**Background:** ASI exclusive is breastfeeding ASI (breast milk) without any other additional foods to baby aged 0-6 months. The baby is getting nutrition the best through ASI. The ability of mothers to breastfeed to be prepared since the mother is still pregnant, especially the trimester II and trimester III. Water content of milk (ASI) to give the benefit can increase endurance and improve intelligence babies are very big for the baby when we give ASI to them. Based on the results of preliminary studies conducted by researchers at the Puskesmas Mantrijeron Yogyakarta in March of 2011 obtained data of 30 pregnant women. From interviews of 10 pregnant women there are 6 pregnant women (60%) are less aware of exclusive ASI.

**Research Objectives:** Knowledgeable relationship between the level of knowledge of women pregnant about ASI exclusive with planned giving ASI exclusive in the Puskesmas Mantrijeron in Yogyakarta in 2011.

**Research Methods:** This study is study a descriptive, using methods quantitative with approach the *cross sectional*. Subjects research are women pregnant at Puskesmas Mantrijeron Yogyakarta. Analysis of the data used by *Chi square*.

**Research Findings:** Based on results research, level of knowledge of women pregnant about ASI in the Puskesmas Mantrijeron in Yogyakarta mostly higher as many as 14 people (46.7%). Most women pregnant in Puskesmas Mantrijeron Yogyakarta has a plan to give ASI exclusive to their babies as many as 16 people (53.3%) and from the results of tests statistical using the test *chi square* showed a relationship significant between the level of knowledge about ASI with plan to give ASI exclusive in Puskesmas Mantrijeron Yogyakarta.

**Conclusion:** There was relationship a significant between level of knowledge about ASI with plan to give ASI exclusive in Puskesmas in Yogyakarta Mantrijeron

**Keywords:** Level of knowledge of women pregnant, Plan to give ASI exclusive

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