

# HUBUNGAN INISIASI MENYUSU DINI TERHADAP KEBERHASILAN PEMBERIAN ASI EKSKLUSIF DI PUSKESMAS MERGANGSAN

## YOGYAKARTA

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### INTISARI

**Latar Belakang :** Riset Kesehatan Dasar (Riskesdas) 2010 menunjukkan, presentase bayi ASI eksklusif hanya 15,3 persen. Menurut Karen dan Edmon (2006) dengan melaksanakan inisiasi menyusui dini 22% dapat menyelamatkan nyawa bayi umur di bawah 28 hari dan ternyata bayi yang diberi kesempatan untuk menyusui dini delapan kali lebih berhasil diberi ASI eksklusif (Fika dan Syafiq, 2003). Studi pendahuluan di Puskesmas Mergangsan, Yogyakarta, menunjukkan jumlah bayi yang diberikan ASI eksklusif sebanyak 269 dan yang tidak sebanyak 39.

**Tujuan Penelitian :** Mengetahui hubungan inisiasi menyusui dini terhadap keberhasilan pemberian ASI eksklusif di Puskesmas Mergangsan, Yogyakarta.

**Metode Penelitian :** Desain penelitian ini adalah survey analitik dengan menggunakan pendekatan *cross sectional*. Sampel diambil dengan teknik *purposive sampling* yaitu ibu yang mempunyai bayi berumur > 6 sampai 12 bulan di Puskesmas Mergangsan, Yogyakarta, pada bulan Mei sampai Juni 2012 sebanyak 64 orang.

**Hasil penelitian :** Sebagian besar ibu bayi di Puskesmas Mergangsan Yogyakarta telah melaksanakan inisiasi menyusui dini sebanyak 42 orang (65,6%). Pemberian ASI eksklusif di Puskesmas Mergangsan Yogyakarta sebagian besar berhasil sebanyak 41 orang (64,1%). Hasil uji *chi square* di peroleh hasil *p-value* 0,000 < 0,05 dengan nilai kontingensi 0,605.

**Kesimpulan :** Ada hubungan signifikan inisiasi menyusui dini terhadap keberhasilan pemberian ASI Eksklusif di Puskesmas Mergangsan Yogyakarta dengan keeratan hubungan yang kuat. Ibu yang melakukan inisiasi menyusui dini cenderung berhasil ASI eksklusif.

**Saran:** Diharapkan dapat menambah ilmu pengetahuan dan dapat memotivasi tenaga kesehatan khususnya bidan untuk melaksanakan inisiasi menyusui dini.

**Kata kunci :** Inisiasi Menyusui Dini, Keberhasilan Pemberian ASI Eksklusif

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**RELATION INITIATION OF EARLY SUCCESS SUCKLE MILK  
EXCLUSIVE IN GRANTING PUSKESMAS MERGANGSAN  
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**ABSTRACT**

**Background:** Health Research Association (Riskesdas) 2010 shows, the percentage of infants exclusively breastfed only 15.3 percent. According to Karen and Edmon (2006) to implement 22% of early initiation of breastfeeding could save the lives of infants under the age of 28 days and infants were given the opportunity to feed eight times more successful early breast-fed exclusively (Fika and Syafiq, 2003). Preliminary studies in Mergangsan Health Center, New York, shows the number of infants given exclusive breastfeeding is not as much as 269 and as many as 39.

**Research objectives:** Knowing the relationship of early initiation of breastfeeding to the success of exclusive breastfeeding in the health center Mergangsan, Yogyakarta.

**Research Methods:** The study design was analytical survey using cross sectional approach. Samples were taken with a purposive sampling technique that mothers who had infants aged > 6 to 12 months in Mergangsan Health Center, New York, in May and June 2012 as many as 64 people.

**The results:** Most of the mothers at the health center of Yogyakarta Mergangsan has implemented an early initiation of feeding as many as 42 people (65.6%). Exclusive breastfeeding in the health center of Yogyakarta Mergangsan most were as many as 41 people (64.1%). The results of chi square test result was obtained p-value 0, 000 <0.05 with a value of 0.605 contingency.

**Conclusion:** There is a significant relationship to the success of early initiation of breastfeeding Exclusive breastfeeding in the health center of Yogyakarta Mergangsan with the closeness of the relationship strong. Mothers who initiate breastfeeding tend to be successful early exclusive breastfeeding.

**Advice:** Expected to increase knowledge and motivate health personnel especially midwives to carry out early initiation of breastfeeding.

**Key words:** Early Initiation of Breastfeeding, Exclusive Breastfeeding Success

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