

HUBUNGAN TINGKAT PENGETAHUAN IBU DAN DUKUNGAN SUAMI
DENGAN PEMBERIAN ASI EKSKLUSIF DI PUSKESMAS TEGALREJO KOTA
YOGYAKARTA

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ABSTRAK

Latar Belakang: Data *World Breastfeeding Trends Initiative* (WBTI) mencatat hanya 27,5% ibu yang memberikan ASI eksklusif, sehingga Indonesia menempati peringkat 49 dari 51 negara. Padahal target global peningkatan pemberian ASI eksklusif hingga 50% pada tahun 2025. Data mencatat sebesar 73,25% cakupan ASI eksklusif di Kota Yogyakarta pada tahun 2020. Hasil studi pendahuluan menunjukkan 40% ibu mempunyai pengetahuan yang kurang mengenai ASI eksklusif dan 60% ibu merasa tidak mendapatkan dukungan yang baik dari suami.

Tujuan Penelitian: Untuk mengetahui hubungan tingkat pengetahuan ibu dan dukungan suami dengan pemberian ASI eksklusif di Puskesmas Tegalrejo Yogyakarta.

Metode Penelitian: Jenis penelitian ini adalah analitik observasional dengan pendekatan *cross sectional*. Sampel yang digunakan yaitu ibu yang mempunyai bayi umur 6-12 bulan. Metode pengambilan sampling menggunakan *total sampling* berjumlah 75 ibu. Analisa data menggunakan *Chi-Square*.

Hasil Penelitian: Sebagian besar responden 66,7% memberikan ASI eksklusif. Sebanyak 42,7% responden mempunyai tingkat pengetahuan ibu yang baik dan 56% responden mendapat dukungan sosial yang baik dari suami. Hasil analisis uji *chi square* menunjukkan ada hubungan yang signifikan antara tingkat pengetahuan ibu dengan pemberian ASI eksklusif ($P\text{-Value} = 0,001$) dan ada hubungan dukungan suami dengan pemberian ASI eksklusif ($P\text{-Value} = 0,001$).

Kesimpulan: Ada hubungan yang signifikan antara tingkat pengetahuan ibu dan dukungan suami dengan pemberian ASI eksklusif.

Kata Kunci : Tingkat Pengetahuan ibu, Dukungan Suami, Pemberian ASI eksklusif

*THE RELATIONSHIP BETWEEN MOTHER'S KNOWLEDGE LEVEL AND
HUSBAND'S SUPPORT WITH EXCLUSIVE BREASTFEEDING AT THE
TEGALREJO HEALTH CENTER IN YOGYAKARTA CITY*

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ABSTRAC

Background: *The findings of World Breastfeeding Trends Initiative (WBTI) represented that there was only 27.5% of the mothers had exclusive breastfeeding in Indonesia. It made Indonesia ranked 49th from 51st countries. In fact, Indonesia desired to accomplish 50% of exclusive breastfeeding in 2025. Latest obtained statistics from Yogyakarta City in 2020. The results of the preliminary study showed that 40% of mothers had insufficient knowledge about exclusive breastfeeding and 60% of mothers felt that they did not get good support from their husbands.*

Objective: *To determine the relationship between the mother's knowledge level and the husband's support with exclusive breastfeeding at Tegalrejo Health Center Yogyakarta.*

Methods: *This type of research is observational analytic with a cross-sectional approach. The sample used was mothers who had babies aged 6-12 months. The sampling method using total sampling amounted to 75 mothers. Data analysis using Chi-Square.*

Results: *Most of the respondents 66.7% provide exclusive breastfeeding. A total of 42.7% of respondents had a good level of maternal knowledge and 56% of respondents received good social support from their husbands. The results of the chi-square test analysis showed that there was a significant relationship between the level of maternal knowledge and exclusive breastfeeding (P-Value = 0.001) and there was a relationship between the husband's support and exclusive breastfeeding (P-Value = 0.001).*

Conclusion: *There is a significant relationship between the level of maternal knowledge and the husband's support with exclusive breastfeeding.*

Keywords: *Maternal Knowledge Level, Husband Support, Exclusive Breastfeeding*