

## **Intervensi *Booklet* Peran Suami dalam Pemberian ASI Terhadap Pengetahuan Tentang ASI pada Suami di Dusun Jetis Desa Widodomartani**

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### **ABSTRAK**

**Latar Belakang :** Dusun Jetis merupakan salah satu dusun di Desa Widodomartani yang cakupan ASI eksklusifnya masih rendah yaitu pada tahun 2017 sejumlah 77,78%. Berbagai upaya telah dilaksanakan seperti penyuluhan, kelas ibu hamil dan konseling gizi bagi ibu hamil. Salah satu faktor pendorong ASI eksklusif adalah peran serta dari suami (*breastfeeding father*). Praktik ASI eksklusif cenderung 2,8 kali lebih tinggi pada ayah yang memiliki pengetahuan baik tentang ASI eksklusif. *Booklet* dipilih sebagai media komunikasi dalam memberikan informasi kesehatan kepada ayah/suami. Bentuknya yang kecil menjadikan *booklet* mudah dibawa kemana-mana. Selain itu, *booklet* dapat dibaca dimanapun dan kapanpun tanpa bantuan listrik ataupun koneksi internet. *Booklet* dapat dijadikan sebagai media pendamping dalam penyampaian materi di pertemuan Kelompok Ayah Peduli ASI sehingga dapat membantu suami dalam memahami materi.

**Tujuan :** Mengetahui pengaruh pemberian media *booklet* terhadap pengetahuan tentang ASI eksklusif pada suami di Dusun Jetis Desa Widodomartani.

**Metode :** Jenis penelitian yang digunakan eksperimen semu (*Quasi Experiment*) dengan rancangan *pretest-posttest without control group design*. Penelitian ini dilaksanakan di Dusun Jetis Desa Widodomartani pada bulan Mei 2019. Sampel dengan jumlah 39 orang. Analisis data menggunakan uji *Wilcoxon*.

**Hasil :** Rata-rata skor pengetahuan ASI eksklusif sebelum diberikan *booklet* adalah 81,41. Sedangkan setelah diberikan *booklet* adalah 87,927. Hasil penelitian ini menunjukkan adanya pengaruh pemberian media terhadap perubahan pengetahuan (*p value* = 0,000).

**Kesimpulan :** Ada pengaruh yang signifikan pemberian *booklet* terhadap pengetahuan suami tentang ASI eksklusif.

**Kata Kunci :** *Booklet*, ASI eksklusif, pengetahuan, *breastfeeding father*

**Booklet Intervention Husband's Role in Giving Breastfeeding Against Knowledge about Breastfeeding on Husbands in The Jetis Hamlet of Widodomartani Village**

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**ABSTRACT**

**Background :** Jetis Hamlet is one of the hamlets in Widodomartani Village whose exclusive breastfeeding coverage is still low, namely in 2017 amounting to 77.78%. Various efforts have been carried out such as counseling, classes for pregnant women and nutritional counseling for pregnant women. One of the factors driving exclusive breastfeeding is the participation of the husband (breastfeeding father). Exclusive breastfeeding practices tend to be 2.8 times higher in fathers who have good knowledge of exclusive breastfeeding. Booklets are chosen as communication media in providing health information to the father / husband. The small shape makes the booklet easy to carry everywhere. In addition, the booklet can be read anywhere and anytime without the help of electricity or internet connection. Booklets can be used as a companion media in delivering material at ASI Caring Father Group meetings so that they can help husbands in understanding the material.

**Objective :** Knowing the effect of booklet media giving on knowledge about exclusive breastfeeding on husbands in Jetis Hamlet, Widodomartani Village.

**Method :** This type of research used quasi experiment (Quasi Experiment) with a pretest-posttest design without control group design. This research was conducted in Jetis Hamlet, Widodomartani Village in May 2019. The sample was 39 people. Data analysis using the Wilcoxon test.

**Results :** The average score of knowledge of exclusive breastfeeding before being given a booklet is 81.41. While after being given the booklet it is 87,927. The results of this study indicate the effect of giving media to changes in knowledge (*p value* = 0,000).

**Conclusion :** There was a significant effect of giving booklets to husbands' knowledge about exclusive breastfeeding.

**Keywords :** Booklet, exclusive breastfeeding, knowledge, breastfeeding father