

GAMBARAN KARAKTERISTIK IBU DALAM PEMBERIAN ASI EKSKLUSIF DI PUSKESMAS UMBULHARJO I KOTA YOGYAKARTA

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ABSTRAK

Latar Belakang: Cakupan ASI eksklusif di Indonesia 71.58%, angka tersebut belum memenuhi target Kemenkes 80%. Kota Yogyakarta merupakan daerah dengan cakupan ASI eksklusif terendah 74.69% di Provinsi D I Yogyakarta. Keberhasilan ASI eksklusif dipengaruhi beberapa faktor karakteristik ibu seperti usia, paritas, tingkat pendidikan, dan status pekerjaan.

Tujuan: Diketuainya gambaran karakteristik ibu yang memiliki anak usia 6-18 bulan dalam pemberian ASI eksklusif di Puskesmas Umbulharjo I.

Metode: Penelitian ini merupakan penelitian deskriptif dengan pendekatan kuantitatif. Pengambilan data dilakukan tanggal 8-29 Maret 2023. Jumlah responden yang memiliki anak usia 6-18 bulan diambil secara *accidental* sebanyak 45 orang. Data diperoleh menggunakan lembar kuisioner dari penelitian Fatimah (2017) kemudian di analisis menggunakan perhitungan persentase.

Hasil: Sebagian besar responden memberikan ASI eksklusif (73.3%). Berdasarkan karakteristik, responden yang memberikan ASI eksklusif sebagian besar pada usia 20-35 tahun (75.8%), sebagian besar pada ibu multipara (74.3%), hampir seluruhnya pada ibu yang berpendidikan tinggi (81.3%), dan hampir seluruhnya pada ibu yang tidak bekerja (81.3%).

Kesimpulan: Ibu yang memberikan ASI eksklusif sebagian besar berusia 20-35 tahun, multipara, tingkat pendidikan tinggi, dan ibu tidak bekerja.

Kata Kunci: ASI Eksklusif, Karakteristik, Umbulharjo I

**DESCRIPTION OF MOTHER'S CHARACTERISTICS IN EXCLUSIVE
BREASTFEED AT THE PUSKESMAS UMBULHARJO I
KOTA YOGYAKARTA**

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ABSTRACT

Background of Study: Exclusive breastfeed coverage in Indonesia of 71.58% this figure had not met the Ministry of Health's target of 80%. Kota Yogyakarta was the area with the lowest exclusive breastfeed coverage of 74.69% in Province D I Yogyakarta. The success of exclusive breastfeed was influenced by several factors of the mother's characteristics such as age, parity, educational level, and employment status.

Purpose of Study: To know the description of the mother's characteristic who had children aged 6-18 months in exclusive breastfeed at the Puskesmas Umbulharjo I.

Methods: This research was a descriptive research with a quantitative approach. Data collection was carried out March 8-29 2023. Respondents who had children aged 6-18 months were taken accidentally as many as 45 people. Data was obtained used a questionnaire sheet from Fatimah's research (2017) and then analyzed used percentage calculations.

Finding: Most of the respondents gave exclusive breastfeed (73.3%). Based on the characteristics, most of the respondents who gave exclusive breastfeed were aged 20-35 years (75.8%), most of them were multiparous mothers (74.3%), almost all of them were highly educated mothers (81.3%), and almost all of them were mothers who were not work (81.3%).

Conclusion: Mothers who gave exclusive breastfeed were mostly aged 20-35 years, multiparous, had a high level of education, and mothers who were not work.

Keyword: Exclusive Breastfeed, Characteristics, Umbulharjo I