

**HUBUNGAN *SELF EFFICACY* DAN DUKUNGAN SUAMI DENGAN
KEBERHASILAN ASI EKSKLUSIF DI WILAYAH KERJA PUSKESMAS
PLAYEN I GUNUNGGKIDUL**

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ABSTRAK

Latar belakang: Keberhasilan menyusui dipengaruhi oleh beberapa faktor, diantaranya adalah dukungan suami dan keyakinan atau kepercayaan ibu saat menyusui. Ibu yang memiliki dukungan sosial, pengetahuan, sikap, dan *self efficacy* yang tinggi akan menyelesaikan masalah menyusui dengan baik dan meningkatkan kesiapan ibu dalam pemberian ASI eksklusif.

Tujuan: Mengetahui hubungan *self efficacy* dan dukungan suami dengan keberhasilan pemberian ASI Eksklusif di Wilayah Kerja Puskesmas Playen I

Metode: Desain penelitian yang digunakan adalah *cross sectional*. Populasi adalah ibu yang memiliki balita usia 6-12 bulan di wilayah kerja Puskesmas Playen I Gunungkidul. Sampel diambil berdasarkan kriteria inklusi dan eksklusi sebanyak 93 orang. Instrumen penelitian yang digunakan adalah kuesioner. Analisis data menggunakan analisis univariat dan *chi square*, serta regresi logistik.

Hasil: Hasil penelitian menunjukkan bahwa mayoritas ibu memiliki *self efficacy* yang baik sebanyak 73.1% dan suami yang mendukung sebanyak 53.8%. Ada hubungan efikasi diri dengan keberhasilan pemberian ASI eksklusif dinyatakan dengan nilai $p \text{ value } 0,000 < 0,05$, serta variabel dukungan suami terdapat hubungan antara dukungan suami dengan keberhasilan pemberian ASI eksklusif dinyatakan dengan nilai $p \text{ value } 0,000 < 0,05$.

Kesimpulan: Faktor yang paling dominan dalam keberhasilan pemberian ASI eksklusif adalah efikasi diri dan dukungan suami.

Kata kunci: ASI eksklusif, balita, *self efficacy*

**RELATIONSHIP *SELF EFFICACY* AND SUPPORT OF HUSBANDS
WITH SUCCESSFUL EXCLUSIVE BREASTING IN PLAYEN I
PUSKESMAS GUNUNGKIDUL WORK AREA**

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ABSTRACT

Background: The success of breastfeeding was influenced by several factors, including the husband's support and the mother's belief or trust in breastfeeding. Mothers who have social support, knowledge, attitudes, and high self-efficacy will solve breastfeeding problems well and increase mother's readiness in exclusive breastfeeding.

Objective: To determine the relationship between self-efficacy and husband's support with the success of exclusive breastfeeding in the Work Area of Playen I Health Center

Methods: The research design used was cross sectional. The population was mothers who have toddlers aged 6-12 months in the working area of the Playen I Gunungkidul Health Center. Samples were taken based on inclusion and exclusion criteria as many as 93 people. The research instrument used was a questionnaire. Data analysis used univariate and chi square analysis, as well as logistic regression.

Results: The results showed that the majority of mothers had good self-efficacy as much as 73.1% and husbands who supported them as much as 53.8%. There was a relationship between self-efficacy and the success of exclusive breastfeeding expressed by a p-value of $0.000 < 0.05$, and in the variable husband's support there was a relationship between husband's support and the success of exclusive breastfeeding was expressed by a p-value of $0.000 < 0.05$.

Conclusion: The most dominant factor in the success of exclusive breastfeeding was self-efficacy and husband's support.

Keywords: exclusive breastfeeding, toddlers, self efficacy