

KNOWLEDGE AND ATTITUDE OF MARITAL PREGNANT ABOUT EXCLUSIVE BREASTFEEDING IN SRIHARDONO VILLAGE, PUNDONG SUBDISTRICT, BANTUL REGENCY

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ABSTRACT

Background: Knowledge was a factor in motivating a mother to provide exclusive breastfeeding to her baby so that quality human beings can be created. The results of the 2018 Basic Health Research stated that the coverage of exclusive breastfeeding in the Village of Srihardono was 68.07% which was still below the national target of 80%.

Objective: To find out the description of mothers' knowledge and attituded about exclusive breastfeeding based on the characteristics of pregnant women in Srihardono Village, Pundong District, Bantul Regency.

Method: A quantitative descriptive study with a cross-sectional design was conducted from November 2019 to May 2020. The study population was pregnant women in Srihardono Village, Pundong District, Bantul Regency with a sample of 35 pregnant women selected by purposive sampling. The independent variables were age, education, and occupation, while the dependent variable was knowledge and attitude. Data analysis using SPSS 16.0.

Results: The results showed that mothers with good knowledge were mostly > 30 years old (57.1%); graduated from high school/equivalent (62.9%), and not working (54.3%) conversely mothers with sufficient knowledge were mostly aged 20-30 years (2.9%), graduated from junior high school/equivalent (2.9%) and not working (2.9%). Mothers who have good attitude were mostly > 30 years old (54.3%); graduated from high school/equivalent (57.1%), and do not work (45.7%) conversely mothers who have enough attitude were mostly aged 20-30 years (11.4%); graduated from junior high school/equivalent (8.6%); and work as not working (11.4%).

Conclusion: Most mothers with good knowledge and attitude are > 30 years old, graduated from high school / equivalent, and not working. So nutrition education is very important to increase knowledge and attitudes about exclusive breastfeeding, especially for pregnant women.

Keywords: knowledge, attitudes, characteristics of pregnant women, exclusive breastfeeding

GAMBARAN PENGETAHUAN DAN SIKAP IBU HAMIL TENTANG ASI EKSKLUSIF DI DESA SRIHARDONO KECAMATAN PUNDONG KABUPATEN BANTUL

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ABSTRAK

Latar belakang: Pengetahuan menjadi salah satu faktor dalam menimbulkan motivasi seorang ibu untuk memberikan ASI eksklusif kepada bayinya sehingga dapat tercipta manusia yang berkualitas. Hasil Riset Kesehatan Dasar 2018 menyatakan bahwa cakupan ASI eksklusif di Desa Srihardono sebesar 68,07% yang masih dibawah target nasional sebesar 80%.

Tujuan: Mengetahui gambaran pengetahuan dan sikap ibu mengenai ASI eksklusif berdasarkan karakteristik ibu hamil di Desa Srihardono Kecamatan Pundong Kabupaten Bantul.

Metode: Penelitian berupa deskriptif kuantitatif dengan rancangan kroseksional dilaksanakan pada November 2019 sampai Mei 2020. Populasi penelitian adalah ibu-ibu hamil di Desa Srihardono Kecamatan Pundong Kabupaten Bantul dengan sampel 35 ibu hamil dipilih dengan cara *purposive sampling*. Variabel bebas berupa umur, pendidikan, dan, pekerjaan sedangkan variabel terikat berupa pengetahuan dan sikap. Analisis data menggunakan *SPSS 16.0*.

Hasil: Hasil penelitian menunjukkan bahwa ibu yang pengetahuannya baik sebagian besar umur >30 tahun (57,1%); pendidikan tamat SMA/ sederajat (62,9%); dan tidak bekerja (54,3%) sebaliknya ibu yang pengetahuan cukup sebagian besar umur 20-30 tahun (2,9%), pendidikan tamat SMP/ sederajat (2,9%) dan tidak bekerja (2,9%). Ibu yang memiliki sikap baik sebagian besar umur >30 tahun (54,3%); pendidikan tamat SMA/ sederajat (57,1%); dan tidak bekerja (45,7%) sebaliknya ibu yang sikap cukup sebagian besar umur 20-30 tahun (11,4%); pendidikan tamat SMP/ sederajat (8,6%); dan pekerjaan sebagai tidak bekerja (11,4%).

Kesimpulan: Sebagian besar ibu yang pengetahuan dan sikap baik adalah umur >30 tahun, pendidikan tamat SMA/ sederajat, dan tidak bekerja. Sehingga pendidikan gizi sangat penting untuk meningkatkan pengetahuan dan sikap mengenai ASI eksklusif terutama bagi ibu hamil.

Kata kunci: pengetahuan, sikap, karakteristik ibu hamil, ASI eksklusif

