

HUBUNGAN DUKUNGAN SUAMI DAN DUKUNGAN TEMAN KERJA TERHADAP PEMBERIAN ASI EKSKLUSIF PADA IBU BEKERJA DI WILAYAH PUSKESMAS UMBULHARJO 1 TAHUN 2020

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ABSTRAK

Latar Belakang: Pemberian ASI secara Eksklusif merupakan pemenuhan kebutuhan gizi pada bayi guna memenuhi kebutuhan masa tumbuh kembang bayi tersebut. Pemberian makanan selain ASI Eksklusif dapat beresiko berbagai penyakit seperti diare, *stunting*, dan infeksi saluran pernafasan. Puskesmas Umbul Harjo I merupakan daerah dengan cakupan ASI Eksklusif terendah di wilayah Kota Yogyakarta yang terus mengalami penurunan setiap tahun.

Tujuan: Mengetahui hubungan dukungan suami dan dukungan teman kerja dengan pemberian ASI Eksklusif pada ibu bekerja di Wilayah Puskesmas Umbul Harjo I

Metode: Jenis penelitian observasional analitik dengan desain kasus kontrol. Lokasi penelitian di Wilayah Puskesmas Umbul Harjo I. Subyek penelitian adalah ibu pekerja yang memiliki bayi usia 6-12 bulan. Besar sampel yang digunakan adalah 58 responden dengan 29 sebagai kelompok kasus dan 29 sebagai kelompok kontrol. Teknik pengambilan sampel dengan *purposive sampel*. Analisis bivariat dengan menggunakan *Chi Square*.

Hasil Penelitian: Variabel yang mempunyai hubungan dengan pemberian ASI Eksklusif di Puskesmas Umbul Harjo I adalah pendidikan ($p=0,040$), pengetahuan ($p=0,004$), dukungan suami ($p=0.000$) dan dukungan teman kerja ($p=0.000$). Sedangkan umur, jenis pekerjaan, paritas, durasi kerja, jarak rumah ke tempat kerja, dan lama cuti kerja tidak mempunyai hubungan dengan pemberian ASI Eksklusif di Wilayah Puskesmas Umbul Harjo I.

Kesimpulan: adanya hubungan pendidikan, pengetahuan, dukungan suami dan dukungan teman kerja dengan pemberian ASI Eksklusif di Wilayah Puskesmas Umbul Harjo I.

Kata kunci: ASI Eksklusif, dukungan suami, dukungan teman kerja

**ASSOCIATED HUSBAND'S SUPPORT AND COLLEAGUE'S SUPPORT
WITH GIVING EXCLUSIVE BREASTFEEDING OF WORKER
MOTHER IN PUBLIC HEALTH CENTER (PHC) OF UMBUL
HARJO I AREAS IN 2020**

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ABSTRACT

Background: Giving exclusive breastfeeding is fulfilling of baby nutrition to grow up. Giving other food can be causing diseases such as diarrhea, stunting, and respiratory tract infection. Public Health Center (PHC) of Umbul Harjo I Areas is one of institute face exclusive breastfeeding problems where has decreased giving exclusive breastfeeding many periods.

Objective: To identify the associated husband's support and colleague's support with giving exclusive breastfeeding in public health center (PHC) of Umbul Harjo I in 2020.

Methods: This study was an analytic observational study with a case-control design. The location of the research was the public health center (PHC) of Umbul Harjo I Areas. The subjects of the research were using worker mothers who had children aged 6-12 months. The sample size was 58 respondents divided into two groups that include 29 people as the case group and 29 people as the control group. Sampling technique was purposive sample. The bivariate analysis used chi-square.

Results: The variables that had associated with giving exclusive breastfeeding in public health center (PHC) of Umbul Harjo I Areas included education (p-value: 0.040), knowledge (p-value: 0.004), husband's support (p-value: 0.000), and colleague's support (0.000). Although such age, kind of job, parity, work's duration, and space between house to office have no associated with giving exclusive breastfeeding in public health center (PHC) of Umbul Harjo I Areas.

Conclusion: There was associated education, knowledge, husband's support, and colleague's support with giving exclusive breastfeeding in public health center (PHC) of Umbul Harjo I.

Keywords: giving exclusive breastfeeding, husband's support, colleague's support