

## HUBUNGAN KECEMASAN IBU DENGAN PEMBERIAN ASI EKSKLUSIF DI WILAYAH KABUPATEN SLEMAN

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### ABSTRAK

**Latar Belakang:** Pandemi COVID-19 menyerang seluruh negara di dunia termasuk Indonesia. Penyebaran COVID-19 berdampak pada psikologi seperti kecemasan pada ibu. Kecemasan ibu dapat mempengaruhi pemberian ASI eksklusif pada bayi.

**Tujuan Penelitian:** Untuk mengetahui hubungan kecemasan ibu dengan pemberian ASI eksklusif

**Metode Penelitian:** Penelitian observasional analitik dengan desain kohort prospektif. Teknik sampling menggunakan *cluster sampling* dan *purposive sampling* dan didapatkan 31 sampel untuk masing-masing kelompok dengan perbandingan antara kelompok terpapar dan tidak terpapar adalah 1:1 sehingga jumlah sampel sebanyak 62 sampel di Kecamatan Turi dan Tempel. Pengambilan data menggunakan data primer dengan menggunakan instrumen berupa kuesioner *Corona Anxiety Scall* dan lembar observasi ASI eksklusif dan data sekunder untuk pengambilan data nomor telepon ibu di Puskesmas. Analisis data univariat menggunakan distribusi frekuensi. Analisis data bivariat menggunakan uji *chi-square* dan uji koefisien korelasi.

**Hasil Penelitian:** Mayoritas responden berusia 20-35 tahun (83,9%), multipara (54,8%), berpendidikan SMA dan perguruan tinggi masing-masing sebanyak 43,5%, dan tidak bekerja (56,5%). Sebagian besar ibu memberikan ASI eksklusif (80,6%). Ada hubungan kecemasan ibu dengan pemberian ASI eksklusif dengan *p-value* 0,02 dan keeratan hubungan kedua variabel dikategorikan rendah dengan nilai -0,327.

**Kesimpulan:** Ada hubungan antara kecemasan ibu dengan pemberian ASI eksklusif.

**Kata Kunci:** Kecemasan ibu, ASI eksklusif, COVID-19

## **CORRELATION BETWEEN MOTHER'S ANXIETY AND EXCLUSIVE BREASTFEEDING IN SLEMAN REGENCY**

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### **ABSTRACT**

**Backgrounds:** The COVID-19 pandemic is affecting all countries in the world including Indonesia. The spread of COVID-19 has an impact on psychology such as mother's anxiety. Mother's anxiety can affect exclusive breastfeeding.

**Objective :** To know the correlation between mother's anxiety and exclusive breastfeeding

**Method:** This research was an analytical observational research with prospective cohort design. Sampling techniques used *cluster sampling* and *purposive sampling* and obtained 31 samples for each group with a comparison between the exposed and unexposed groups is 1:1 so that the number of samples as many as 62 samples in Turi and Tempel subdistricts. Data retrieval used primary data by using instruments in the form of *Corona Anxiety Scall* questionnaires and exclusive breast milk observation sheets and secondary data to collected phone number in Puskesmas. Univariate data analysis used frequency distribution. Bivariate data analysis used *chi-square* test and correlation coefficient test.

**Result:** Most of respondents were 20-35 years (83.9%), multipara (54.8%), have studied in high school and college each one 43.5%, and not working (56.5%). Most mothers gave exclusive breast milk (80.6%). There was a correlation of mother's anxiety with exclusive breastfeeding with *p-value* of 0.02 and coefficient correlation was categorized as low with a value of -0.327.

**Conclusion:** There was a correlation between mother's anxiety and exclusive breastfeeding.

**Keyword:** Mother's anxiety, exclusive breastfeeding, COVID-19