

EFFECTIVENESS OF HOME VISIT COUNSELING ABOUT EXCLUSIVE BREASTFEEDING ON KNOWLEDGE AND ATTITUDE OF PREGNANT WOMAN WHO DID ANC IN PUSKESMAS JETIS YOGYAKARTA

Sonia Maya Dora¹, Nur Hidayat², Rina Oktasari³

^{1,2,3}Nutrition Department Polytechnic Of Health Yogyakarta,
Jl. Tata Bumi 3, Banyuraden, Gamping, Sleman, Yogyakarta
(Email : soniamaya555@gmail.com)

ABSTRACT

Background: The cause of exclusive breastfeeding coverage problems that have not reached the target was lack of supervision and counseling guidance to support breastfeeding mothers, besides that the community, especially woman have not utilized the services of breastfeeding counselors. Effort to reduce the problem of exclusive breastfeeding coverage has not reached the target, therefore it was necessary to conduct home visit counseling for women in the third trimester of pregnancy. Home visit counseling in this context means a breastfeeding counseling conducted by visiting respondent's house.

Objective: To know the effectiveness of exclusive breastfeeding home visit counseling on knowledge and attitudes on pregnant women who did ANC at Puskesmas Jetis Yogyakarta.

Methods : This research type was quasi experiment with non equivalent control group design. The study was conducted in April-June 2018 at Jetis Public Health Center in Yogyakarta City. Sample was taken with random sampling, where the treatment and control group respectively as many as 26 people. The independent variable was the counseling home visit about Exclusive breastfeeding and the dependent variables were knowledge and attitude. Data were analyzed with Shapiro-Wilk, Paired T-Test and Mann-Whitney.

Results: Knowledge about Exclusive breastfeeding after did home visit counseling better than before ($p=0,016$). Attitude about Exclusive breastfeeding after did home visit counseling better than before ($p=0,001$). Home visit counseling was better effective to knowledge ($p=0,003$) and attitude ($p=0,029$) about exclusive breastfeeding of pregnant woman who did ANC.

Conclusions: Home visit counseling was better effective increase knowledge and attitude about exclusive breastfeeding of pregnant woman who did ANC.

Keywords: Home Visit Counseling, Knowledge, Attitude

EFEKTIFITAS HOME VISIT COUNSELING TENTANG ASI EKSKLUSIF TERHADAP PENGETAHUAN DAN SIKAP IBU HAMIL YANG MELAKUKAN ANC DI PUSKESMAS JETIS YOGYAKARTA

Sonia Maya Dora¹, Nur Hidayat², Rina Oktasari³

^{1,2,3}Jurusan Gizi Poltekkes Kemenkes Yogyakarta,
Jl. Tata Bumi 3, Banyuraden, Gamping, Sleman, Yogyakarta
(Email : soniamaya555@gmail.com)

ABSTRAK

Latar Belakang : Penyebab permasalahan cakupan ASI eksklusif belum mencapai target yaitu pengawasan dan bimbingan konseling untuk mendukung ibu menyusui masih kurang, disamping itu masyarakat terutama kaum ibu belum memanfaatkan jasa konselor ASI puskesmas. Upaya untuk mengurangi masalah cakupan ASI Eksklusif belum mencapai target maka perlu dilakukan konseling home visit pada ibu hamil trimester III. Konseling Home visit yang dimaksud adalah pemberian konseling ASI Eksklusif dengan cara kunjungan rumah kepada responden.

Tujuan Penelitian : Mengetahui efektifitas *home visit counseling* ASI eksklusif terhadap pengetahuan dan sikap ASI eksklusif pada ibu hamil yang melakukan ANC di Puskesmas Jetis Yogyakarta.

Metode Penelitian : Jenis penelitian ini adalah *quasi experiment* dengan rancangan *non equivalent control group design*. Penelitian dilaksanakan April-Juni 2018 di wilayah Kerja Puskesmas Jetis Kota Yogyakarta. Pengambilan sampel dengan random sampling, dimana kelompok perlakuan dan kontrol masing-masing sebanyak 26 orang. Variabel bebas adalah konseling home visit ASI Eksklusif dan variabel terikat adalah pengetahuan dan sikap. Analisis data dengan *Shapiro-Wilk*, *Paired T-Test* dan *Mann-Whitney*.

Hasil : Pengetahuan tentang ASI Eksklusif setelah *home visit counseling* lebih baik dibandingkan dengan pengetahuan sebelumnya ($p=0,016$). Sikap tentang ASI eksklusif setelah *home visit counseling* lebih baik dibandingkan dengan sikap sebelumnya ($p=0,001$). *Home visit counseling* lebih efektif terhadap pengetahuan ($p=0,003$) dan sikap ($p=0,029$) tentang ASI eksklusif ibu hamil yang melakukan ANC.

Kesimpulan : *Home visit counseling* lebih efektif meningkatkan pengetahuan dan sikap tentang ASI eksklusif pada ibu hamil yang melakukan ANC.

Kata Kunci : *Home visit counseling*, Pengetahuan, Sikap