

**FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN PEMBERIAN  
ASI EKSKLUSIF PADA PEKERJA WANITA DI PT. X,  
KABUPATEN PURWOREJO**

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**ABSTRAK**

**Latar Belakang:** Angka keberhasilan ASI eksklusif di Kabupaten Purworejo sebesar 87,5% dan dapat dinyatakan mencapai target, tetapi diketahui 12,5% lainnya yang tidak berhasil menyelesaikan ASI eksklusif mayoritas adalah pekerja wanita yang terganggu dalam memberikan ASI Eksklusif, terutama yang berkerja di pabrik. Salah satu pabrik terbesar di Purworejo yang mempekerjakan mayoritas karyawan wanita yaitu PT. X. Tahun 2020, karyawati yang statusnya menyusui ada 69 orang, tetapi yang berhasil menyusui Eksklusif hanya 3 orang atau hanya 4,3 % pencapaian ASI Eksklusif di PT. X Purworejo

**Tujuan:** Mendeskripsikan dan Menganalisis Faktor-Faktor yang Berhubungan dengan Pemberian ASI Eksklusif pada Pekerja Wanita di PT. X, Kabupaten Purworejo

**Metode:** Jenis penelitian kuantitatif dengan pendekatan *cross sectional*. Sampel dalam penelitian ini adalah 84 orang pekerja wanita PT. X Purworejo yang statusnya sedang menyusui bayi usia 6-24 bulan. Instrumen penelitian menggunakan angket dengan link *google form*. Analisis data menggunakan analisis univariat (*persentase*) dan bivariat (uji *chi square*)

**Hasil:** Hasil uji *chi square* menunjukkan faktor yang berhubungan dengan pemberian ASI eksklusif adalah status pekerjaan ibu ( $p=0,002$ ), pengetahuan ibu tentang ASI eksklusif ( $p=0,029$ ), sikap ibu mengenai ASI eksklusif ( $p=0,0001$ ), dukungan suami ( $p=0,001$ ), dukungan keluarga ( $p=0,0001$ ), ketersediaan fasilitas ( $p=0,019$ ), dan keterjangkauan akses informasi ( $p=0,007$ ).

**Kesimpulan :** Ada hubungan antara status pekerjaan ibu, pengetahuan ibu tentang ASI eksklusif, sikap ibu mengenai ASI eksklusif, dukungan suami, dukungan keluarga, ketersediaan fasilitas, dan keterjangkauan akses informasi terhadap pemberian ASI Eksklusif pada Pekerja Wanita di PT. X, Kabupaten Purworejo

**Kata kunci:** Faktor-faktor, ASI Eksklusif, Pekerja Wanita

**FACTORS RELATED TO EXCLUSIVE BREASTFEEDING ON WOMEN  
WORKERS AT PT. X, PURWOREJO DISTRICT**

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**ABSTRACT**

**Background:** *The success rate of exclusive breastfeeding in Purworejo Regency is 87.5% and can be stated to reach the target, but it is known that 12,5% who fail to complete exclusive breastfeeding are the majority of women workers who are disturbed in giving exclusive breastfeeding, especially those who work in factories or production companies. One of the largest companies in Purworejo that employs the majority of female employees, namely PT. X. In 2020, there were 69 employees with breastfeeding status who succeeded in exclusive breastfeeding, only 3 people or only 4.3% of achieving exclusive breastfeeding at PT. X Purworejo*

**Objective:** *To describe and analyze factors related to exclusive breastfeeding for female workers at PT. X, Purworejo Regency*

**Methods:** *This type of research is quantitative with a cross sectional approach. The population in this study were 84 female workers at PT X Purworejo who were breastfeeding babies aged 6-24 months. The research instrument uses a questionnaire with a google form link. Data analysis using univariate (percentage) and bivariate (chi square test) analysis*

**Results:** *The results of the chi square test showed that the factors related to exclusive breastfeeding were the mother's employment status ( $p = 0.002$ ), mother's knowledge about exclusive breastfeeding ( $p = 0.029$ ), mother's attitude about exclusive breastfeeding ( $p = 0.0001$ ), husband's support ( $p = 0.001$ ) =0.001), family support ( $p=0.0001$ ), availability of facilities ( $p=0.019$ ), and affordability of access to information ( $p=0.007$ ).*

**Conclusion:** *There is a relationship between mother's employment status, mother's knowledge about exclusive breastfeeding, mother's attitude about exclusive breastfeeding, husband's support, family support, availability of facilities, and affordability of access to information on exclusive breastfeeding for female workers at PT. X, Purworejo Regency.*

**Keywords:** *Factors, Exclusive Breastfeeding, Female Workers*