

**FAKTOR-FAKTOR YANG MEMPENGARUHI PEMBERIAN ASI
EKSKLUSIF DI WILAYAH KERJA PUSKESMAS SEMIN II
KABUPATEN GUNUNGKIDUL**

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ABSTRAK

Latar Belakang: ASI Eksklusif dapat memberikan gizi yang paling sesuai dengan kebutuhan bayi, memberikan perlindungan terhadap infeksi saluran cerna dan malnutrisi, serta dapat menurunkan risiko kematian akibat infeksi neonatus, diare, dan penyakit pernapasan akut. Data dari Profil Kesehatan Ibu dan Anak Indonesia Tahun 2020 menyatakan bahwa bayi yang menerima ASI Eksklusif hanya sebesar 69,62%.

Tujuan: Mengetahui faktor-faktor yang mempengaruhi pemberian ASI eksklusif di wilayah kerja Puskesmas Semin II.

Metode: Jenis penelitian adalah kuantitatif dengan pendekatan *cross sectional*. Subjek penelitian adalah ibu yang memiliki bayi usia 6-12 bulan di wilayah kerja Puskesmas Semin II sejumlah 96 responden. Pengambilan sampel dilakukan dengan cara *purposive sampling*, yaitu berdasarkan kriteria inklusi dan eksklusi, pengumpulan data menggunakan kuesioner, dianalisis secara univariat, bivariat (uji *chi-square*), dan multivariat (regresi logistik).

Hasil: Presentase ibu yang memberikan ASI eksklusif sebesar 72,9%. Hasil uji bivariat menunjukkan ada hubungan bermakna antara usia (*p-value*=0,018), pendidikan (*p-value*=0,009), status pekerjaan (*p-value*=0,010), riwayat IMD (*p-value*=0,013), dukungan suami (*p-value*=0,000), dan dukungan tenaga kesehatan (*p-value*=0,003) dengan pemberian ASI eksklusif. Dukungan suami menjadi faktor yang paling dominan secara signifikan dengan nilai OR 6,483.

Kesimpulan: Variabel yang paling dominan mempengaruhi pemberian ASI Eksklusif adalah variabel dukungan suami.

Kata Kunci: ASI Eksklusif, Dukungan Suami, Menyusui

**FACTORS AFFECTING EXCLUSIVE BREASTFEEDING IN THE WORK
AREA OF SEMIN II HEALTH CENTER GUNUNGKIDUL REGENCY**

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ABSTRACT

Background: Exclusive breastfeeding can provide the most appropriate nutrition to the baby's needs, provide protection against gastrointestinal infections and malnutrition, and can reduce the risk of death from neonatal infections, diarrhea, and acute respiratory disease. Data from the Indonesian Maternal and Child Health Profile in 2020 stated that only 69,62% of infants received exclusive breastfeeding.

Methods: This type of research was quantitative with a cross sectional approach. The research subjects were mothers who had babies aged 6-12 months in the working area of the Semin II Health Center with a total of 96 respondents. Sampling was done by purposive sampling, namely based on inclusion and exclusion criteria, data collection using a questionnaire, analyzed by univariate, bivariate (chi-square test), and multivariate (logistic regression).

Results: The percentage of mothers who gave exclusive breastfeeding was 72.9%. The results of the bivariate test showed that there was a significant relationship between age (p -value = 0.018), education (p -value = 0.009), employment status (p -value = 0.010), history of BMI (p -value = 0.013), husband's support (p -value = 0.013). -value=0.000), and support from health workers (p -value=0.003) with exclusive breastfeeding. Husband's support became the most dominant factor significantly with an OR value of 6.483.

Conclusion: The most dominant variable influencing exclusive breastfeeding is the husband's support variable.

Keywords: Exclusive Breastfeeding, Husband's Support, Breastfeeding