

ABSTRAK

Latar Belakang: Pemberian ASI eksklusif merupakan langkah penting dalam mendukung tumbuh kembang optimal bayi, namun cakupannya masih belum mencapai target nasional. Keberhasilan menyusui dipengaruhi oleh berbagai faktor, di antaranya pengetahuan ibu dan dukungan suami yang berperan penting dalam membentuk keyakinan diri (*self efficacy*) ibu untuk menyusui.

Tujuan: mengetahui hubungan tingkat pengetahuan ibu dan dukungan suami tentang asi eksklusif dengan *self efficacy* dalam pemberian asi pada ibu post partum di RSUD Wonosari.

Metode: Penelitian ini merupakan studi observasional kuantitatif dengan desain *cross sectional* yang dilakukan pada 45 ibu post partum. Data primer dikumpulkan melalui kuesioner terstruktur yang mencakup karakteristik ibu, pengetahuan, dukungan suami, serta *self efficacy* menggunakan *Breastfeeding Self-Efficacy Scale* (BSES) dari Dennis & Faux (1999). Data sekunder diperoleh dari buku KIA. Analisis data dilakukan secara univariat untuk mendeskripsikan variabel, bivariat dengan uji *chi-square* untuk menguji hubungan antar variabel, dan multivariat menggunakan regresi logistik ganda untuk mengetahui pengaruh variabel independen terhadap *self efficacy*.

Hasil: Ada hubungan antara tingkat pengetahuan ibu dan dukungan suami dengan *self-efficacy* pada ibu postpartum di RSUD Wonosari. Hasil uji statistik didapatkan nilai *p-value* pada variabel tingkat pengetahuan ibu dan dukungan suami sebesar $p=0,000$ yaitu $<0,05$ berarti dapat disimpulkan bahwa ada hubungan tingkat pengetahuan ibu dan dukungan suami dengan *self-efficacy* pada ibu postpartum di RSUD Wonosari.

Kesimpulan: Tingkat pengetahuan ibu dan dukungan suami berpengaruh pada *self-efficacy*.

Kata Kunci: Asi, Dukungan Suami, *Self-Efficacy*, Tingkat Pengetahuan.

ABSTRACT

Background: Exclusive breastfeeding is a crucial step in supporting the optimal growth and development of infants; however, its coverage has yet to meet the national target. The success of breastfeeding is influenced by various factors, including maternal knowledge and husband's support, which play significant roles in shaping the mother's self-efficacy in breastfeeding.

Objective: To determine the relationship between the level of maternal knowledge and husband's support regarding exclusive breastfeeding and self-efficacy in breastfeeding among postpartum mothers at Wonosari Regional Public Hospital.

Methods: This study was a quantitative observational research with a cross-sectional design involving 45 postpartum mothers. Primary data were collected using structured questionnaires covering maternal characteristics, knowledge, husband's support, and self-efficacy, measured using the Breastfeeding Self-Efficacy Scale (BSES) developed by Dennis & Faux (1999). Secondary data were obtained from maternal and child health (MCH) books. Data analysis included univariate to describe variables, bivariate using chi-square tests to assess relationships between variables, and multivariate analysis using multiple logistic regression to determine the influence of independent variables on self-efficacy.

Results: There was a significant relationship between maternal knowledge and husband's support with self-efficacy among postpartum mothers at Wonosari Regional Public Hospital. Statistical tests showed a p-value of 0.000 for both maternal knowledge and husband's support variables ($p < 0.05$), indicating a significant relationship.

Conclusion: Maternal knowledge and husband's support influence self-efficacy.

Keywords: Breastfeeding, Husband's Support, Self-Efficacy, Maternal Knowledge