

**THE RELATIONSHIP BETWEEN FAMILY SUPPORT AND EXCLUSIVE
BREASTFEEDING IN MOTHERS WITH INFANTS AGED 7-12 MONTHS
IN THE WORKING AREA OF GEDONGTENGEN
COMMUNITY HEALTH CENTER**

Silva Azzahra¹, Mina Yumei Santi², Wafi Nur M³
^{1,2,3}Department of Midwifery, Poltekkes Kemenkes Yogyakarta
Jl. Tata Bumi No.3 Banyuraden, Gamping, Sleman
Email: silvaazzahra2002@gmail.com

ABSTRACT

Background: Exclusive breastfeeding is essential for the health and development of infants and provides significant benefits for mothers. However, the coverage of exclusive breastfeeding in Indonesia, including the Special Region of Yogyakarta (DIY), remains low and has not yet reached the national target of 80%. Family support is one of the external factors that influence the success of exclusive breastfeeding practices.

Methods: This study used a quantitative approach with a cross-sectional design. The sample consisted of 60 mothers with infants aged 7–12 months, selected using purposive sampling. Data were collected using a questionnaire that had been tested for validity and reliability. Data analysis was performed using the Chi-Square test.

Results: A total of 75% of respondents practiced exclusive breastfeeding, and 85% received good family support. The Chi-Square test showed a *p*-value of 0.000 (< 0.05), indicating a significant relationship between family support and exclusive breastfeeding. Mothers who received good support were 8.67 times more likely to exclusively breastfeed their infants.

Conclusion: There is a significant relationship between family support and exclusive breastfeeding among mothers at Gedongtengen Health Center, with informational support playing a major role in the success of exclusive breastfeeding.

Keywords: Family Support, Exclusive Breastfeeding.

HUBUNGAN DUKUNGAN KELUARGA DENGAN PEMBERIAN ASI EKSKLUSIF PADA IBU BAYI 7-12 BULAN DI WILAYAH KERJA PUSKESMAS GEDONGTENGEN

Silva Azzahra¹, Mina Yumei Santi², Wafi Nur M³

^{1,2,3}Department of Midwifery, Poltekkes Kemenkes Yogyakarta

Jl. Tata Bumi No.3 Banyuraden, Gamping, Sleman

Email: silvaazzahra2002@gmail.com

ABSTRAK

Latar Belakang: Pemberian ASI eksklusif penting bagi kesehatan dan tumbuh kembang bayi serta memberi manfaat bagi ibu. Namun, cakupan ASI eksklusif di Indonesia, termasuk Daerah Istimewa Yogyakarta (DIY), masih rendah dan belum mencapai target nasional sebesar 80%. Dukungan keluarga merupakan salah satu faktor eksternal yang memengaruhi keberhasilan praktik ASI eksklusif

Metode : Penelitian ini menggunakan pendekatan kuantitatif dengan desain cross-sectional. Sampel berjumlah 60 ibu dengan bayi usia 7–12 bulan yang dipilih menggunakan teknik purposive sampling. Data dikumpulkan melalui kuesioner yang telah diuji validitas dan reliabilitasnya. Analisis data dilakukan menggunakan uji Chi-Square.

Hasil: Sebanyak 75% responden memberikan ASI eksklusif, dan 85% menerima dukungan keluarga yang baik. Hasil uji Chi-Square menunjukkan nilai $p = 0,000 (< 0,05)$, yang berarti terdapat hubungan signifikan antara dukungan keluarga dan pemberian ASI eksklusif. Ibu yang mendapat dukungan baik memiliki peluang 8,67 kali lebih besar untuk memberikan ASI eksklusif.

Kesimpulan: Terdapat hubungan yang signifikan antara dukungan keluarga dan pemberian ASI eksklusif pada ibu di Puskesmas Gedongtengen, dengan dukungan informasi berperan besar dalam keberhasilan pemberian ASI eksklusif.

Kata Kunci: Dukungan Keluarga, ASI Eksklusif