

*DESCRIPTION OF THE LEVEL OF KNOWLEDGE AND CHARACTERISTICS
OF MOTHERS IN THE PRACTICE OF EXCLUSIVE BREASTFEEDING AT
THE NGAMPILAN HEALTH CENTER, YOGYAKARTA, IN 2025*

Isnaeni Nur Fadilah¹, Ana Kurniati², Yani Widyastuti³
^{1,2,3} *Departement of Midwifery Poltekkes Kemenkes Yogyakarta*
Jl. Mangkuyudan MJ III/304, Yogyakarta, 555143
¹ Email: isnaenifadilah1901@gmail.com

ABSTRACT

Background: *Exclusive breastfeeding plays an important role in the health and growth of infants, but its achievement is still not in line with the set targets. In the city of Yogyakarta, the coverage of exclusive breastfeeding remains low, particularly in the Ngampilan Health Center area, which requires special attention. Low levels of knowledge and the busy schedules of working mothers are the primary factors influencing the practice of exclusive breastfeeding. Through this study, it is hoped that the current state of knowledge levels and characteristics of mothers can be identified as a foundation for efforts to improve the success of exclusive breastfeeding in that area.*

Objective: *To determine the level of knowledge and characteristics of mothers in the practice of exclusive breastfeeding at the Ngampilan Community Health Center, Yogyakarta City.*

Methods: *This study was descriptive quantitative with a cross-sectional approach. Data were collected in June 2025 at the Ngampilan Health Center. The sample was 36 breastfeeding mothers with consecutive sampling technique. Data were collected using a closed questionnaire and analyzed descriptively.*

Results: *A total of 72.2% of respondents aged 20-35 years and 61.1% of respondents had a sufficient level of knowledge, 50.0% of respondents with elementary / junior high school education had poor knowledge. As many as 40.0% of respondents with working status did not practice exclusive breastfeeding, on the other hand, 100% of respondents with good knowledge level practiced exclusive breastfeeding.*

Conclusion: *Most respondents were at productive age, had sufficient knowledge about exclusive breastfeeding, and practiced exclusive breastfeeding. However, there were still those who had insufficient knowledge and did not practice exclusive breastfeeding based on age, education level, and employment status.*

Keywords: *Knowledge, maternal characteristics, exclusive breastfeeding, Yogyakarta.*

GAMBARAN TINGKAT PENGETAHUAN DAN KARAKTERISTIK IBU DALAM PRAKTIK PEMBERIAN ASI EKSLUSIF DI PUSKESMAS NGAMPILAN KOTA YOGYAKARTA TAHUN 2025

Isnaeni Nur Fadilah¹, Ana Kurniati², Yani Widyastuti³
^{1,2,3} Jurusan Kebidanan Poltekkes Kemenkes Yogyakarta
Jl. Mangkuyudan MJ III/304, Yogyakarta, 555143
¹ Email: isnaenifadilah1901@gmail.com

ABSTRAK

Latar Belakang: Pemberian ASI eksklusif memiliki peran penting bagi kesehatan dan pertumbuhan bayi, namun pencapaiannya masih belum sesuai dengan target yang ditetapkan. Di Kota Yogyakarta, cakupan ASI eksklusif tergolong masih rendah, terutama di wilayah Puskesmas Ngampilan yang menjadi perhatian khusus. Rendahnya tingkat pengetahuan serta kesibukan ibu bekerja menjadi faktor utama yang berpengaruh terhadap praktik pemberian ASI eksklusif. Melalui penelitian ini, diharapkan dapat tergambar kondisi tingkat pengetahuan dan karakteristik ibu sebagai landasan dalam upaya meningkatkan keberhasilan ASI eksklusif di wilayah tersebut.

Tujuan: Mengetahui gambaran tingkat pengetahuan dan karakteristik Ibu dalam praktik pemberian ASI eksklusif di Puskesmas Ngampilan Kota Yogyakarta.

Metode: Penelitian ini bersifat deskriptif kuantitatif dengan pendekatan cross-sectional. Pengambilan data dilakukan pada bulan Juni 2025 di Puskesmas Ngampilan. Sampel sebanyak 36 ibu menyusui dengan teknik *consecutive sampling*. Data dikumpulkan menggunakan kuisioner tertutup dan dianalisis secara deskriptif.

Hasil: Sebanyak 72,2% responden berusia 20-35 tahun, 61,1% responden memiliki pengetahuan cukup, 50,0% responden tingkat pendidikan SD/SMP memiliki pengetahuan kurang. Sebanyak 40,0% responden status bekerja tidak melakukan praktik pemberian ASI eksklusif, disisi lain sebanyak 100% responden tingkat pengetahuan baik melakukan praktik pemberian ASI Eksklusif.

Kesimpulan: Sebagian besar responden memiliki usia reproduktif, tingkat pengetahuan cukup mengenai ASI Eksklusif, dan melakukan praktik pemberian ASI Eksklusif. Namun masih ditemukan tingkat pengetahuan kurang, serta tidak melakukan praktik pemberian ASI Eksklusif, hal ini ditinjau berdasarkan usia, tingkat pendidikan, dan status pekerjaan.

Kata kunci: Pengetahuan, karakteristik ibu, ASI Eksklusif, Yogyakarta.