

## **OVERVIEW OF PREGNANT WOMEN'S READINESS TO IMPLEMENT EXCLUSIVE BREASTFEEDING IN DONOTIRTO VILLAGE**

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### **ABSTRACT**

**Background:** Exclusive breastfeeding is the primary source of nutrition for infants during the first six months of life. The physical readiness of pregnant women is one of the key factors influencing the success of exclusive breastfeeding. This study aimed to describe the physical readiness of pregnant women in implementing exclusive breastfeeding in Donotirto Village.

**Methods:** This study employed a descriptive quantitative design with a cross-sectional approach. The subjects were 30 pregnant women in Donotirto Village, under the working area of Kretek Public Health Center, selected through sampling during a PPG activity in November 2024. Data were collected using a questionnaire and analyzed using univariate analysis.

**Results:** The findings showed that 90% of respondents were physically ready to provide exclusive breastfeeding, while 10% were not. Physical readiness included breast hygiene and care, maternal health condition, and nipple preparation. Most respondents (96.7%) understood the importance of maternal nutrition and physical preparation during pregnancy. However, 30% of respondents lacked awareness regarding the importance of breast examination and care during pregnancy.

**Conclusion:** The majority of pregnant women in Donotirto Village are physically ready to provide exclusive breastfeeding. Enhanced education on breast care during pregnancy is needed to further optimize physical readiness.

**Keywords:** Exclusive breastfeeding, physical readiness, pregnant women, breast care, Donotirto Village.

## **GAMBARAN KESIAPAN FISIK IBU HAMIL UNTUK MENERAPKAN ASI EKSKLUSIF DIKALURAHAN DONOTIRTO**

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### **ABSTRAK**

**Latar Belakang:** Air Susu Ibu (ASI) eksklusif merupakan sumber zat gizi utama bagi bayi selama enam bulan pertama kehidupan. Kesiapan fisik ibu hamil menjadi salah satu faktor penentu keberhasilan pemberian ASI eksklusif. Penelitian ini bertujuan untuk menggambarkan kesiapan fisik ibu hamil dalam menerapkan ASI eksklusif di Kalurahan Donotirto.

**Metode:** Penelitian ini merupakan penelitian deskriptif kuantitatif dengan pendekatan cross-sectional. Subjek penelitian adalah 30 ibu hamil di Kalurahan Donotirto, Wilayah Kerja Puskesmas Kretek, yang dipilih menggunakan teknik sampling pada kegiatan PPG bulan November 2024. Data dikumpulkan melalui kuesioner dan dianalisis secara univariat.

**Hasil:** Hasil penelitian menunjukkan bahwa sebanyak 90% responden memiliki kesiapan fisik yang baik dalam memberikan ASI eksklusif, sementara 10% responden tidak siap. Kesiapan fisik yang dinilai mencakup kebersihan dan perawatan payudara, kondisi kesehatan ibu, dan persiapan puting susu. Sebagian besar responden (96,7%) menyadari pentingnya status gizi ibu dan persiapan fisik selama kehamilan, namun terdapat 30% responden yang belum memahami pentingnya pemeriksaan dan perawatan payudara sejak masa kehamilan.

**Kesimpulan:** Mayoritas ibu hamil di Kalurahan Donotirto telah siap secara fisik untuk memberikan ASI eksklusif. Diperlukan peningkatan edukasi mengenai pentingnya perawatan payudara selama kehamilan agar kesiapan fisik dapat lebih optimal.

**Kata Kunci:** ASI eksklusif, kesiapan fisik, ibu hamil, perawatan payudara, Kalurahan Donotirto.