

MATERNAL CHARACTERISTIC, KNOWLEDGE LEVELS, AND EXCLUSIVE BREASTFEEDING PRACTICES IN THE WORKING AREA OF PANJATAN I COMMUNITY HEALTH CENTER KULON PROGO

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ABSTRACT

Background: Exclusive breastfeeding provides optimal nutrition for infants aged 0–6 months and is crucial for their growth, development, and immune systems. Although exclusive breastfeeding rates in Kulon Progo Regency have surpassed the national target, there are still mothers who do not practice it optimally. A thorough understanding of mothers' characteristics and knowledge levels is essential for designing effective interventions to improve exclusive breastfeeding practices.

Objective: To determine the characteristics of mothers, their level of knowledge, and their practices regarding exclusive breastfeeding in the working area of the Panjatan I Community Health Center, Kulon Progo.

Methods: This study employed a quantitative descriptive design using a survey approach. A total of 35 mothers with infants aged 6–12 months were included using the total sampling technique. Data were collected through structured questionnaires and analyzed using univariate analysis. The findings were presented as frequency distributions and cross-tabulations.

Results: The majority of respondents were aged 20–35 years (68.6%), had a secondary education (60.0%), and were unemployed (62.9%). Most mothers possessed a good level of knowledge regarding exclusive breastfeeding (71.4%) and practiced exclusive breastfeeding (97.1%). Exclusive breastfeeding practices were most frequently observed among mothers who were aged 20–35 years, had a secondary education, were unemployed, and possessed a good level of knowledge.

Conclusion: The majority of the mothers were aged 25–35, had a secondary education, and were homemakers. Most possessed good knowledge regarding exclusive breastfeeding and practiced it however, there were still aspects requiring improvement, specifically concerning the storage of expressed breast milk, the benefits of breastfeeding for the mother, and breastfeeding techniques.

Keywords: Maternal characteristics, level of knowledge, exclusive breastfeeding practice, exclusive breastfeeding.

KARAKTERISTIK IBU, TINGKAT PENGETAHUAN, DAN PRAKTIK ASI EKSKLUSIF DI WILAYAH KERJA PUSKESMAS PANJATAN I KULON PROGO

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ABSTRAK

Latar Belakang: Air Susu Ibu (ASI) eksklusif merupakan nutrisi optimal bagi bayi usia 0-6 bulan, yang krusial untuk pertumbuhan, perkembangan, dan sistem imun. Meskipun capaian ASI eksklusif di Kabupaten Kulon Progo telah melampaui target nasional, masih ditemukan ibu yang belum mempraktikkannya secara optimal. Pemahaman mendalam tentang karakteristik dan tingkat pengetahuan ibu sangat penting untuk merancang intervensi yang efektif dalam meningkatkan praktik ASI eksklusif.

Tujuan: Mengetahui karakteristik ibu, tingkat pengetahuan, dan praktik ASI eksklusif di wilayah kerja Puskesmas Panjatan I Kulon Progo.

Metode: Penelitian ini menggunakan desain deskriptif kuantitatif dengan pendekatan survei. Sampel penelitian berjumlah 35 ibu yang memiliki bayi usia 6–12 bulan dengan teknik *total sampling*. Data dikumpulkan menggunakan kuesioner terstruktur dan dianalisis secara univariat. Hasil penelitian disajikan dalam bentuk distribusi frekuensi dan tabulasi silang.

Hasil: Sebagian besar responden berusia 20–35 tahun (68,6%), berpendidikan menengah (60,0%), dan tidak bekerja (62,9%). Mayoritas ibu memiliki tingkat pengetahuan yang baik tentang ASI eksklusif (71,4%) serta menerapkan praktik ASI eksklusif (97,1%). Praktik ASI eksklusif lebih banyak ditemukan pada ibu berusia 20–35 tahun, berpendidikan menengah, tidak bekerja, dan memiliki tingkat pengetahuan yang baik.

Kesimpulan: Sebagian besar ibu berusia 25–35 tahun, berpendidikan menengah, dan berstatus ibu rumah tangga. Sebagian besar ibu memiliki pengetahuan baik tentang ASI eksklusif dan telah menerapkan praktik ASI eksklusif, meskipun masih terdapat beberapa aspek yang perlu ditingkatkan terkait penyimpanan ASI perah, manfaat ASI bagi ibu, dan teknik menyusui.

Kata Kunci: Karakteristik ibu, tingkat pengetahuan, praktik ASI eksklusif, ASI eksklusif.