

Universitas Ngudi Waluyo  
Program Studi S1 Kebidanan Reguler Transfer, Fakultas Ilmu  
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**KEBERHASILAN IBU PRIMIPARA MEMBERIKAN ASI  
EKSKLUSIFDI WILAYAH KERJA PUSKESMAS GUNUNG SARI  
ULU KECAMATAN BALIKPAPAN TENGAH KOTA  
BALIKPAPAN KALIMANTAN TIMUR TAHUN 2020**

Bagian awal 18 halaman, bagian isi 99 halaman, 3 tabel, 2 gambar, 8 lampiran

**ABSTRAK**

**Latar Belakang:** Upaya untuk memperbaiki gizi masyarakat salah satunya dengan pemberian ASI eksklusif. ASI eksklusif adalah pemberian ASI kepada bayi tanpa tambahan makanan apapun sampai usia 6 bulan. Faktor yang paling mempengaruhi keberhasilan ASI eksklusif salah satunya yaitu Paritas. Ibu *primipara* yang menyusui terkadang menghentikan proses menyusui secara dini karena merasa menyusui bukanlah hal yang mudah. Tujuan penelitian ini untuk mengeksplorasi keberhasilan ibu *primipara* memberikan ASI eksklusif.

**Metode:** Penelitian ini menggunakan metode kualitatif dengan pendekatan *fenomenologi*. Sample penelitian diambil sebanyak 5 ibu *primipara* dengan metode *purposive sampling*. Instrumen penelitian menggunakan pedoman wawancara.

**Hasil :** Semua informan memiliki kesiapan dan pengetahuan yang baik. Faktor budaya tidak menjadi hambatan bagi informan untuk memberikan ASI eksklusif. Manajemen laktasi yang sudah dilakukan informan cukup baik. Semua informan mengalami masalah dan hambatan pada awal menyusui namun dapat mengatasinya berkat bantuan dari keluarga dan bidan. Dukungan didapatkan informan berasal dari suami, orang tua, mertua dan bidan.

**Kesimpulan:** Keberhasilan informan memberikan ASI eksklusif dipengaruhi oleh efikasi dan kesiapan, pengetahuan tentang ASI eksklusif, sikap terhadap faktor budaya, manajemen laktasi, cara menangani masalah dan hambatan menyusui serta dukungan pemberian ASI eksklusif.

**Kata Kunci:** Ibu Primipara, Menyusui, ASI eksklusif

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**THE SUCCESS OF PRIMIPARA MOTHER GIVING EXCLUSIVE BREASTFEEDING IN THE WORKING AREA OF PUSKESMAS GUNUNG SARI ULU, KECAMATAN CENTRAL BALIKPAPAN, BALIKPAPAN CITY, EAST KALIMANTAN IN 2020**

The beginning of 18 pages, the contents of 99 pages, 3 tables, 2 images, 8 attachments

**ABSTRACT**

**Background :** One of the efforts to improve community nutrition is by giving exclusive breastfeeding. Exclusive breastfeeding is giving breast milk to babies without any additional food until the age of 6 months. One of the most influencing factors for the success of exclusive breastfeeding is Parity. Primiparous mothers who breastfeed sometimes stop the breastfeeding process early because they feel breastfeeding is not easy. The purpose of this study was to explore the success of primiparous mothers in giving exclusive breastfeeding. **Method:** This study uses a qualitative method with a phenomenological approach. The research sample was taken as many as 5 primiparous mothers with purposive sampling method. The research instrument used interview guidelines.

**Results:** All informants have good readiness and knowledge. Cultural factors did not become an obstacle for informants to provide exclusive breastfeeding. The lactation management that had been done by the informants was quite good. All informants experienced problems and obstacles at the beginning of breastfeeding but were able to overcome them with the help of their families and midwives. Support obtained by informants came from husbands, parents, parents-in-law and midwives.

**Conclusion :** The success of the informants in giving exclusive breastfeeding was influenced by the efficacy and readiness, knowledge about exclusive breastfeeding, attitudes towards cultural factors, lactation management, how to deal with breastfeeding problems and obstacles, and support for exclusive breastfeeding

**Keywords :** Primipara mother, Breastfeeding, Exclusive Breastfeeding