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GAMBARAN PENGETAHUAN ASI EKSKLUSIF PADA IBU HAMIL DI DESA BAHARI MAKMUR

ABSTRAK

Latar Belakang : Berdasarkan informasi yang diperoleh di bidan desa Bahari Makmur, Kecamatan Lamala, Kabupaten Banggai tahun 2021 bulan Januari sampai September terdapat 90% bayi yang tidak mendapatkan ASI eksklusif, dan diketahui bayi diberikan susu formula untuk menggantikan ASI serta diberikan makanan tambahan berupa makanan padat pada bayinya sebelum waktu yang telah ditentukan yaitu usia bayi kurang dari 6 bulan. Tujuan penelitian untuk mengetahui gambaran pengetahuan ASI eksklusif pada ibu hamil di Desa Bahari Makmur

Metode : Jenis penelitian ini menggunakan deskriptif kuantitatif dengan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah seluruh ibu hamil periode September tahun 2021 sejumlah 33 orang di Desa Bahari Makmur Kecamatan Lamala Kabupaten Banggai Provinsi Sulawesi Tengah dengan menggunakan teknik total sampling. Instrumen penelitian menggunakan kuisioner dan analisis data yang digunakan adalah analisis univariat

Hasil : Ibu yang memiliki pengetahuan baik sebanyak 2 responden (6,1%) dan yang memiliki pengetahuan kurang sebanyak 21 responden (63,6%).

Simpulan : Sebagian besar ibu hamil memiliki pengetahuan kurang sebanyak 21 responden (63,6%). Saran bagi tenaga kesehatan diharapkan pelayanan kesehatan khususnya bidan lebih giat lagi dalam meningkatkan promosi kesehatan dengan menggunakan media penyuluhan atau pendidikan kesehatan tentang ASI eksklusif seperti leaflet atau video agar ibu lebih tertarik dan semakin giat lagi dalam memberikan ASI eksklusif

Kata Kunci : Pengetahuan, ASI eksklusif, ibu hamil

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DESCRIPTION OF EXCLUSIVE BREAST MILK KNOWLEDGE IN PREGNANT MOTHERS IN BAHARI MAKMUR VILLAGE

ABSTRACT

Background: Based on information obtained at the village midwife Bahari Makmur, Lamala District, Banggai Regency, in 2021 from January to September there were 90% of babies who did not get exclusive breastfeeding, and it was known that babies were given formula milk to replace breast milk and were given additional food in the form of solid food for their babies. before the predetermined time, namely the age of the baby is less than 6 months. The purpose of the study was to describe the knowledge of exclusive breastfeeding in pregnant women in the Bahari Makmur Village

Methods: This type of research uses descriptive quantitative with a cross sectional approach. The population in this study were all pregnant women for the September 2021 period with a total of 33 people in Bahari Makmur Village, Lamala District, Banggai Regency, Central Sulawesi Province, using a total sampling technique. The research instrument used a questionnaire and the data analysis used was univariate analysis

Results: Mothers who have good knowledge are 2 respondents (6.1%) and those who have less knowledge are 21 respondents (63.6%).

Conclusion: Most pregnant women have less knowledge as many as 21 respondents (63.6%). Suggestions for health workers are that health services, especially midwives, are more active in improving health promotion by using media counseling or health education about exclusive breastfeeding such as leaflets or videos so that mothers are more interested and more active in exclusive breastfeeding

Keywords: Knowledge, exclusive breastfeeding, pregnant women