

Universitas Ngudi Waluyo

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HUBUNGAN DUKUNGAN SOSIAL SUAMI TERHADAP PEMBERIAN ASI EKSKLUSIF DI MASA PANDEMIC COVID-19 DI WILAYAH KERJA PUSKESMAS MUNCAN LOMBOK TENGAH TAHUN 2021

ABSTRAK

Latar Belakang: ASI merupakan makanan alamiah atau susu yang mudah dicerna serta mengandung komposisi nutrisi yang seimbang untuk tumbuh kembang bayi. Suami sebagai orang terdekat harus berperan aktif selama pemberian ASI. Penelitian ini bertujuan untuk mengetahui apakah ada hubungan dukungan sosial suami terhadap pemberian ASI eksklusif di wilayah kerja puskesmas muncan lombok tengah tahun 2021.

Metode: Penelitian ini menggunakan pendekatan deskriptif korelatif. Populasinya sebanyak 51 orang. Sampelnya adalah 36 ibu menyusui. Teknik pengambilan sampelnya menggunakan *probability sampling* dengan pendekatan *simple random sampling*. Instrumen penelitiannya menggunakan kuesioner dengan teknik analisis univariate dan bivariate dengan alat uji *Chi-Square*.

Hasil: Berdasarkan hasil penelitian di wilayah kerja puskesmas muncan Lombok tengah. Dari 36 responden yang memberikan ASI secara eksklusif sebanyak 30 responden dan 6 responden lainnya tidak memberikan ASInya secara eksklusif. Adapun yang mendapat dukungan sosial suami dengan baik berjumlah 33 responden dan 3 responden kurang mendapat dukungan sosial suami. Hasil analisis Chi-Square hubungan dukungan sosial suami terhadap pemberian ASI Eksklusif adalah 0.015 (<0.05) yang artinya terdapat hubungan antara dukungan sosial suami terhadap pemberian ASI Eksklusif.

Kesimpulan: Dapat disimpulkan bahwa responden pada penelitian ini sudah banyak memberikan ASI secara Eksklusif karena ada dukungan social suami yang diberikan kepada istri, yaitu sebanyak 30 responden yang berhasil memberikan ASI Eksklusif dan 6 responden tidak memberikan ASI secara Eksklusif. Diharapkan kepada masyarakat untuk mendukung dan berkomitmen dalam mensukseskan seluruh anjuran kesehatan terutama pelaksanaan pemberian ASI eksklusif kepada bayi sejak lahir sampai dengan berumur 6 bulan karena itu mendukung generasi yang sehat dan unggul.

Kata Kunci: ASI Eksklusif, dukungan sosial suami.

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**THE RELATIONSHIP OF HUSBAND'S SOCIAL SUPPORT TO EXCLUSIVE
BREASTFEEDING DURING THE COVID-19 PANDEMIC AT THE
WORKING AREA OF THE MUNCAN HEALTH CENTER, CENTRAL
LOMBOK, 2021**

ABSTRACT

Background: Breast milk is a natural food or milk that is easily digested and contains a balanced nutritional composition for the baby's growth and development. The husband as the closest person must play an active role during breastfeeding. This study aims to determine whether there is a relationship between husband's social support for exclusive breastfeeding in the working area of the Muncan Central Lombok Health Center in 2022

Method: This study uses a descriptive correlative approach. The population is 51 people. The sample is 36 breastfeeding mothers. The sampling technique used is probability sampling with a simple random sampling approach. The research instrument used a questionnaire with univariate and bivariate analysis techniques with Chi-Square test equipment

Results: Based on the results of research in the working area of the Muncan Health Center, Central Lombok. Of the 36 respondents who exclusively breastfed as many as 30 respondents and 6 other respondents did not exclusively breastfeed. Meanwhile, 33 respondents who received good social support from their husbands and 3 respondents did not receive their husband's social support. The results of the Chi-Square analysis of the relationship between husband's social support for exclusive breastfeeding is 0.015 (<0.05), which means that there is a relationship between husband's social support for exclusive breastfeeding.

Conclusion: It can be concluded that the respondents in this study have given exclusive breastfeeding because there is social support given by their husbands to their wives, as many as 30 respondents who successfully gave exclusive breastfeeding and 6 respondents did not give exclusive breastfeeding. It is hoped that the community will support and be committed to the success of all health recommendations, especially the implementation of exclusive breastfeeding for babies from birth to 6 months of age because it supports a healthy and superior generation.

Keywords: breastfeeding, husband's social support