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## **GAMBARAN PENGETAHUAN DAN DUKUNGAN KELUARGA DALAM PEMBERIAN ASI EKSKLUSIF DI PUSKESMAS BATUTUA KABUPATEN ROTE NDAO-NTT**

### **ABSTRAK**

**Latar Belakang :** ASI Eksklusif didefinisikan sebagai konsumsi susu manusia atau ASI ibu bagi bayi tanpa memberikan makanan lain selain ASI sampai bayi telah berusia 6 bulan. *World Health Organization* (WHO) dan *United Nation Childrens Fund* (UNICEF) merekomendasikan sebaiknya anak hanya diberi air susu ibu (ASI) selama paling sedikit enam bulan pertama dalam kehidupan seorang bayi dan dilanjutkan dengan makanan pendamping yang tepat sampai usia 2 tahun dalam rangka menurunkan angka kesakitan dan kematian anak. Penelitian ini bertujuan untuk Mengetahui Apakah ada hubungan pengetahuan ibu dan dukungan keluarga dengan perilaku pemberian ASI eksklusif di Wilayah Puskesmas Batutua Kabupaten Rote Ndao-NTT.

**Metode :** Penelitian ini merupakan penelitian Deskriptif dengan desain *cross sectional*. Teknik pengambilan sampel menggunakan teknik total populasi yang dijadikan sampel penelitian.

**Hasil :** berdasarkan hasil penelitian menunjukkan bahwa sebagian besar responden tidak memberikan ASI eksklusif 22 orang (78,6%), yang memberikan ASI eksklusif hanya 6 orang (21,4%), Pengetahuan ibu kurang baik tentang ASI eksklusif berjumlah 12 orang (42,9%), pengetahuan ibu Cukup baik tentang ASI eksklusif berjumlah 9 orang (32,1%) sedangkan pengetahuan ibu baik tentang ASI eksklusif berjumlah 7 orang (25,0%) dan ibu yang mendapat dukungan dari keluarga tentang pemberian ASI eksklusif berjumlah 10 orang (35,7%) sedangkan ibu yang kurang mendapat dukungan dari keluarga tentang pemberian ASI eksklusif berjumlah 18 orang (64,3%).

**Simpulan :** Berdasarkan Hasil Penelitian Maka dapat disimpulkan bahwa responden pada penelitian ini masih kurang memberikan ASI eksklusif pada anaknya, hal ini dikarenakan ibu sudah memberikan makanan dan minuman tambahan pada anaknya padahal belum berusia 6 bulan, pengetahuan ibu tentang Pemberian ASI Ekslusif kebanyakan Memiliki Pengetahuan Kurang dan bentuk dukungan dari keluarga tentang Pemberian ASI Ekslusif masih sangat kurang diterapkan dalam keluarga. 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 :** Pemberian ASI Ekslusif Kepada Anak Usia 0-6 Bulan.

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## **DESCRIPTION OF FAMILY KNOWLEDGE AND SUPPORT WITH EXCLUSIVE BREASTFEEDING AT PUSKESMAS BATUUA DISTRICT ROTE NDAO-NTT**

### **ABSTRACT**

**Background :** Exclusive breastfeeding is defined as the consumption of human milk or mother's milk for infants without providing other food other than breast milk until the baby is 6 months old. The World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) recommend that children should only be given breast milk (ASI) for at least the first six months of an infant's life and continue with appropriate complementary foods until the age of 2 years in order to reduce the risk of death, child morbidity and mortality. This study aims to determine whether there is a relationship between maternal knowledge and family support with exclusive breastfeeding behavior in the Batutua Health Center area, Rote Ndao Regency, NTT.

**Methods :** This research is a descriptive study with a cross sectional design. The sampling technique used was the total population technique that was used as the research sample.

**Results :** based on the results of the study showed that most of the respondents did not give exclusive breastfeeding 22 people (78.6%), only 6 people gave exclusive breastfeeding (21.4%), mothers' knowledge was not good about exclusive breastfeeding amounted to 12 people (42, 9%), mother's knowledge is quite good about exclusive breastfeeding is 9 people (32.1%) while good knowledge about exclusive breastfeeding is 7 people (25.0%) and mothers who get support from family about exclusive breastfeeding are 10 people (35.7%) while mothers who lacked support from their families regarding exclusive breastfeeding were 18 people (64.3%).

**Conclusion :** Based on the results of the study, it can be concluded that the respondents in this study were still not giving exclusive breastfeeding to their children, this was because mothers had given additional food and drinks to their children even though they were not yet 6 months old, mothers' knowledge about exclusive breastfeeding mostly had poor knowledge and the form of support from the family regarding exclusive breastfeeding is still very poorly implemented in the family. 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 :** Exclusive Breastfeeding to Children aged 0-6 Months.