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GAMBARAN KESIAPAN IBU DALAM PEMBERIAN ASI EKSKLUSIF DI WILAYAH KERJA PUSKESMAS BERGAS

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ABSTRAK

Latar Belakang: ASI eksklusif merupakan bayi yang hanya mendapat ASI saja selama 6 bulan. Angka pemberian asi eksklusif di Indonesia yaitu 52,5 % atau hanya setengah dari 2,3 juta bayi berusia kurang dari enam bulan yang mendapat ASI eksklusif. Rendahnya angka ASI eksklusif salah satunya disebabkan karena kegagalan ibu dalam memberikan ASI pada bayinya akibat kurangnya kesiapan ibu. Persiapan laktasi harus dilakukan mulai dari masa kehamilan khususnya trimester III. Kesiapan ibu dalam pemberian ASI eksklusif meliputi kesiapan fisik dan kesiapan mental psikologis.

Tujuan: Mengetahui gambaran kesiapan ibu dalam pemberian ASI eksklusif di wilayah kerja Puskesmas Bergas

Metode Penelitian: Penelitian ini menggunakan survey analitik *pendekatan cross sectional*. Instrumen pengumpulan data berupa kuesioner mengenai kesiapan fisik dan mental ibu hamil trimester III dalam pemberian ASI eksklusif berjumlah 21 butir pertanyaan kuesioner. Analisa data menggunakan distribusi frekuensi. Teknik sampling yang digunakan adalah total *sampling* sebanyak 36 responden ibu hamil trimester III

Hasil: Hasil penelitian menunjukkan bahwa jumlah responden yang siap untuk memberikan ASI Eksklusif sebanyak 21 orang (58,3%). Sedangkan responden yang tidak siap memberikan ASI eksklusif sebanyak 15 orang (41,7%).

Simpulan : Mayoritas ibu di Puskesmas Bergas telah memiliki kesiapan memberikan ASI eksklusif. Ibu diharapkan mempersiapkan laktasi sejak kehamilan trimester III.

Kata Kunci: Kesiapan ibu, menyusui, ASI Eksklusif,

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DESCRIPTION OF MOTHER'S READINESS IN PROVIDING EXCLUSIVE ASI IN THE WORKING AREA OF BERGAS HEALTH CENTER

ABSTRACT

Background: Exclusive breastfeeding is a baby who only gets breast milk for 6 months. The rate of exclusive breastfeeding in Indonesia is 52.5% or only half of the 2.3 million babies aged less than six months who receive exclusive breastfeeding. One of the reasons for the low rate of exclusive breastfeeding is the failure of mothers to provide breast milk to their babies due to the mother's lack of readiness. Preparation for lactation must be done starting from the pregnancy period, especially the third trimester. Maternal readiness for exclusive breastfeeding includes physical readiness and psychological mental readiness.

Objective: To understand the description of mothers' readiness for exclusive breastfeeding in the Bergas Community Health Center working area

Research Method: This research uses a cross-sectional analytical survey approach. The data collection instrument was a questionnaire regarding the physical and mental readiness of pregnant women in the third trimester for exclusive breastfeeding, consisting of 21 questions. Data analysis uses frequency distribution. The sampling technique used was a total sampling of 36 respondents from third trimester pregnant women

Results: The results of the study showed that the number of respondents who were ready to provide exclusive breastfeeding was 21 people (58.3%). Meanwhile, 15 respondents (41.7%) were not ready to provide exclusive breastfeeding.

Conclusion: The majority of mothers at the Bergas Community Health Center are ready to provide exclusive breastfeeding. Mothers are expected to prepare for lactation from the third trimester of pregnancy.

Keywords: Maternal readiness, breastfeeding, exclusive breastfeeding,