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GAMBARAN PENGETAHUAN IBU BERSALIN TENTANG INISIASI MENYUSU DINI DI KLINIK IBNU SINA RAPAK BALIKPAPAN

ABSTRAK

Latar Belakang: Inisiasi menyusui dini (IMD) adalah memberikan ASI segera setelah bayi dilahirkan, biasanya dalam waktu 30 menit sampai dengan 1 jam setelah bayi dilahirkan. Berdasarkan hasil studi pendahuluan yang dilakukan di Klinik Ibnu Sina Rapak Balikpapan didapatkan kunjungan ibu bersalin pada tahun 2023 sebanyak 175 orang dan periode Januari-Maret 2024 sebanyak 48 orang. Hasil wawancara terhadap 10 ibu menyusui didapatkan 3 orang memahami inisiasi menyusui dini, sedangkan 7 orang lainnya kurang memahami inisiasi menyusui dini dimana ibu menyusui tidak bisa menyebutkan pengertian, manfaat dan tata cara inisiasi menyusui dini. Penelitian ini bertujuan untuk mengetahui gambaran pengetahuan ibu bersalin tentang inisiasi menyusui dini di Klinik Ibnu Sina Rapak Balikpapan.

Metode: Jenis penelitian yang digunakan adalah penelitian kuantitatif dengan desain penelitian deskriptif. Populasi penelitian adalah seluruh ibu bersalin di Klinik Ibnu Sina Rapak Balikpapan dan teknik pengambilan sampel menggunakan *total sampling* sebanyak 32 orang. Pengumpulan data menggunakan lembar kuesioner. Analisis data adalah analisis univariat menggunakan distribusi frekuensi persentase.

Hasil: Analisis univariat menunjukkan bahwa gambaran tingkat pengetahuan ibu bersalin tentang inisiasi menyusui dini di Klinik Ibnu Sina Rapak Balikpapan dengan kategori baik yaitu 16 orang (50,0%), kategori cukup yaitu 13 orang (40,6%) dan kategori kurang yaitu 3 orang (9,4%).

Simpulan: Dari penelitian ini dapat ditarik kesimpulan bahwa mayoritas responden memiliki pengetahuan yang baik tentang inisiasi menyusui dini.

Kata Kunci: Pengetahuan, Inisiasi Menyusui Dini.

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**THE DESCRIPTION OF MATERNAL KNOWLEDGE ABOUT EARLY
INITIATION OF BREASTFEEDING AT THE IBNU SINA RAPAK CLINIC
BALIKPAPAN**

ABSTRACT

Background: Early initiation of breastfeeding (IMD) is providing breast milk immediately after the baby is born, usually within 30 minutes to 1 hour after the baby is born. Based on the results of a preliminary study conducted at the Ibnu Sina Rapak Clinic in Balikpapan, it was found that there were 175 visits from mothers giving birth in 2023, and in the January-March 2024 period there were 48 people. The results of interviews with 10 breastfeeding mothers showed that 3 people understood early breastfeeding initiation, while 7 other people did not understand early breastfeeding initiation, where breastfeeding mothers could not state the meaning, benefits, and procedures for early breastfeeding initiation. This study aims to determine the description of maternal knowledge about early initiation of breastfeeding at the Ibnu Sina Rapak Clinic, Balikpapan.

Method: The type of research used is quantitative research with a descriptive research design. The research population was all mothers giving birth at the Ibnu Sina Rapak Clinic in Balikpapan, and the sampling technique used a total sampling of 32 people. Data collection uses a questionnaire sheet. Data analysis is univariate analysis using percentage frequency distribution.

Results: Univariate analysis shows that the description of the level of knowledge of mothers regarding early initiation of breastfeeding at the Ibnu Sina Rapak Clinic in Balikpapan is in the good category, namely 16 people (50.0%), in the sufficient category, namely 13 people (40.6%), and in the poor category, namely 3 people (9.4%).

Conclusion: From this research, it can be concluded that the majority of respondents have good knowledge about the early initiation of breastfeeding.

Keywords: Knowledge, Early Breastfeeding Initiation.