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HUBUNGAN DUKUNGAN KELUARGA TERHADAP KEBERHASILAN ASI EKSKLUSIF DI DESA WONOYOSO DAN DESA JATIRUNGGO

ABSTRAK

Latar Belakang: Menyusui berarti memberikan nutrisi terbaik bagi bayi. Salah satu penyebab kegagalan menyusui adalah kurangnya dukungan keluarga. Cakupan ASI Eksklusif di Kabupaten Semarang tahun 2022 sebesar 57,5%. Jika dibandingkan tahun 2021 sebesar 57,6% yang berarti mengalami penurunan hanya 1%. Sedangkan Cakupan Bayi usia kurang dari 6 bulan yang diberikan ASI Eksklusif di Kecamatan Pringapus tahun 2022 sebanyak 40% jika dibandingkan tahun 2021 sebanyak 44,8%.

Tujuan: Penelitian ini bertujuan untuk mengetahui hubungan dukungan keluarga terhadap keberhasilan ASI Eksklusif di Desa Wonoyoso dan Desa Jatirunggo.

Metode: Jenis penelitian ini adalah penelitian korelasional dengan pendekatan *cross sectional*. Sampel dalam penelitian ini yaitu seluruh ibu yang mempunyai bayi usia 6-11 bulan di Desa Wonoyoso dan Desa Jatirunggo pada bulan Juli 2024 sebanyak 80 ibu yang memenuhi kriteria inklusi dan eksklusi. Teknik sampling dalam penelitian ini adalah *Accidental Sampling*. Analisis data menggunakan uji *chi square*.

Hasil: Hasil uji statistik didapatkan *p-value* 0,000 berarti lebih kecil dari α (0,05) dapat disimpulkan bahwa ada hubungan antara dukungan keluarga dengan pemberian ASI eksklusif. Ibu yang memberikan ASI eksklusif dengan mendapat dukungan keluarga baik berpeluang 40,385 kali (95% CI 8,431-193,443) dibanding ibu yang mendapat dukungan keluarga kurang.

Simpulan: Terdapat hubungan antara dukungan keluarga dengan pemberian ASI eksklusif, uji statistik didapatkan *p-value* 0,000 berarti lebih kecil dari α (0,05). Ibu yang memberikan ASI eksklusif dengan mendapat dukungan keluarga baik berpeluang 40,385 kali (95% CI 8,431-193,443) dibanding ibu yang mendapat dukungan keluarga kurang.

Kata Kunci : Dukungan Keluarga, ASI Eksklusif

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The Relationship of Family Support to The Success of Exclusive Breastfeeding in Wonoyoso Village and Jatirunggo Village

ABSTRACT

Background: Breastfeeding means providing the best nutrition for your baby. One of the causes of breastfeeding failure is lack of family support. Exclusive breastfeeding coverage in Semarang Regency in 2022 was 57.5%. Compared to 57.6% in 2021, this means a decrease of only 1%. Coverage of infants less than 6 months of age who are exclusively breastfed in Pringapus Subdistrict in 2022 was 40% compared to 44.8% in 2021.

Objective: This research aims to determine the relationship between family support and the success of exclusive breastfeeding in Wonoyoso Village and Jatirunggo Village.

Method: This type of research is correlational research with a cross sectional approach. The sample in this study was all mothers who had babies aged 6-11 months in Wonoyoso Village and Jatirunggo Village in July 2024, totaling 80 mothers who meet the inclusion and exclusion criteria. The sampling technique in this research is Accidental Sampling. Data analysis used the chi square test.

Results: The statistical test results showed that the p-value was 0.000, meaning it was smaller than α (0.05), it could be concluded that there was a relationship between family support and exclusive breastfeeding. Mothers who provide exclusive breastfeeding and receive good family support are 40.385 times more likely (95% CI 8.431-193.443) than mothers who receive less family support.

Conclusion: There is a relationship between family support and exclusive breastfeeding, statistical tests show a p-value of 0.000, which means it is smaller than α (0.05). Mothers who provide exclusive breastfeeding and receive good family support are 40.385 times more likely (95% CI 8.431-193.443) than mothers who receive less family support.

Keywords: Family Support, Exclusive Breastfeeding