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## **KORELASI KELAS EDUKASI DENGAN KEBERHASILAN ASI EKSKLUSIF DI KLINIK FAJAR FARMA**

### **ABSTRAK**

**Latar Belakang:** Cakupan bayi mendapat ASI eksklusif di Indonesia tahun 2021 yaitu sebesar 56,9%, angka tersebut sudah melampaui target program tahun 2021 yaitu 40%. Persentase tertinggi cakupan pemberian ASI eksklusif terdapat pada Provinsi Nusa Tenggara Barat sebesar 82,4% dan persentase terendah terdapat di Provinsi Maluku sebesar 13,0%, sedangkan persentase di Provinsi Kalimantan Timur sebesar 53,6%. Cakupan pemberian ASI eksklusif pada bayi pada tahun 2020 di Kota Balikpapan sebesar 78%. Kelas edukasi diharapkan mampu menjadi sarana memperoleh informasi, pengetahuan dan menjadi sarana diskusi tentang masalah yang dihadapi ibu menyusui dan lebih jauh akan membantu meningkatkan pemberian ASI eksklusif pada bayi. Penelitian ini bertujuan untuk mengetahui korelasi kelas edukasi dengan keberhasilan ASI eksklusif di Klinik Fajar Farma.

**Metode:** Jenis penelitian menggunakan penelitian kuantitatif dengan desain penelitian deskriptif korelasional dengan pendekatan *cross sectional*. Populasi penelitian adalah seluruh ibu menyusui di Klinik Fajar Farma dan teknik pengambilan sampel menggunakan *total sampling* sebanyak 57 orang. Pengumpulan data menggunakan lembar format pengumpulan data. Analisis data adalah analisis univariat dan analisis bivariat menggunakan uji *chi square* ( $\chi^2$ ).

**Hasil:** Gambaran kelas edukasi di Klinik Fajar Farma dengan kategori baik yaitu 53 orang (93%) dan kategori kurang yaitu 4 orang (7%). Gambaran keberhasilan ASI eksklusif di Klinik Fajar Farma dengan kategori berhasil yaitu 18 orang (31,6%) dan kategori tidak berhasil yaitu 39 orang (68,4%). Hasil uji statistik *chi square* ( $\chi^2$ ) diperoleh  $\rho$  value (0,411) >  $\alpha$  (0,05) menunjukkan bahwa  $H_a$  ditolak.

**Simpulan:** Tidak terdapat hubungan antara kelas edukasi dengan keberhasilan ASI eksklusif di Klinik Fajar Farma.

**Kata Kunci:** Kelas Edukasi, ASI Eksklusif.

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## **THE CORRELATION BETWEEN EDUCATIONAL CLASSES AND THE SUCCESS OF EXCLUSIVE BREASTFEEDING AT THE FAJAR FARMA CLINIC**

### **ABSTRACT**

**Background:** The coverage of babies receiving exclusive breastfeeding in Indonesia in 2021 is 56.9%; this figure exceeds the 2021 programme target of 40%. The highest percentage of exclusive breastfeeding coverage is in West Nusa Tenggara Province at 82.4%, and the lowest percentage is in Maluku Province at 13.0%, while the percentage in East Kalimantan Province is 53.6%. Coverage of exclusive breastfeeding for babies in 2020 in Balikpapan City is 78%. It is hoped that educational classes will be able to become a means of obtaining information and knowledge and a means of discussion about the problems faced by breastfeeding mothers, which will further help increase exclusive breastfeeding for babies. This research aims to find out the correlation between educational classes and the success of exclusive breastfeeding at the Fajar Farma Clinic.

**Method:** This type of research uses quantitative research with a descriptive correlational research design with a cross-sectional approach. The research population was all breastfeeding mothers at the Fajar Farma Clinic and the sampling technique used a total sampling of 57 people. Data collection uses a data collection format sheet. Data analysis includes univariate analysis and bivariate analysis using the chi square test ( $\chi^2$ ).

**Results:** An overview of the education class at the Fajar Farma Clinic with the good category, namely 53 people (93%) and the poor category, namely 4 people (7%). Description of the success of exclusive breastfeeding at the Fajar Farma Clinic, with the successful category being 18 people (31.6%) and the unsuccessful category being 39 people (68.4%). The results of the chi square statistical test ( $\chi^2$ ) obtained a  $p$  value ( $0.411 < \alpha (0.05)$ ), indicating that  $H_a$  was accepted.

**Conclusion:** There is no relationship between educational classes and the success of exclusive breastfeeding at the Fajar Farma Clinic.

**Keywords:** Educational Classes, Exclusive Breastfeeding.