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## **HUBUNGAN *SELF-EFICACY* DENGAN KEBERHASILAN PEMBERIAN ASI EKSKLUSIF PADA IBU MENYUSUI**

### **ABSTRAK**

**Latar Belakang :** ASI merupakan nutrisi ideal untuk bayi yang mengandung zat gizi paling sesuai dengan kebutuhan bayi. Salah satu aspek yang mempengaruhi keberhasilan pemberian ASI eksklusif adalah keyakinan ibu (*Self Efficacy*) menunjukkan bahwa ketenangan, percaya diri dan yakin bahwa ASI mampu tercukupi sehingga semakin kecil keinginan ibu untuk memberikan susu formula. Tujuan penelitian untuk mengetahui hubungan *self-efficacy* dengan keberhasilan pemberian ASI Eksklusif pada ibu menyusui di wilayah kerja puskesmas gunung sari ilir.

**Metode :** Jenis penelitian ini *analitik observasional* dengan menggunakan pendekatan *cross sectional*. Populasi adalah seluruh ibu yang memiliki bayi berusia 7-9 bulan di wilayah kerja Puskesmas Gunung Sari Ilir Sebanyak 88 dengan teknik *total sampling* sehingga sampel sebanyak 88 ibu menyusui. Instrumen penelitian menggunakan *Breastfeeding Self Efficacy Scale-Short Form (BSES-SF)*. Selanjutnya dianalisa menggunakan analisis univariat dan bivariat dengan uji *chi square*.

**Hasil :** Sebagian besar dari responden memiliki efikasi diri menyusui tinggi sebesar 54,5% dan memberikan ASI Eksklusif sebesar 61,4%. Terdapat hubungan signifikan antara *self-efficacy* dengan keberhasilan pemberian ASI Eksklusif ibu menyusui dengan nilai  $p\text{-value } 0,000 < \alpha (0,05)$ . Nakes sebaiknya melakukan pengecekan *self-efficacy* pada ibu hamil TM 3 dan konseling pemahaman proses menyusui.

**Kata Kunci :** *Self-Efficacy, ASI Eksklusif, Ibu menyusui*

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**RELATIONSHIP OF BETWEEN SELF-EFFICACY AND THE SUCCESS OF EXCLUSIVE BREASTFEEDING TO BREASTFEEDING MOTHERS**

**ABSTRACT**

**Background:** Breast milk is the ideal nutrition for babies which contains nutrients that best suit the baby's needs. One aspect that influences the success of providing exclusive breastfeeding is the mother's self-confidence (Self Efficacy), which shows that she is calm, self-confident and confident that breast milk can be sufficient so that the mother has less desire to give formula milk. The aim of the research was to determine the relationship between self-efficacy and the success of providing exclusive breastfeeding to breastfeeding mothers in the Gunung Sari Ilir Health Center working area.

**Method :** This type of research is observational analytic using a cross sectional approach. The population is all 88 who have babies aged 7-9 months in the working area of the Gunung Sari Ilir Community Health Center using a total sampling technique so that the sample is 88 breastfeeding mothers. The research instrument used the Breastfeeding Self Efficacy Scale-Short Form (BSES-SF). Next, it was analyzed using univariate and bivariate analysis with the chi square test.

**Results:** The majority of respondents had high breastfeeding self-efficacy of 54.5% and gave exclusive breastfeeding of 61.4%. There is a significant relationship between self-efficacy and the success of exclusive breastfeeding for breastfeeding mothers with a p-value of  $0.000 < \alpha (0.05)$ . Health workers should carry out self-efficacy checks on TM 3 pregnant women and provide counseling on understanding the breastfeeding process.

**Keywords:** Self-Efficacy, Exclusive Breastfeeding, Breastfeeding Mothers