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**HUBUNGAN DUKUNGAN KELUARGA DENGAN KEBERHASILAN
PEMBERIAN ASI EKSKLUSIF PADA IBU NIFAS DI PUSKESMAS KAJEN I
KABUPATEN PEKALONGAN TAHUN 2025**

ABSTRAK

Latar Belakang: ASI eksklusif selama enam bulan pertama penting untuk pertumbuhan, perkembangan, dan perlindungan imunologis bayi. WHO menargetkan cakupan minimal 50% pada tahun 2025, namun cakupan di Puskesmas Kajen I masih rendah, berisiko meningkatkan stunting, gizi kurang, dan morbiditas bayi. Dukungan keluarga, khususnya dari suami dan anggota keluarga terdekat, berperan penting dalam keberhasilan pemberian ASI eksklusif. Rendahnya dukungan ini menjadi hambatan signifikan, sehingga penelitian hubungan dukungan keluarga dengan keberhasilan ASI eksklusif di wilayah ini sangat diperlukan. Tujuan: Mengetahui hubungan dukungan keluarga dengan keberhasilan pemberian ASI eksklusif pada ibu nifas di Puskesmas Kajen I Kabupaten Pekalongan.

Metode: Penelitian ini menggunakan desain analitik korelasi dengan pendekatan cross-sectional. Sampel terdiri dari 35 ibu nifas yang telah melewati masa ASI eksklusif, diambil secara purposive sampling. Instrumen penelitian berupa kuesioner dukungan keluarga dan lembar observasi keberhasilan ASI eksklusif. Analisis data dilakukan menggunakan uji Spearman Rank.

Hasil: Sebagian besar responden (54,3%) mendapatkan dukungan keluarga yang baik, dan mayoritas berhasil memberikan ASI eksklusif (74,3%). Hasil uji Spearman Rank menunjukkan adanya hubungan signifikan antara dukungan keluarga dan keberhasilan pemberian ASI eksklusif ($p = 0,000$).

Simpulan: Terdapat hubungan yang signifikan antara dukungan keluarga dengan keberhasilan pemberian ASI eksklusif. Puskesmas diharapkan dapat meningkatkan promosi ASI eksklusif berbasis keluarga dan edukasi lintas anggota keluarga.

Kata Kunci: Dukungan Keluarga, ASI Eksklusif, Ibu Nifas

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**THE RELATIONSHIP BETWEEN FAMILY SUPPORT AND THE SUCCESS
OF EXCLUSIVE BREASTFEEDING AMONG POSTPARTUM MOTHERS AT
KAJEN I PUBLIC HEALTH CENTER, PEKALONGAN REGENCY, 2025**

ABSTRACT

Background: Exclusive breastfeeding for the first six months is essential for infant growth, development, and immunological protection. The WHO targets a minimum coverage of 50% by 2025, but coverage at the Kajen I Community Health Center remains low, risking increased stunting, malnutrition, and infant morbidity. Family support, particularly from husbands and close family members, plays a crucial role in the success of exclusive breastfeeding. This low level of support is a significant barrier, so research into the relationship between family support and the success of exclusive breastfeeding in this region is urgently needed. **Objective:** To determine the relationship between family support and the success of exclusive breastfeeding among postpartum mothers at Kajen I Public Health Center, Pekalongan Regency.

Methods: This study used a correlational analytic design with a cross-sectional approach. The sample consisted of 35 postpartum mothers who had passed the exclusive breastfeeding period, selected through purposive sampling. Data were collected using a family support questionnaire and an observation sheet for exclusive breastfeeding status. Data were analyzed using the Spearman Rank test.

Results: Most respondents (54.3%) received good family support, and 74.3% successfully practiced exclusive breastfeeding. The Spearman Rank test showed a significant relationship between family support and exclusive breastfeeding success ($p = 0.000$).

Conclusion: There is a significant relationship between family support and exclusive breastfeeding success. The health center is expected to enhance family-based promotion and involve all family members in breastfeeding education.

Keywords: Family Support, Exclusive Breastfeeding, Postpartum Mothers.