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HUBUNGAN TINGKAT STRESS IBU MENYUSUI TERHADAP KEBERHASILAN PEMBERIAN ASI EKSKLUSIF DI DESA LEYANGAN KABUPATEN SEMARANG

ABSTRAK

Latar belakang : Pemberian Air Susu Ibu (ASI) eksklusif selama enam bulan pertama sangat penting untuk menunjang pertumbuhan, perkembangan, dan perlindungan imunologis bayi. Namun, cakupan ASI eksklusif di Desa Leyangan pada tahun 2024 hanya sebesar 33,3%, jauh di bawah target WHO sebesar 70%. Wawancara awal menunjukkan bahwa baik ibu bekerja maupun ibu rumah tangga mengalami stres dengan pemicu yang berbeda, mulai dari tuntutan pekerjaan, tekanan ekonomi, hingga kekhawatiran terhadap kecukupan ASI. Tingkat stres ibu merupakan salah satu faktor internal yang dapat memengaruhi keberhasilan menyusui, karena stres dapat mengganggu refleks let-down dan menurunkan produksi ASI. Oleh karena itu, penting untuk meneliti hubungan antara tingkat stres ibu menyusui dengan keberhasilan pemberian ASI eksklusif.

Metode : Penelitian ini merupakan penelitian kuantitatif dengan pendekatan *cross sectional*. Sampel diambil secara *purposive sampling* dari 40 ibu yang memiliki bayi usia 6–12 bulan di Desa Leyangan, Kabupaten Semarang. Pengumpulan data dilakukan melalui kuesioner Perceived Stress Scale (PSS) dan lembar observasi keberhasilan pemberian ASI eksklusif. Analisis data menggunakan uji *Fisher Exact Test* dengan tingkat signifikansi $p\text{-value} < 0,006$.

Hasil : Mayoritas responden berada pada kategori stres sedang (57,5%), diikuti stres rendah (25%) dan stres tinggi (17,5%), dengan keberhasilan ASI eksklusif 65% dan kegagalan 35%. Uji Fisher Exact Test ($p = 0,006$) menunjukkan hubungan signifikan, di mana stres rendah memiliki keberhasilan tertinggi (100%) dan stres tinggi terendah (14,3%). Tingkat stres dipengaruhi karakteristik responden: usia produktif 20–35 tahun cenderung stres lebih tinggi akibat tuntutan peran ganda, ibu primipara karena kurang pengalaman mengasuh bayi, ibu bekerja karena tekanan pekerjaan dan keterbatasan waktu menyusui, serta ibu tidak bekerja karena kelelahan fisik, tekanan ekonomi, dan kekhawatiran kecukupan ASI.

Simpulan : Berdasarkan penelitian terhadap 40 ibu menyusui di Desa Leyangan, diketahui bahwa terdapat hubungan signifikan antara tingkat stres dan keberhasilan pemberian ASI eksklusif (uji Fisher, $p = 0,006$). Keberhasilan menyusui tertinggi terdapat pada ibu dengan stres rendah (100%) dan menurun drastis pada stres tinggi (14,3%). Penelitian ini menunjukkan bahwa semakin tinggi tingkat stres, semakin rendah keberhasilan ASI eksklusif yang menandakan pentingnya deteksi dini stres serta dukungan emosional dan lingkungan untuk meningkatkan keberhasilan menyusui.

Kata Kunci : Stres, Ibu Menyusui, ASI Eksklusif, Keberhasilan Menyusui

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THE RELATIONSHIP BETWEEN MATERNAL STRESS LEVELS AND THE SUCCESS OF EXCLUSIVE BREASTFEEDING IN LEYANGAN VILLAGE, SEMARANG REGENCY

ABSTRACT

Background: Exclusive breastfeeding for the first six months is very important to support the growth, development, and immunological protection of infants. However, the exclusive breastfeeding coverage in Leyangan Village in 2024 was only 33.3%, which is far below the WHO target of 70%. Preliminary interviews revealed that both working mothers and housewives experience stress triggered by different factors, ranging from work demands and economic pressure to concerns about the adequacy of breast milk. Maternal stress levels are one of the internal factors that can affect breastfeeding success, as stress can disrupt the let-down reflex and reduce milk production. Therefore, it is important to study the relationship between maternal stress levels and the success of exclusive breastfeeding.

Methods: This study is a quantitative research with a cross-sectional approach. The sample was purposively selected from 40 mothers who have infants aged 6–12 months in Leyangan Village, Semarang Regency. Data were collected using the Perceived Stress Scale (PSS) questionnaire and an observation sheet to assess the success of exclusive breastfeeding. Data analysis was performed using the Fisher Exact Test with a significance level of $p\text{-value} < 0.006$.

Results: The majority of respondents were in the moderate stress category (57.5%), followed by low stress (25%) and high stress (17.5%), with an exclusive breastfeeding success rate of 65% and failure rate of 35%. The Fisher Exact Test ($p = 0.006$) showed a significant relationship, where low stress had the highest success rate (100%) and high stress the lowest (14.3%). Stress levels were influenced by respondent characteristics: mothers of productive age (20–35 years) tended to experience higher stress due to multiple role demands; primiparous mothers due to lack of experience in caring for infants; working mothers due to work pressure and limited breastfeeding time; and non-working mothers due to physical fatigue, economic pressure, and concerns about breast milk adequacy.

Conclusion: Based on a study of 40 breastfeeding mothers in Leyangan Village, a significant relationship was found between stress levels and the success of exclusive breastfeeding (Fisher's test, $p = 0.006$). The highest breastfeeding success was observed in mothers with low stress (100%), which drastically decreased in those with high stress (14.3%). This study indicates that the higher the stress level, the lower the success of exclusive breastfeeding, highlighting the importance of early stress detection as well as emotional and environmental support to improve breastfeeding success.

Keywords: Stress, Breastfeeding Mothers, Exclusive Breastfeeding, Breastfeeding Success