

INTI SARI

ASI merupakan makanan yang mengandung zat gizi paling baik bagi bayi, dan memegang peran penting dalam menjaga kesehatan serta mempertahankan kekebalan bayi. Oleh karena itu umur 0 sampai 4 bulan dianjurkan hanya diberi ASI tanpa tambahan lain. Tinggi rendahnya pemberian ASI eksklusif sangat berkaitan dengan pengetahuan, sikap dan perilaku ibu. Berdasarkan data di WHO dan SDKI terlihat masih banyak kesenjangan antara harapan dan kenyataan mengenai pemberian ASI eksklusif.

Tujuan penelitian ini dimaksudkan untuk mengetahui hubungan antara pengetahuan, sikap dan perilaku ibu dengan pemberian ASI eksklusif di Rumah Bersalin Sakina Idaman, Sleman, Yogyakarta.

Berdasarkan penelitian di Rumah Bersalin Sakina Idaman Sleman Yogyakarta diperoleh hasil 26 (86,7%) ibu yang berpengetahuan tinggi terdiri dari 20 (66,7%) memberikan ASI eksklusif dan 6 (20%) tidak memberikan ASI eksklusif, 4 (13,3%) ibu yang berpengetahuan rendah terdiri 4 responden (13,3%) memberikan ASI eksklusif dan 0% tidak memberikan ASI eksklusif. Hubungan sikap mendukung diperoleh hasil 8 responden (26,7%) yang mendukung 8 (26,7%) memberikan ASI eksklusif dan 0% tidak memberikan ASI eksklusif, 24 (80%) ibu yang tidak mendukung terdiri dari 16 (53,3%) memberikan ASI eksklusif dan 6 (20%) tidak memberikan ASI eksklusif. Hubungan perilaku yang baik diperoleh hasil 17 (56,7%) yang berperilaku baik 17 (56,7) memberikan ASI eksklusif dan 0% tidak memberikan ASI eksklusif, 13 (43,34%) ibu yang berperilaku kurang 7 (23,3%) memberikan ASI eksklusif dan 6 (20%) tidak memberikan ASI eksklusif.

Kata-kata Kunci : Pengetahuan – Sikap – Perilaku – ASI Eksklusif

ABSTRACT

Breast milk is the most nutritious food for the baby and it take an important role in mantaining and keeping the baby's health. That's why at the age of 0 – 4 month, the baby is suggested to take only breast milk without any complementary food. The giving rate of exclusive breast milk is closely related to the mother's knowledge, attitude and behaviour. Based on datas and also SDKI datas, there still a huqe gaps beetwen hope and reality of giving exclusive breast milk.

The aim of this research is to know the relation of mother's knowledge, attitude and behaviour related to the giving the exclusive breast milk in Sakina Idaman Hospital, Sleman, Yogyakarta.

Based on the research in Sakina Idaman Hospital, Sleman, Yogyakarta, the result showed that 26 (86,7%) mothers with high state of knowledge which is consists of 20 (66,7%) give exclusive breast milk to their babies and 6 (20%) do not give their babies exclusive breast milk, 4 (13,3%) mothers with low status of knowledge which consist of 4 respondens (13,3%) who give exclusive breast milk and 0% do not give exclusive breast milk. The relation of supporting attitude are 8 respondens (33,34%), from those respondens there are 8 responden give exclusive breast milk and 0% do not give exclusive breast milk. 24 (80%) mothers who do not have supporting behaviaour consist of 16 (53,3%) who give exclusive breast milk and 6 (20%) do not give exclusive breast milk. The result of the relation of good behaviour are 17 (70,84%). From those respondens 17 (70,84%) give exclusive breast milk and 0% do not give exclusive breast milk. Mothers who have low state of behaviouare 13 (43,34%) respondens, from those 7 (29,16%) respondens give exclusive breast milk and 6 (100%) respondens do not give exclusive breast milk and 6 (100%) respondens do not give exclusive breast milk.

Key words: *Knowledge Attitude Behaviour Exclusive Breast Milk*