

ABSTRAK

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HUBUNGAN ANTARA INISIASI MENYUSU DINI (IMD) DAN BONDING ATTACHMENT DENGAN ASI EKSKLUSIF

xv + 67 Halaman + 9 Tabel + 3 Gambar + 13 Lampiran

Menurut WHO, standar emas nutrisi anak adalah ASI eksklusif. Target ASI eksklusif menurut RPJMN tahun 2020-2024 sebesar 80%. Cakupan ASI eksklusif di Indonesia tahun 2023 berada di bawah sasaran, yakni 63,9%, begitu pula di Provinsi Jawa Timur sebesar 74,8%, Kabupaten Bangkalan sebesar 49,4%, dan Puskesmas Blega sebesar 48,14%. ASI eksklusif berkaitan dengan beberapa faktor, dua di antaranya yakni Inisiasi Menyusu Dini (IMD) dan *bonding attachment*. Peneliti bermaksud untuk mempelajari keterkaitan IMD dan *bonding attachment* dengan ASI eksklusif.

Studi ini menggunakan penelitian kuantitatif dan rancangan retrospektif dengan metode survei yang melibatkan 53 ibu yang memiliki anak usia 7-12 bulan di wilayah Kerja Puskesmas Blega. Data dikumpulkan melalui wawancara untuk mengukur IMD dan ASI eksklusif, serta instrumen PBQ untuk mengukur *bonding attachment*. Uji *chi-square* dan uji koefisien kontingensi diterapkan untuk menentukan hubungan IMD dan *bonding attachment* dengan ASI eksklusif.

Hasil penelitian menyatakan ada hubungan IMD dengan ASI eksklusif dalam kategori lemah dengan nilai *p-value* 0,019 dan nilai koefisien kontingensi 0,342, serta ada hubungan *bonding attachment* dengan ASI eksklusif dalam kategori sedang dengan nilai *p-value* 0,001 dan nilai koefisien kontingensi 0,446. Hal ini menunjukkan meskipun IMD merupakan langkah penting bagi ASI eksklusif, ternyata *bonding attachment* memiliki hubungan lebih kuat dengan ASI eksklusif pada ibu yang memiliki anak usia 7-12 bulan di wilayah kerja Puskesmas Blega.

Kesimpulan yang dapat diambil yaitu IMD dan *bonding attachment* berhubungan dengan ASI eksklusif. Kombinasi IMD dan *bonding attachment* memiliki peluang lebih besar terhadap keberhasilan ASI eksklusif.

Kata kunci : Inisiasi Menyusu Dini (IMD), *bonding attachment*, ASI eksklusif

Daftar Bacaan : 17 buku (2018-2024)

ABSTRACT

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THE RELATIONSHIP BETWEEN EARLY BREASTFEEDING INITIATION AND BONDING ATTACHMENT WITH EXCLUSIVE BREASTFEEDING

xv + 67 Pages + 9 Tables + 3 Pictures + 13 Appendices

According to WHO, the gold standard for child nutrition is exclusive breastfeeding. The target for exclusive breastfeeding according to the National Medium-Term Development Plan (RPJMN) for 2020-2024 is 80%. The coverage of exclusive breastfeeding in Indonesia in 2023 has not yet reached the target, which is 63.9%, as well as in East Java province at 74.8%, Bangkalan district at 49.4%, and Blega Community Health Center at 48,14%. Exclusive breastfeeding is influenced by several factors, two of which are Early Initiation of Breastfeeding (EIBF) and bonding attachment.

This study aims to examine the relationship between EIBF and bonding attachment with exclusive breastfeeding. This study uses quantitative research and a retrospective design with a survey method involving 53 mothers who have children aged 7-12 months in the working area of Blega Community Health Center. Data was collected through interviews to measure EIBF and exclusive breastfeeding, as well as using the PBQ instrument to measure bonding attachment. Data analysis using chi-square test and contingency coefficient test to determine the relationship between EIBF and bonding attachment with exclusive breastfeeding.

The research results indicate a weak relationship between EIBF and exclusive breastfeeding with a p-value of 0.019 and a contingency coefficient of 0.342, as well as a moderate relationship between bonding attachment and exclusive breastfeeding with a p-value of 0.001 and a contingency coefficient of 0.446. This shows that although EIBF is an important step for exclusive breastfeeding, bonding attachment has a stronger relationship with exclusive breastfeeding in mothers with children aged 7-12 months in the working area of the Blega Health Center.

The conclusion of this study is that EIBF and bonding attachment are related to exclusive breastfeeding. The combination of EIBF and bonding attachment has a greater opportunity for the success of exclusive breastfeeding.

Keywords: Early Initiation of Breastfeeding (EIBF), bonding attachment, exclusive breastfeeding.

References : 17 books (2018-2024)