

ABSTRAK

Lintang Anindia Anissa Pratoyo

Hubungan Pengetahuan Ibu dengan Pemberian Asi Eksklusif di Kelurahan

Genting Kalianak Kota Surabaya

Vi + 67 Halaman + 8 Tabel + 12 Lampiran

Pemberian Air Susu Ibu (ASI) eksklusif adalah intervensi penting untuk peningkatan kesehatan bayi serta ibu. Tetapi, masih banyak ibu yang tidak penerapan pemberian ASI eksklusif secara optimal. Penelitian berikut memiliki tujuan dalam mengetahui hubungan antara tingkat pengetahuan ibu dengan praktik pemberian ASI eksklusif di Kelurahan Genting Kalianak, Surabaya.

Penelitian berikut merupakan penelitian kuantitatif dengan desain deskriptif analitik menggunakan pendekatan cross sectional. Sampel dalam penelitian ini berjumlah 21 orang ibu menyusui dengan bayi usia 6–12 bulan, yang dipilih menggunakan metode total sampling. Pengumpulan data dilaksanakan melalui kuesioner, serta analisis data menggunakan distribusi frekuensi serta tabulasi silang (crosstabs) tanpa uji statistik inferensial.

Temuan penelitian menyatakan jika mayoritas responden mempunyai pengetahuan yang kurang (42,9%) dan cukup (33,3%) mengenai ASI eksklusif, dan mayoritas (81,0%) tidak memberikan ASI eksklusif. Tabulasi silang menunjukkan kecenderungan jika ibu dengan pengetahuan baik cenderung memberikan ASI eksklusif (80%), sedangkan ibu dengan pengetahuan cukup atau kurang tidak memberikan ASI eksklusif sama sekali. Hasil ini menunjukkan jika tingkat pengetahuan berkontribusi terhadap pengambilan keputusan ibu dalam praktik menyusui secara eksklusif. Diperlukan upaya edukasi dan promosi kesehatan secara berkelanjutan melalui posyandu dan kader kesehatan dalam peningkatan pemahaman ibu terkait pentingnya ASI eksklusif, khususnya di wilayah Kelurahan Genting Kalianak, Surabaya.

Kata Kunci: Pengetahuan Ibu, Pemberian air susu ibu eksklusif, ASI eksklusif

Daftar Bacaan : 9 buku (2019-2023)

ABSTRACT

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The Relationship Between Maternal Knowledge and Exclusive Breastfeeding

In Genting Kalianak Subdistrict, Surabaya

Vii + 67 Pages + 8 Tabels + 12 Appendices

Exclusive breastfeeding is a crucial intervention for improving both infant and maternal health. However, many mothers still fail to implement exclusive breastfeeding optimally. This study aims to describe the relationship between maternal knowledge and exclusive breastfeeding practices among mothers in Genting Kalianak Subdistrict, Surabaya.

This research is a quantitative study with a descriptive analytic design using a cross-sectional approach. The sample consisted of 21 breastfeeding mothers with infants aged 6–12 months, selected through total sampling due to the small population size. Data were collected through questionnaires and analyzed using frequency distribution and cross-tabulation (crosstabs) without applying inferential statistical tests.

The results showed that most respondents had poor (42.9%) or moderate (33.3%) knowledge of exclusive breastfeeding, and the majority (81.0%) did not practice exclusive breastfeeding. Crosstab analysis indicated a tendency that mothers with good knowledge were more likely to practice exclusive breastfeeding (80%), whereas those with moderate or poor knowledge did not practice it at all. These findings suggest that maternal knowledge plays a significant role in the decision to provide exclusive breastfeeding. Continuous education and health promotion through local health posts (posyandu) and community health workers are needed to enhance maternal awareness of the importance of exclusive breastfeeding, particularly in Genting Kalianak Subdistrict, Surabaya.

Keywords: Maternal knowledge, Exclusive breastfeeding, Breast milk

References : 9 books (2019-2023)