

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN KEMENKES RIAU
PROGRAM STUDI D-IV KEBIDANAN**

SKRIPSI, MEI 2021

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**HUBUNGAN DUKUNGAN SUAMI DAN DUKUNGAN TENAGA
KESEHATAN DENGAN PEMBERIAN ASI EKSKLUSIF DI PUSKESMAS
PANGEAN KABUPATEN KUANTAN SINGINGI**

xiii+51 Halaman+6 Tabel+2 Bagan+12 Lampiran

ABSTRAK

Berdasarkan data dinas kesehatan Kabupaten Kuantan Singingi, Puskesmas Pangean menempati posisi terendah ketiga cakupan ASI eksklusif sebesar 39,2%. Rendahnya cakupan ASI eksklusif mengakibatkan bertambahnya kerentanan terhadap penyakit bagi ibu dan bayi. Terdapat sejumlah faktor yang mempengaruhi rendahnya ASI eksklusif diantaranya kurangnya pengetahuan ibu tentang pentingnya pemberian ASI, kurangnya dukungan dari orang terdekat, kurangnya konseling laktasi dari tenaga kesehatan serta gencarnya pemasaran susu formula. Tujuan dari penelitian ini untuk mengetahui hubungan antara dukungan suami dan dukungan tenaga kesehatan dengan pemberian ASI eksklusif. Penelitian ini merupakan penelitian deskriptif analitik dengan pendekatan *cross sectional* yang dilakukan pada bulan Januari hingga Mei 2021 di Puskesmas Pangean Kabupaten Kuantan Singingi. Populasi pada penelitian ini sebanyak 51 ibu yang datang ke Puskesmas pada bulan November 2020 hingga Januari 2021, memiliki bayi usia 7-12 bulan dan sampel diambil secara *total sampling*. Dari hasil penelitian, didapatkan dari 51 ibu yang memiliki bayi usia 7-12 bulan sebanyak 27 ibu (52,9%) mendapat dukungan dari suami, 26 ibu (51%) mendapat dukungan dari tenaga kesehatan dan 21 ibu (41,2%) memberikan ASI eksklusif. Uji Analisis menggunakan *Chi-Square* didapatkan bahwa ada hubungan dukungan suami ($p = 0,012$) dan dukungan tenaga kesehatan ($p = 0,006$) dengan pemberian ASI eksklusif. Disarankan bagi puskesmas untuk memaksimalkan memberi dukungan kepada ibu menyusui agar dapat mensukseskan pemberian ASI eksklusif sehingga dapat meningkatkan cakupan ASI eksklusif di Indonesia.

Kata Kunci : ASI Eksklusif, Dukungan Suami, Tenaga Kesehatan
Daftar Bacaan : 36 Referensi (2010-2020)

**HEALTH MINISTRY OF REPUBLIC INDONESIA
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STUDY PROGRAM OF D-IV MIDWIFERY**

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**THE RELATIONSHIP BETWEEN HUSBAND SUPPORT AND HEALTH
WORKER SUPPORT WITH EXCLUSIVE BREASTFEEDING IN
PANGEAN HEALTH CENTER, KUANTAN SINGINGI REGENCY**

xiii+51 Pages+6 Tables+2 Charts+12 Attachments

ABSTRACT

According to data from the Health Office of Kuantan Singingi Regency, Pangean Health Center occupies the third lowest position in exclusive breastfeeding coverage at 39,2%. The low coverage of exclusive breastfeeding results in increased susceptibility to disease for both mother and baby. There are a number of factors that influence the lack of exclusive breastfeeding, including the lack of knowledge of mothers about the importance of breastfeeding, lack of support from those closest to them, lack of lactation counseling from health workers and the incessant marketing of formula milk. The purpose of this study was to determine the relationship between husband's support and the support of health workers with exclusive breastfeeding. This research is an analytical descriptive study with a cross sectional approach which was conducted from January to May 2021 at Pangean Health Center, Kuantan Singingi Regency. The population in this study were 51 mothers who came to the public health center from November 2020 to January 2021, had babies aged 7-12 months and the sample was taken by total sampling. From the results of the study, it was found that from 51 mothers who had babies aged 7-12 months, 27 mothers (52,9%) received support from their husbands, 26 mothers (51%) received support from health workers and 21 mothers (41,2%) provide exclusive breastfeeding. Analysis test using Chi-Square found that there was a relationship between husband's support ($p = 0,012$) and support from health workers ($p = 0,006$) with exclusive breastfeeding. It is recommended for public health center to maximize support for breastfeeding mothers in order to be successful in exclusive breastfeeding so as to increase the coverage of exclusive breastfeeding in Indonesia.

Keyword : Exclusive Breastfeeding, Husband Support, Health Worker
Reading List : 36 References (2010-2020)