

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

**SKRIPSI, APRIL 2022
FENNY LARASATI**

**FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN
BREASTFEEDING SELF EFFICACY PADA IBU MENYUSUI
DI WILAYAH KERJA PUSKESMAS SIDOMULYO KOTA
PEKANBARU TAHUN 2022**

viii + 56 Halaman + 6 Tabel + 2 Bagan + 15 Lampiran

ABSTRAK

Indikator capaian ASI eksklusif yang ditargetkan oleh Kementerian Kesehatan Republik Indonesia sebesar 40% pada tahun 2020, sedangkan Puskesmas Sidomulyo cakupan ASI eksklusifnya masih dibawah target nasional 14,9%. Tujuan penelitian ini untuk mengetahui faktor-faktor yang berhubungan dengan *Breastfeeding Self Efficacy* pada ibu menyusui di Wilayah Kerja Puskesmas Sidomulyo Kota Pekanbaru tahun 2022. Jenis penelitian *deskriptif analitik* dengan pendekatan *cross sectional*. Penelitian dilakukan pada bulan Januari-April 2022. Populasi dalam penelitian ini adalah ibu yang memiliki bayi 6-12 bulan di Wilayah Kerja Puskesmas Sidomulyo Kota Pekanbaru. Jumlah sampel 52 orang yang diambil menggunakan teknik *purposive sampling* dengan melihat kriteria inklusi dan eksklusi. Metode pengumpulan data dilakukan dengan wawancara. Instrumen penelitian menggunakan kuesioner. Analisis data menggunakan *chi square* dengan derajat kepercayaan 95%. Didapatkan hasil variabel independen berada dalam kategori kurang yaitu, pengalaman menyusui (53.8%), pengamatan terhadap orang lain (51.9%), persuasi verbal (51.9), dan kondisi fisiologis dan emosi (50%). Mayoritas responden memiliki *breastfeeding self efficacy* dalam kategori rendah (55.8%). Kesimpulan: terdapat hubungan antara pengalaman menyusui (p value: 0.030), pengamatan terhadap orang lain (p value: 0.013), persuasi verbal (p value: 0.002), kondisi fisiologis dan emosi (p value: 0.005) terhadap *breastfeeding self efficacy*. Disarankan kepada bidan tetap menjalankan promosi kesehatan kepada ibu menyusui dari saat hamil agar niat ibu menjadi lebih baik dan perlu melibatkan keluarga sehingga diharapkan dapat meningkatkan keyakinan ibu dalam menyusui sehingga meningkatkan keinginan ibu memberikan ASI eksklusif.

Kata kunci : ASI, *Self Efficacy*, Ibu Menyusui
Daftar Bacaan : 38 referensi (2011-2021)

**HEALTH MINISTRY OF THE REPUBLIC OF INDONESIA
RIAU HEALTH POLYTECHNIC
D-IV MIDWIFERY PROGRAM**

**FINAL REPORT, APRIL 2022
FENNY LARASATI**

**FACTORS RELATED TO BREASTFEEDING SELF
EFFICACY IN BREASTFEEDING MOTHERS AT THE WORK
AREA OF SIDOMULYO HEALTH CENTER OF PEKANBARU
CITY IN 2022**

viii + 56 Pages + 6 Table + 2 Chart + 15 Appendixes

ABSTRACT

The indicator of achievement of exclusive breastfeeding targeted by the Ministry of Health of the Republic of Indonesia is 40% in 2020, while the Sidomulyo Health Center coverage of exclusive breastfeeding is still below the national target of 14.9%. The purpose of this study was to determine the factors associated with Breastfeeding Self Efficacy in breastfeeding mothers in the Work Area of the Sidomulyo Public Health Center, Pekanbaru City in 2022. This type of research was descriptive analytic with a cross sectional approach. The study was conducted in January-April 2022. The population in this study were mothers who had babies 6-12 months old in the Sidomulyo Health Center Work Area, Pekanbaru City. The number of samples was 52 people who were taken using purposive sampling technique by looking at the inclusion and exclusion criteria. The method of data collection was done by interview. The research instrument used a questionnaire. Data analysis used chi square with 95% confidence degree. The results of the independent variables were in the poor category, namely, breastfeeding experience (53.8%), observation of others (51.9%), verbal persuasion (51.9), and physiological and emotional conditions (50%). The majority of respondents have breastfeeding self-efficacy in the low category (55.8%). Conclusion: there is a relationship between breastfeeding experience (p value: 0.030), observation of others (p value: 0.013), verbal persuasion (p value: 0.002), physiological and emotional conditions (p value: 0.005) on breastfeeding self-efficacy. It is recommended that midwives continue to carry out health promotions for breastfeeding mothers from the time of pregnancy so that the mother's intentions are better and it is necessary to involve the family so that it is expected to increase the mother's confidence in breastfeeding so as to increase the mother's desire to give exclusive breastfeeding.

Keywords : Breastfeeding, Self Efficacy, Breastfeeding Mothers
References : 38 references (2011-2021)