

**POLITEKNIK KESEHATAN KEMENKES RIAU**

**PROGRAM STUDI DIPLOMA III GIZI**

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**HUBUNGAN PENGETAHUAN DAN DUKUNGAN SUAMI TERHADAP  
PEMBERIAN ASI EKSKLUSIF DI PUSKESMAS LANGSAT**

**Vi + 40 Halaman, 7 Tabel + 1 Gambar + 8 Lampiran**

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### **INTI SARI**

Salah satu faktor yang mempengaruhi rendahnya cakupan ASI eksklusif adalah kurangnya dukungan suami serta pengetahuan suami yang kurang. Berdasarkan hasil data dari Dinas Kesehatan Kota Pekanbaru tahun (2020) cakupan ASI terendah dari 21 wilayah kerja puskesmas se-Kota Pekanbaru adalah Puskesmas Langsung yaitu 19,3%. Tujuan penelitian ini untuk mengetahui hubungan pengetahuan dan dukungan suami dengan pemberian ASI eksklusif di Puskesmas Langsung. Jenis Penelitian ini merupakan penelitian deskriptif dengan pendekatan *cross sectional*. Populasi dalam penelitian adalah seluruh pasangan suami istri yang memiliki bayi usia 6-12 bulan di wilayah kerja Puskesmas Langsung. Pengambilan sampel secara purposive sampling sebanyak 53 orang. Metode pengambilan data dengan wawancara menggunakan lembar kuisisioner. Analisis data menggunakan analisis *Chi Square* dengan derajat kepercayaan 95%. Hasil penelitian menunjukkan ibu yang mendapat dukungan dari suami sebanyak 27 ibu (50,9%), 30 ibu (56,6%) memberikan ASI eksklusif serta 27 suami (50,9%) memiliki pengetahuan yang baik. Hasil uji statistik ada hubungan antara pengetahuan suami dengan pemberian ASI eksklusif ( $p= 0,000$ ) dan ada hubungan antara dukungan suami dengan pemberian ASI eksklusif ( $p= 0,002$ ). Disarankan bagi puskesmas untuk melakukan promosi kesehatan pada ibu hamil mengenai pemberian ASI eksklusif serta membentuk kelompok ayah ASI, lalu para suami hendaknya mendampingi istrinya saat melakukan konseling dengan petugas kesehatan.

**Kata Kunci : Pengetahuan Suami, Dukungan Suami, Pemberian ASI  
Eksklusif**

**Referensi : 42 (2012 – 2022)**

**HEALTH POLYTECHNIC OF RIAU**  
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**THE RELATIONSHIP OF HUSBAND'S KNOWLEDGE AND SUPPORT ON  
EXCLUSIVE BREASTFEEDING AT THE LANGSAT PUSKESMAS**

**40 Page, 7 Tables + 1 Pictures + 10 Attachment**

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**ABSTRACT**

*One of the factors that influence the low coverage of exclusive breastfeeding is the lack of husband's support and the husband's lack of knowledge. Based on the results of data from the Pekanbaru City Health Office in (2020) the lowest breastfeeding coverage of the 21 working areas of Puskesmas in Pekanbaru City was the Langsat Health Center, which was 19.3%. The purpose of this study was to determine the relationship of husband's knowledge and support with exclusive breastfeeding at Langsat Health Center. This type of research is a descriptive study with a cross sectional approach. The population in this study were all married couples who had babies aged 6-12 months in the Langsat Health Center working area. Sampling by purposive sampling as many as 53 people. Methods of collecting data by interview using a questionnaire sheet. Data analysis used Chi Square analysis with 95% confidence degree. The results showed that mothers who received support from their husbands were 27 mothers (50.9%), 30 mothers (56.6%) gave exclusive breastfeeding and 27 husbands (50.9%) had good knowledge. husband's knowledge with exclusive breastfeeding ( $p = 0.000$ ) and there is a relationship between husband's support and exclusive breastfeeding ( $p = 0.002$ ). It is recommended for the puskesmas to carry out health promotions for pregnant women regarding exclusive breastfeeding and form a group of breastfeeding fathers, then husbands should accompany their wives when counseling with health workers.*

**Keywords** : **Husband's Knowledge, Husband's Support, Exclusive Breastfeeding**

**References** : **42 (2012 – 2022)**