

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

SKRIPSI, APRIL 2022

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**HUBUNGAN *BREASTFEEDING SELF-EFFICACY* DAN PERILAKU
MENYUSUI BAYI BARU LAHIR TERHADAP PEMBERIAN ASI 1
BULAN DI WILAYAH KERJA PUSKESMAS SIDOMULYO KOTA
PEKANBARU**

viii+59 Halaman+7 Tabel+2 Bagan+14 Lampiran

ABSTRAK

Indikator capaian ASI eksklusif yang di targetkan oleh Kementerian Kesehatan Republik Indonesia sebesar 40% sedangkan Puskesmas Sidomulyo 14,9%. Rendahnya cakupan ASI eksklusif akan menyebabkan kerentanan ibu dan bayi terhadap penyakit. Tujuan dari penelitian ini untuk mengetahui hubungan *breastfeeding self-efficacy* dan perilaku menyusui bayi baru lahir terhadap pemberian ASI 1 Bulan. Penelitian ini merupakan penelitian observasional analitik dengan pendekatan *cohort* yang dilakukan pada bulan Januari-April 2022 di wilayah kerja Puskesmas Sidomulyo Kota Pekanbaru. Populasi dalam penelitian ini adalah semua ibu 24 jam postpartum yang berada di wilayah kerja Puskesmas Sidomulyo pada Klinik Pratama Kualu, PMB Hasna Dewi, PMB Rosita, dan PMB Yusmarni yang didapati dari data calon partus pada bulan Februari hingga Maret 2022. Dalam penelitian ini sampel diambil menggunakan teknik *total sampling* sebanyak 36 ibu postpartum, namun 5 diantara 36 ibu postpartum tidak mengikuti penelitian secara penuh dari awal hingga akhir/ *drop out*. Instrumen pengumpulan data dalam penelitian ini dengan menggunakan lembar observasi dan kuesioner. Analisa data menggunakan uji *Chi-Square* dengan derajat kepercayaan 95%. Hasil uji statistik didapatkan bahwa ada hubungan *breastfeeding self-efficacy* ($p=0,014$) dan perilaku menyusui bayi baru lahir ($p=0,018$) terhadap pemberian ASI 1 bulan. Disarankan bagi bidan dalam rangka peningkatan pemberian ASI dengan melakukan promosi kesehatan berupa pemberian penyuluhan melalui media leaflet pada kegiatan kelas ibu hamil agar dapat mencapai tujuan yang diinginkan yaitu pemberian ASI dari bayi baru lahir hingga nantinya bayi berusia enam bulan atau eksklusif.

Kata kunci : ***Breastfeeding Self-Efficacy*, Perilaku Menyusui, ASI 1 Bulan**

Daftar Bacaan : **32 referensi (2012-2021)**

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

FINAL REPORT, APRIL 2022

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**THE RELATIONSHIP BETWEEN BREASTFEEDING SELF-EFFICACY
AND THE BREASTFEEDING BEHAVIORS OF NEWBORNS ON
BREASTFEEDING FOR 1 MONTH IN THE WORKING AREA OF
SIDOMULYO PUBLIC HEALTH CENTER, PEKANBARU CITY**

viii+59 pages+7 tables+2 Charts+14 appendices

ABSTRACT

The indicator of achievement of exclusive breastfeeding targeted by the Ministry of Health of the Republic of Indonesia is 40%, while the Sidomulyo Health Center is 14.9%. The low coverage of exclusive breastfeeding will cause the vulnerability of mothers and babies to disease. The purpose of this study was to determine the relationship between breastfeeding self-efficacy and breastfeeding behavior of newborns on breastfeeding for 1 month. This research is an analytical observational study with a cohort approach which was conducted in January-April 2022 in the working area of the Sidomulyo Public Health Center, Pekanbaru City. The population in this study were all mothers 24 hours postpartum who were in the working area of the Sidomulyo Public Health Center at the Kualu Pratama Clinic, PMB Hasna Dewi, PMB Rosita, and PMB Yusmarni which were found from data on prospective parturition from February to March 2022. In this study samples were taken using a total sampling technique of 36 postpartum mothers, but 5 out of 36 postpartum mothers did not fully participate in the study from beginning to end/drop out. Data collection methods in this study using observation sheets and questionnaires. Data analysis used Chi-Square test with 95% confidence degree. The results of statistical tests showed that there was a relationship between breastfeeding self-efficacy ($p=0.014$) and breastfeeding behavior for newborns ($p=0.018$) with breastfeeding for 1 month. It is recommended for midwives in order to increase breastfeeding by carrying out health promotions in the form of giving through leaflet media in class activities for pregnant women in order to achieve the desired goal of offering breast milk from a new baby to a future baby of six months or exclusively.

Keywords : **Breastfeeding Self-Efficacy, Breastfeeding Behaviors,
1 Month Breastfeeding**
Reference : **32 references (2012-2021)**