

ABSTRAK

JOHAN ADI SAPUTRA SIRAIT. Gambaran Karakteristik ibu yang memberikan ASI Eksklusif di Wilayah Kerja Puskesmas Melur. Dibimbing oleh Prof. Dr. ASLIS WIRDA HAYATI, SP, M.Si

Penelitian ini bertujuan menggambarkan karakteristik Ibu yang Memberikan ASI eksklusif di wilayah kerja Puskesmas Melur. Metode penelitian menggunakan studi deskriptif dengan pendekatan kuantitatif. Data diperoleh dari 67 ibu yang memiliki bayi usia 12–24 bulan melalui wawancara serta data sekunder dari catatan kesehatan puskesmas. Hasil penelitian menunjukkan sebagian besar ibu yang memberikan ASI eksklusif berusia 20–35 tahun (67,5%), berpendidikan menengah (58,7%), tidak bekerja (61,2%), dan memiliki pengetahuan baik mengenai ASI eksklusif (72,5%). Tingkat cakupan ASI eksklusif tercatat sebesar 49,3%, masih di bawah target nasional. Disimpulkan bahwa faktor usia, pendidikan, pekerjaan, dan pengetahuan berperan penting dalam keberhasilan pemberian ASI eksklusif. Disarankan agar tenaga kesehatan meningkatkan penyuluhan dan konseling terkait pentingnya ASI eksklusif.

Daftar Pustaka : 50 (2011 – 2023)

Kata Kunci : ASI Eksklusif, Karakteristik Ibu ,Puskesmas Melur

ABSTRACT

JOHAN ADI SAPUTRA. Characteristics Mother of Exclusive Breastfeeding in the Work Area of Puskesmas Melur. Supervised by Prof. Dr. ASLIS WIRDA HAYATI, SP, M.Si.

This study aimed to describe the characteristics of mothers practicing exclusive breastfeeding in the working area of Melur Community Health Center. The research applied a descriptive method with a quantitative approach. Data were collected from 80 mothers with infants aged 12–24 months through interviews and secondary health records. The results showed that most mothers providing exclusive breastfeeding were aged 20–35 years (67.5%), had secondary education (58.7%), were unemployed (61.2%), and had good knowledge about exclusive breastfeeding (72.5%). The coverage of exclusive breastfeeding was recorded at 49.3%, still below the national target. It was concluded that maternal age, education, occupation, and knowledge play an important role in the success of exclusive breastfeeding. It is recommended that health workers enhance education and counseling on the importance of exclusive breastfeeding.

Bibliography : 50 (2011 - 2023)

Keywords : Exclusive breastfeeding, maternal characteristics, Melur Health Center