

ABSTRAK

Indah Khairunnisa (2026). *Hubungan Breastfeeding Self-Efficacy dengan Pemberian ASI Eksklusif Pada Ibu Bayi Usia 0–6 Bulan Di PBM Rosita Pekanbaru*. Karya Tulis Akhir, Program Sarjana Terapan Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. Melly, SST., S.Kep., M.Kes, (II) Dr. Ns. Dewi Sartika, M.Kep.

Pemberian Air Susu Ibu (ASI) eksklusif berperan penting dalam meningkatkan kesehatan, pertumbuhan, dan perkembangan bayi. Salah satu faktor yang memengaruhi keberhasilan pemberian ASI eksklusif adalah *breastfeeding self-efficacy*, yaitu keyakinan ibu terhadap kemampuannya dalam menyusui. Penelitian ini bertujuan mengetahui hubungan *breastfeeding self-efficacy* dengan pemberian ASI eksklusif pada ibu bayi usia 0–6 bulan di PMB Rosita Pekanbaru. Penelitian ini menggunakan desain kuantitatif dengan pendekatan *cross sectional*. Sampel berjumlah 48 responden yang dipilih menggunakan teknik *total sampling*. Instrumen penelitian menggunakan kuesioner *Breastfeeding Self-Efficacy Scale-Short Form* (BSES-SF) dan kuesioner pemberian ASI eksklusif. Data dikumpulkan melalui pengisian kuesioner oleh responden dan dianalisis menggunakan uji *Chi-Square*. Hasil penelitian menunjukkan 25 responden (52,1%) memiliki *breastfeeding self-efficacy* tinggi dan 23 responden (47,9%) rendah. Sebanyak 25 responden (52,1%) memberikan ASI eksklusif dan 23 responden (47,9%) tidak memberikan ASI eksklusif. Hasil uji menunjukkan nilai *p-value* = 0,000 dengan OR = 120,750, sehingga terdapat hubungan yang signifikan antara *breastfeeding self-efficacy* dan pemberian ASI eksklusif. Disimpulkan bahwa ibu dengan *breastfeeding self-efficacy* tinggi memiliki peluang lebih besar untuk berhasil memberikan ASI eksklusif. Tenaga kesehatan disarankan meningkatkan edukasi dan konseling laktasi untuk mendukung keberhasilan ASI eksklusif.

Kata Kunci: ASI Eksklusif, *Breastfeeding Self-Efficacy*, Ibu Menyusui

ABSTRACT

Indah Khairunnisa (2026). The Relationship Between Breastfeeding Self-Efficacy and Exclusive Breastfeeding Among Mothers of Infants Aged 0–6 Months at Rosita Independent Midwifery Practice (PBM), Pekanbaru. Final Paper, Applied Nursing Undergraduate Program, Department of Nursing, Riau Health Ministry Polytechnic. Supervisor (I) Ns. Melly, SST., S.Kep., M.Kes, (II) Dr. Ns. Dewi Sartika, M.Kep.

Exclusive breastfeeding plays an important role in improving infant health, growth, and development. One of the factors influencing the success of exclusive breastfeeding is breastfeeding self-efficacy, which refers to a mother's confidence in her ability to breastfeed. This study aimed to determine the relationship between breastfeeding self-efficacy and exclusive breastfeeding among mothers with infants aged 0–6 months at PMB Rosita Pekanbaru. This study used a quantitative research design with a cross-sectional approach. The sample consisted of 48 respondents selected using a total sampling technique. The instruments used were the Breastfeeding Self-Efficacy Scale-Short Form (BSES-SF) questionnaire and an exclusive breastfeeding questionnaire. Data were collected through respondents' completion of the questionnaires and analyzed using the Chi-Square test. The results showed that 25 respondents (52.1%) had high breastfeeding self-efficacy and 23 respondents (47.9%) had low breastfeeding self-efficacy. A total of 25 respondents (52.1%) practiced exclusive breastfeeding, while 23 respondents (47.9%) did not. The Chi-Square test showed a p-value of 0.000 and an OR of 120.750, indicating a significant relationship between breastfeeding self-efficacy and exclusive breastfeeding. It was concluded that mothers with high breastfeeding self-efficacy were more likely to successfully practice exclusive breastfeeding than those with low breastfeeding self-efficacy. Health professionals are encouraged to enhance breastfeeding education and lactation counseling to support successful exclusive breastfeeding.

Keywords: Breastfeeding Self-Efficacy, Breastfeeding Mothers, Exclusive Breastfeeding