

ABSTRAK

MAZIDATURRAHMI. Gambaran Tingkat Pengetahuan Ibu Balita Usia 6-23 Bulan Tentang Asi Eksklusif di Wilayah Kerja Puskesmas Pekanbaru Kota. Dimbimbing Oleh Yolahumaroh, SKM, MPH dan Alkausyari Aziz, SKM, M.Kes.

Pengetahuan ibu mengenai ASI eksklusif merupakan salah satu faktor penting yang mempengaruhi keberhasilan pemberian ASI eksklusif pada bayi. Rendahnya pengetahuan ibu dapat menyebabkan kurang optimalnya praktik pemberian ASI eksklusif sehingga berdampak terhadap kesehatan dan tumbuh kembang bayi. Penelitian ini bertujuan untuk mengetahui gambaran pengetahuan ibu balita tentang ASI eksklusif di wilayah kerja Puskesmas Pekanbaru Kota Tahun 2026. Jenis penelitian ini adalah penelitian kuantitatif dengan desain deskriptif. Penelitian dilaksanakan di wilayah kerja Puskesmas Pekanbaru Kota pada bulan Januari–Februari 2026. Populasi dalam penelitian ini adalah seluruh ibu yang memiliki balita usia 6–23 bulan dengan jumlah sampel sebanyak 69 responden yang diambil menggunakan teknik accidental sampling. Pengumpulan data dilakukan menggunakan kuesioner pengetahuan tentang ASI eksklusif. Analisis data dilakukan secara univariat dan disajikan dalam bentuk distribusi frekuensi dan persentase. Hasil penelitian menunjukkan bahwa mayoritas responden berusia 20–35 tahun sebanyak 58 orang (84%), berpendidikan SMA/ sederajat sebanyak 39 orang (57%), dan tidak bekerja sebanyak 44 orang (64%). Tingkat pengetahuan ibu tentang ASI eksklusif mayoritas berada pada kategori kurang sebanyak 30 orang (44%), kategori cukup sebanyak 29 orang (42%), dan kategori baik sebanyak 10 orang (14%). Pengetahuan ibu masih rendah terutama pada aspek kolostrum, manfaat imunologis ASI, frekuensi pemberian ASI, dan penyimpanan ASI perah.

Kata Kunci : Pengetahuan ibu, ASI eksklusif, ibu balita

ABSTRACT

MAZIDATURRAHMI. Description of the Knowledge Level of Mothers of Children Aged 6–23 Months Regarding Exclusive Breastfeeding in the Working Area of Pekanbaru city Primary Health Center of Pekanbaru. Supervised by Yolahumaroh, SKM, MPH and Alkausyari Aziz, SKM, M.Kes.

The mothers' knowledge regarding exclusive breastfeeding is one of the critical factors influencing the successful practice of exclusive breastfeeding. Inadequate mothers' knowledge may lead to suboptimal breastfeeding practices, which in turn adversely affect the health and developmental outcomes of infants. This study aimed to describe the level of knowledge among mothers of children under five years of age regarding exclusive breastfeeding in the working area of Pekanbaru city Primary Health Center in 2026. This study employed a quantitative approach with a descriptive design. The research was conducted in the working area of Pekanbaru city Primary Health Center from January to February 2026. The study population comprised all mothers with children aged 6–23 months, with a total sample of 69 respondents selected through accidental sampling technique. The data were collected using a validated questionnaire on exclusive breastfeeding knowledge. Data analysis was performed using univariate analysis and presented in the form of frequency distribution and percentages. The findings revealed that the majority of respondents were aged 20–35 years ($n=58$; 84%), had completed senior high school or equivalent education ($n=39$; 57%), and were not employed ($n=44$; 64%). Regarding the level of maternal knowledge on exclusive breastfeeding, the majority fell into the poor knowledge category ($n=30$; 44%), followed by the sufficient knowledge category ($n=29$; 42%), and the good knowledge category ($n=10$; 14%). The mothers' knowledge remained notably low, particularly in the domains of colostrum, the immunological benefits of breast milk, breastfeeding frequency, and expressed breast milk storage.

Keywords: Mothers' knowledge, exclusive breastfeeding, mothers of children under five