

## DAMPAK EDUKASI MENYUSUI SELAMI TERHADAP PRAKTIK MENYUSUI DI WILAYAH KERJA AIMI KALIMANTAN BARAT: STUDI KASUS MASA PANDEMI COVID-19

Imtiyaz Ammariza<sup>1\*</sup>, Retna Siwi Padmawati<sup>2</sup>, Prima Dhewi Ratrikaningtyas<sup>3</sup>

\*E-mail: [imtiyaz.ammarriza@mail.ugm.ac.id](mailto:imtiyaz.ammarriza@mail.ugm.ac.id)

### ABSTRAK

**Latar belakang:** Kurang dari 50% bayi di seluruh dunia disusui sesuai dengan rekomendasi WHO. Sekitar 1/3 bayi di negara berpenghasilan rendah dan menengah menerima makanan prelakteal sebelum proses menyusui. Pada awal mulanya semua kelas AIMI bersifat tatap muka, tetapi sejak pandemi COVID-19 semua kelas dikonversi menjadi daring dan dinamakan Sesi *Online* AIMI (SELAMI). Penelitian ini bertujuan untuk mengetahui dampak edukasi menyusui SELAMI terhadap praktik menyusui di wilayah kerja AIMI Kalimantan Barat.

**Metode :** Penelitian ini merupakan penelitian kualitatif dengan pendekatan studi kasus (*case study*). Pemilihan partisipan dilakukan secara *purposive sampling*. Informan penelitian ini adalah ibu di wilayah kerja AIMI Kalimantan Barat yang sedang atau pernah menyusui dan pernah mengikuti kelas edukasi menyusui SELAMI. Jumlah informan sebanyak 14 orang informan utama dan 6 informan pendukung. Analisis data menggunakan analisis tematik dan *software* yang digunakan adalah *Open Code 4.03*.

**Hasil:** Pemberian edukasi menyusui sesi *online* pada masa pandemi COVID-19 memberikan informasi menyusui yang relevan yang dibutuhkan oleh ibu dan bayi melalui *platform online* seperti *zoom meeting*. Ibu yang mendapat edukasi menyusui sesi *online* memiliki pengetahuan terkait dengan pemberian makan pada bayi sejak lahir, yaitu mulai dari tahap menyusu dalam 1 jam setelah persalinan/inisiasi menyusu dini (IMD), menyusui eksklusif, pemberian MP-ASI tepat ketika usia bayi 6 bulan, kemudian ibu tetap melanjutkan menyusui hingga 2 tahun atau lebih. Ibu juga dapat mengambil sikap terhadap praktik menyusui dengan tidak tergesa-gesa memberikan susu formula atau makanan prelakteal setelah melahirkan meskipun ASI belum keluar atau saat ada masalah menyusui. Ibu yang berhasil menyapih juga tidak memiliki niat memberi tambahan susu formula kepada bayinya setelah menyusui 2 tahun. Kunci keberhasilan praktik menyusui pada ibu yang telah mengikuti edukasi menyusui secara *online* adalah IMD, rawat gabung, *responsive feeding* (menyusui bayi sesering mungkin) dengan posisi dan pelekatan yang tepat, menjaga suplai ASI dengan mempertahankan menyusui, *mindset* ibu, cara meningkatkan hormon oksitosin, percaya diri dan bahagia, tidak stres, peran dukungan suami dan keluarga, serta peran dukungan teman/rekan kerja.

**Kesimpulan:** Edukasi *online* maupun telekonseling menyusui dapat membantu para ibu menyusui mengatasi masalah atau tantangan menyusui meskipun tidak semaksimal edukasi atau konseling menyusui tatap muka, tetapi hal tersebut tidak menghalangi seorang konselor menyusui untuk terus mendukung ibu menyusui.

**Kata kunci:** edukasi menyusui, praktik menyusui, *breastfeeding*

***THE IMPACT OF SELAMI BREASTFEEDING EDUCATION ON BREASTFEEDING  
PRACTICES IN AIMI'S WORKING AREA OF WEST KALIMANTAN:  
A CASE STUDY DURING THE COVID-19 PANDEMIC***

**Imtiyaz Ammariza<sup>1\*</sup>, Retna Siwi Padmawati<sup>2</sup>, Prima Dhewi Ratrikaningtyas<sup>3</sup>**

*\*E-mail: [imtiyaz.ammarriza@mail.ugm.ac.id](mailto:imtiyaz.ammarriza@mail.ugm.ac.id)*

***ABSTRACT***

**Background:** Less than 50% of babies worldwide are breastfed according to WHO recommendations. About 1/3 of infants in low- and middle-income countries receive prelacteal feeding before breastfeeding. Initially, all AIMI classes were face-to-face, but since the COVID-19 pandemic, all classes have been converted to online, called the AIMI Online Session (SELAMI). This study aims to determine the impact of SELAMI's breastfeeding education on breastfeeding practices in AIMI's West Kalimantan work area.

**Methods:** This research used qualitative research with a case study approach. The selection of participants was carried out by purposive sampling. The informants of this study were mothers in the AIMI West Kalimantan work area who were or had been breastfeeding and had attended a SELAMI breastfeeding education class. The number of informants was 14 main informants and six supporting informants. Data analysis used thematic analysis and the software used was Open Code 4.03.

**Results:** An overview of providing breastfeeding education online sessions during the COVID-19 pandemic provides relevant breastfeeding information needed by mothers and babies through online platforms such as zoom meetings. Mothers who received education on breastfeeding online sessions had knowledge related to feeding babies from birth, starting from the breastfeeding stage within one hour after delivery/early initiation of breastfeeding (IMD), exclusive breastfeeding, giving MP-ASI at the age of six months, then mothers continue to breastfeed for up to two years or beyond. Mothers can also take a stand against breastfeeding by not rushing to give formula or prelacteal food after giving birth even though the milk has not come out or when there are breastfeeding problems. Mothers who had successfully weaned also had no intention of giving additional formula milk to their babies after two years of breastfeeding. The keys to successful breastfeeding practice for mothers who have participated in online breastfeeding education were IMD, inpatient care, responsive feeding (breastfeeding the baby as often as possible) with the right position and attachment, maintaining milk supply by maintaining breastfeeding, the mother's mindset, how to increase the hormone oxytocin, trust happy and self-sufficient, not stressed, the role of husband and family support, and the role of supporting friends/co-workers.

**Conclusion:** Online education and tele-counseling on breastfeeding can help breastfeeding mothers to overcome breastfeeding problems or challenges, although not as much as face-to-face breastfeeding education or counselling, but this does not prevent a breastfeeding counselor to support breastfeeding mothers.

**Keywords:** *breastfeeding education, breastfeeding practice, breastfeeding*