

INTISARI

Latar Belakang: Menyusui eksklusif memberikan manfaat pada bayi dan ibu namun banyak bayi usia 0-6 bulan tidak diberi ASI eksklusif. Ibu primipara berisiko mengalami penghentian menyusui sejak dini dan berkontribusi pada rendahnya cakupan ASI eksklusif di Toraja Utara pada tahun 2022 yaitu 43,4%.

Tujuan: Untuk mengetahui faktor-faktor yang berhubungan dengan menyusui eksklusif pada ibu primipara di Kabupaten Toraja Utara

Metode: Penelitian observasional dengan desain *cross sectional*, dilaksanakan pada bulan Mei sampai Juni 2023 dengan jumlah sampel 258 ibu primipara dengan *consecutive sampling*. Instrumen penelitian menggunakan kuesioner karakteristik demografi, kuesioner menyusui eksklusif, kuesioner dukungan keluarga, kuesioner pengetahuan responden, *Breastfeeding Self Efficacy-Short Form* (BSES-SF). Analisis data menggunakan analisis univariat, analisis bivariat dengan uji statistik *chi square* (X^2), uji *Mann Whitney* dan analisis multivariat dengan regresi logistik.

Hasil: Ibu primipara yang menyusui eksklusif sebesar 49,22% dan tidak menyusui eksklusif sebesar 50,78%. Faktor yang berhubungan dengan menyusui eksklusif ($p < 0,05$) yaitu jenis persalinan ($p = 0,012$), usia kehamilan saat ibu saat melahirkan ($p = 0,000$) dan *self efficacy* ($p = 0,000$). Faktor yang tidak berhubungan dengan menyusui eksklusif ($p > 0,05$) yaitu usia, pendidikan, pekerjaan, status ekonomi, jumlah kunjungan *antenatal Care*, penawaran susu formula, berat badan bayi saat lahir, dukungan keluarga (informasional, penilaian, instrumental, emosional) dan pengetahuan. Faktor yang paling dominan berhubungan dengan menyusui eksklusif yaitu usia kehamilan saat ibu melahirkan (OR = 6,068; CI 95% = 2,498-14,738).

Kesimpulan: Penting bagi ibu memiliki *self efficacy*, melakukan upaya untuk mencapai usia kehamilan aterm dan persalinan pervaginam agar menyusui eksklusif dapat optimal. Dinas Kesehatan disarankan terus berupaya melakukan pengendalian dan pengawasan terhadap penawaran susu formula, melakukan kampanye ASI eksklusif dan meningkatkan jumlah dan kualitas tenaga promosi kesehatan. Bagi peneliti selanjutnya disarankan mempertimbangkan tempat penelitian, usia bayi dan faktor-faktor lain yang tidak terdapat dalam penelitian ini.

Kata Kunci: Menyusui eksklusif, Primipara, Toraja Utara

ABSTRACT

Background: *Exclusive breastfeeding provides benefits to babies and mothers, but many babies aged 0-6 months are not exclusively breastfed. Primiparous mothers are at risk of early termination of breastfeeding and contribute to the low coverage of exclusive breastfeeding in North Toraja in 2022 at 43.4%.*

Purpose: *to determine the factors associated with exclusive breastfeeding in primiparous mothers in North Toraja Regency*

Methods: *Observational study with a cross sectional design, carried out from May to June 2023 with a sample of 258 primiparous mothers with consecutive sampling. The research instrument used demographic characteristic questionnaire, exclusive breastfeeding questionnaire, family support questionnaire, respondent knowledge questionnaire, Breastfeeding Self Efficacy-Short Form (BSES-SF). Data analysis used univariate analysis, bivariate analysis with chi square statistical test (X^2), Mann Whitney test and multivariate analysis with logistic regression.*

Results: *Primiparous mothers who breastfeed exclusively at 49,22% and not exclusively breastfed at 50,78%. Factors associated with exclusive breastfeeding were the type of delivery ($p= 0.012$), gestational age at the time of the mother at delivery ($p= 0.000$) and self efficacy ($p= 0.000$). Factors that were not related to exclusive breastfeeding ($p>0,05$) were age, education, occupation, economic status, number of antenatal care visits, formula milk supply, baby's weight at birth, family support (informational, assessment, instrumental, emotional) and knowledge. The most dominant factor associated with exclusive breastfeeding was gestational age at birth (OR= 6.068; CI 95%=2.498-14.738).*

Conclusion: *It is important for mothers to have self-efficacy, make efforts to achieve term gestational age and vaginal delivery so that exclusive breastfeeding can be optimal. The Health Office is advised to continue to control and supervise the offering of infant formula, conduct exclusive breastfeeding campaigns and increase the number and quality of health promotion personnel. For further researchers, it is advisable to consider the place of study, the age of the baby and other factors that were not contained in this study.*

Keywords: *Exclusive breastfeeding, primipara, North Toraja*