

## PENGARUH PENDIDIKAN KESEHATAN TERINTEGRASI ASI EKSKLUSIF TERHADAP SIKAP IBU DALAM PEMBERIAN ASI EKSKLUSIF DI WILAYAH KERJA PUSKESMAS BANYUDONO 1 BOYOLALI

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### INTISARI

**Latar belakang:** Air Susu Ibu merupakan makanan ideal untuk bayi karena aman, bersih dan mengandung antibodi. Namun cakupan ASI di Puskesmas Banyudono 1 belum memenuhi target (17,7%). Hal ini dikarenakan, salah satunya sikap ibu yang tergolong negatif dengan lebih memilih memberikan air putih, susu formula dan makanan tambahan pada bayi sebelum usia 6 bulan dibandingkan memberikan ASI eksklusif. **Tujuan:** Untuk mengetahui pengaruh pendidikan kesehatan terintegrasi ASI eksklusif terhadap sikap ibu dalam pemberian ASI eksklusif di wilayah kerja Puskesmas Banyudono 1. **Metode:** Penelitian ini merupakan penelitian kuantitatif dengan desain *quasi experiment*. Teknik pengambilan sampel dilakukan secara *consecutive* pada ibu usia produktif yang memiliki bayi berusia 0-6 bulan dan dibagi dua kelompok intervensi dan kelompok kontrol yang masing – masing memiliki 32 peserta. Penelitian dilakukan di Wilayah kerja Puskesmas Banyudono 1 selama 2 minggu. Pengukuran menggunakan instrumen breastfeeding attitude scale. Analisis bivariat menggunakan uji *Mann Whitney* dan multivariat menggunakan uji regresi linier. **Hasil:** tidak terdapat perbedaan skor sikap yang signifikan antara kelompok intervensi dan kelompok kontrol  $p\ value > 0,05$  yang secara statistik tidak ada pengaruh pendidikan kesehatan terintegrasi ASI eksklusif terhadap sikap ibu sedangkan uji regresi linear menunjukkan  $p=0,019$  pada dukungan keluarga sebagai faktor dominan yang mempengaruhi sikap ibu dalam pemberian ASI eksklusif. **Kesimpulan:** Tidak ada pengaruh pendidikan kesehatan terintegrasi ASI eksklusif terhadap sikap ibu dalam pemberian ASI eksklusif. Faktor yang paling dominan mempengaruhi sikap ibu dalam pemberian ASI eksklusif adalah dukungan keluarga.

**Kata kunci:** Pendidikan kesehatan terintegrasi, ASI eksklusif, sikap ibu



## THE EFFECT OF EXCLUSIVE BREASTFEEDING INTEGRATED HEALTH EDUCATION ON MOTHER'S ATTITUDE IN EXCLUSIVE BREASTFEEDING IN THE BANYUDONO 1 COMMUNITY HEALTH CENTER BOYOLALI

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### ABSTRACT

**Background:** Breast milk is the ideal food for babies because it is safe, clean and contains antibodies. However, breastfeeding coverage at Banyudono 1 Community Health Center has not met the target (17.7%). This is because, one of the reasons is that the mother's attitude is classified as negative with preferring to give water, formula milk and additional food to babies before the age of 6 months rather than giving exclusive breast milk.

**Objective:** To determine the effect of exclusive breastfeeding integrated health education on mother's attitude in exclusive breastfeeding in the Banyudono 1 Community Health Center.

**Method:** This research is a quantitative research with a quasi experimental design. The sampling technique was carried out consecutively on mothers of productive age who had babies aged 0-6 months and divided into two intervention groups and a control group, each of which had 32 participants. The research was conducted in the Banyudono 1 Community Health Center working area for 2 weeks. Measurement uses the breastfeeding attitude scale instrument. Bivariate analysis uses the Mann Whitney test and multivariate analysis uses the linear regression test.

**Results:** There was no significant difference in attitude scores between the intervention group and the control group,  $p \text{ value} > 0.05$  that statistically there was no effect of integrated health education on exclusive breastfeeding on maternal attitudes, while the linear regression test showed  $p=0.019$  on family support as the dominant factor which influence mothers' attitudes in exclusive breastfeeding.

**Conclusion:** There is no effect of exclusive breastfeeding integrated health education on the mother's attitude in exclusive breastfeeding. The most dominant factor influencing mothers' attitude in exclusive breastfeeding was family support.

Keywords: Integrated Health Education, Exclusive Breastfeeding, Mother's attitude