

INTISARI

Latar Belakang: Air susu ibu (ASI) eksklusif adalah pemberian ASI saja tanpa pemberian makanan dan minuman lainnya kepada bayi sampai berumur 6 bulan, kecuali obat, vitamin, dan oralit. ASI mampu mencegah morbiditas dan mortalitas bayi. Cakupan ASI eksklusif di Kabupaten Sleman pada tahun 2019 belum mencapai target yaitu 84%. Bayi yang diasuh oleh ibunya berpeluang lebih besar mendapatkan ASI eksklusif. Penelitian ini perlu dilakukan untuk mengetahui karakteristik ibu yang berhubungan dengan pemberian ASI di Kabupaten Sleman.

Tujuan: Mengetahui hubungan karakteristik ibu dengan pemberian ASI eksklusif di Kabupaten Sleman, DIY berdasarkan data HDSS Sleman siklus 5.

Metode: Penelitian ini menggunakan data sekunder HDSS Sleman siklus 5 dengan desain *cross-sectional*. Data yang digunakan yaitu data sosiodemografi ibu (usia, pendidikan, pekerjaan, dan lokasi tinggal), data IMD, dan data ASI. Sampel dalam penelitian ini diambil menggunakan metode *purposive sampling*. Jumlah sampel yang digunakan yaitu 298 ibu. Analisis data yang digunakan adalah analisis univariabel untuk melihat karakteristik subjek dan analisis bivariabel menggunakan *uji chi square* untuk melihat perbedaan proporsi.

Hasil: Karakteristik ibu yang berasosiasi dengan pemberian ASI eksklusif di Kabupaten Sleman, DIY berdasarkan data HDSS Sleman siklus 5 adalah pekerjaan ibu. Pemberian ASI eksklusif peluangnya lebih kecil 0,474 kali pada ibu yang bekerja dibandingkan pada ibu yang tidak bekerja dan bermakna secara statistik. Persentase pemberian ASI eksklusif pada responden HDSS Sleman siklus 5 adalah 86,2%. Jenis minuman/makanan yang pernah diberikan kepada bayi selain pemberian ASI adalah susu formula, air putih, madu/madu + air, teh manis, bubur/tepung bubur saring, dan pisang yang dihaluskan. Median usia bayi ketika tidak disusui lagi adalah 8 bulan.

Kesimpulan: Karakteristik ibu yang berasosiasi signifikan dengan pemberian ASI eksklusif adalah pekerjaan ibu (nilai $p = 0,026$, OR = 0,474, 95% CI = 0,234-0,925)

Kata Kunci: Karakteristik ibu, ASI eksklusif, HDSS Sleman, siklus 5.

ABSTRACT

Background: Exclusive breastfeeding means no other food or drink, not even water, except breastmilk for the first 6 months of life, with the exception of drops or syrups (vitamins, minerals, medicines), and oral rehydration solution. Breast milk can prevent infant's morbidity and mortality. The coverage of exclusive breastfeeding in Sleman Regency in 2019 was below the expected target (84%). Infants who are cared by their biological mother are more likely to receive exclusive breastfeeding. This study should be conducted to determine the mother's characteristics that associated with exclusive breastfeeding in Sleman Regency.

Objective: Determine the association between mother's characteristics and exclusive breastfeeding in Sleman Regency based on HDSS Sleman's cycle 5 data.

Methods: This study was based on secondary data from HDSS Sleman's cycle 5 with cross-sectional design. The data used include mother's sociodemographic data (age, education, employment, and location of residence), early initiation of breastfeeding data, and exclusive breastfeeding data. Sampling technique used in this study was purposive sampling. Samples in this study were 298 mothers. Data analysis was carried out using univariable analysis to obtain the characteristics of the subjects and bivariable analysis using chi square test to obtain the differences in proportion.

Results: The mother's characteristic that significantly associated with exclusive breastfeeding in Sleman Regency, DIY, based on HDSS Sleman's cycle 5 data was mother's employment. Exclusive breastfeeding was 0,474 times less likely for working mothers than for non-working mothers and was statistically significant. The exclusive breastfeeding percentage on HDSS Sleman's cycle 5 respondents was 86,2%. The variant of drinks/food that have been given to babies apart from breastfeed were formula milk, water, honey/honey+water, sweet tea, strained porridge/flour, and mashed banana. The median of infant's age when they're no longer breastfed was 8 months.

Conclusion: The mother's characteristic that significantly associated with exclusive breastfeeding is mother's employment (p value = 0,026, OR = 0,474, 95% CI = 0,234-0.925)

Keyword: Mother's characteristics, exclusive breastfeeding, HDSS Sleman, cycle 5.