

## ABSTRAK

**Latar Belakang:** Suami memiliki peran penting dalam mendukung pemberian ASI eksklusif dengan memberikan dukungan emosional dan praktis kepada ibu menyusui. Namun, peran ini sering terhambat oleh kurangnya pemahaman suami tentang kebutuhan istri saat menyusui dan manfaat ASI, serta faktor budaya yang tidak mendukung. Rendahnya pengetahuan, sikap, dan dukungan suami dalam mendukung menyusui dapat mempengaruhi keberhasilan pemberian ASI. Untuk itu, diperlukan intervensi yang melibatkan suami secara aktif dalam mendukung pemberian ASI eksklusif.

**Tujuan:** Penelitian ini bertujuan untuk mengembangkan dan menguji model intervensi Suami PERI ASI (Peduli Pemberian ASI) dalam meningkatkan pengetahuan, sikap, dan dukungan suami terhadap pemberian ASI eksklusif.

**Metode Penelitian:** Pendekatan yang digunakan adalah *mixed methods exploratory sequential designs*. Pada tahap pertama dilakukan penelitian kualitatif melalui *Focus Group Discussion* (FGD) untuk mengeksplorasi pengalaman ibu menyusui dan suami dalam mendukung pemberian ASI. Tahap kedua mengembangkan model berdasarkan hasil penelitian tahap pertama. Pada tahap ketiga, model diuji melalui penelitian *Quasi experiment* yaitu *pretest posttest non equivalent control group design*. Sampel dalam penelitian tahap tiga ini berjumlah 49 pada masing-masing kelompok, namun 3 responden pada kelompok intervensi *drop out* sehingga sampel berjumlah 45. Instrumen yang digunakan meliputi *The Modified Malay-version of Breastfeeding Knowledge Questionnaire (MM-BKQ)*, *Iowa Infant Feeding Attitude Scale (IIFAS)*, dan kuesioner dukungan suami. Analisis data pada tahap pertama dengan analisis konten kualitatif, sedangkan pada tahap ketiga menggunakan *Paired T-test*, *Independent T-test* dan regresi linier.

**Hasil:** Hasil penelitian tahap pertama dihasilkan empat tema pada kelompok ibu menyusui dan empat tema pada kelompok suami. Tema pada kelompok ibu yaitu 1) bentuk dukungan suami, 2) faktor pendukung dan penghambat dalam pemberian ASI eksklusif dan MP-ASI, 3) ibu memahami manfaat dan mengidentifikasi penyebab kegagalan pemberian ASI eksklusif, 4) berbagai stresor yang dialami ibu tidak menghambat upaya pemberian ASI. Tema pada kelompok suami meliputi 1) dukungan diberikan suami kepada istri dalam berbagai bentuk, 2) suami dan istri tetap berupaya mengatasi masalah menyusui meskipun ada kendala dari berbagai faktor, 3) meskipun ada berbagai hambatan, suami tetap mendapatkan dukungan dari berbagai pihak, 4) suami berusaha untuk memahami ASI eksklusif dengan berbagai macam cara meskipun terdapat stresor. Penelitian tahap dua menghasilkan modul, media seperti *leaflet*, dan video animasi yang valid dan sudah di-HAKI-kan. Hasil penelitian tahap tiga menunjukkan bahwa model intervensi ini secara signifikan meningkatkan pengetahuan (selisih mean= 4,99), sikap (selisih mean= 3,83), dan dukungan suami (selisih mean= 4,49) terhadap pemberian ASI eksklusif.

**Kesimpulan:** Model ini dapat digunakan sebagai alternatif pendekatan strategis dalam melibatkan suami untuk mendukung program ASI eksklusif serta memberikan kontribusi dalam meningkatkan cakupan ASI eksklusif di Indonesia.

**Kata Kunci:** suami, pengetahuan, sikap, dukungan, ASI eksklusif

## **ABSTRACT**

**Background:** Husbands have an important role in supporting exclusive breastfeeding by providing emotional and practical support to breastfeeding mothers. However, this role is often obstructed by the husband's lack of understanding of the wife's needs during breastfeeding and the benefits of breastfeeding, as well as unsupportive cultural factors. The low knowledge, attitude, and support of the husband in supporting breastfeeding can affect the success of breastfeeding. For this reason, interventions that actively involve husbands in supporting exclusive breastfeeding are needed.

**Objective:** This study aims to develop and test the intervention model of husbands caring for exclusive breastfeeding in increasing husbands' knowledge, attitudes, and support towards exclusive breastfeeding

**Research Methods:** This study used mixed methods exploratory sequential designs. In the first stage, qualitative research was carried out through Focus Group Discussion (FGD) to explore the experiences of breastfeeding mothers and husbands in supporting breastfeeding. The second stage develops a model based on the results of the first stage of research. In the third stage, the model was tested through Quasi experiment pretest posttest non equivalent control group design. The samples in the third phase of the study were 49 respondents in each group, but 3 respondents in the intervention group dropped out so that the sample amounted to 45. The instruments used include The Modified Malay-version of Breastfeeding Knowledge Questionnaire (MM-BKQ), Iowa Infant Feeding Attitude Scale (IIFAS), and husband support questionnaire. The data analysis in the first stage was with qualitative content analysis, while in the third stage used Paired T-test, Independent T-test and linear regression.

**Results:** The results of the first phase of research produced four themes in the breastfeeding mother group and four themes in the husband group. The themes in the mother group are 1) not all husbands provide full support to mothers to provide exclusive breastfeeding, 2) there are supporting and inhibiting factors in exclusive breastfeeding and MP-breastfeeding, 3) mothers understand the benefits and identify the causes of failure to provide exclusive breastfeeding, 4) various stressors experienced by mothers do not hinder breastfeeding efforts. The themes in the husband group include 1) support given by the husband to the wife in various forms, 2) the husband and wife continue to try to overcome the breastfeeding problem despite the obstacles from various factors, 3) despite the various obstacles, the husband still gets support from various parties, 4) the husband tries to understand exclusive breastfeeding in various ways despite the stressors. The second phase resulted in a valid and IPR-approved module, media such as leaflet, and animated video. Meanwhile, the results of the third phase of the study show that this intervention model significantly increased knowledge (mean difference = 4.99), attitude (mean difference = 3.83), and husband support (mean difference = 4.49) towards exclusive breastfeeding.

**Conclusions:** This model can be used as an alternative strategic approach in engaging husbands to support exclusive breastfeeding programs and contribute to increasing exclusive breastfeeding coverage in Indonesia.

**Keywords:** husband, knowledge, attitude, support, exclusive breastfeeding,