

## INTISARI

**Latar Belakang:** Menyusui secara eksklusif dapat menyelamatkan nyawa lebih dari 820.000 anak dan 20.000 ibu di seluruh dunia setiap tahunnya. Secara global capaian ASI eksklusif masih rendah (40%) sedangkan di Indonesia lebih rendah lagi (35.7%). Keberhasilan ASI eksklusif sejatinya merupakan hasil dari kerjasama ibu dan suaminya sehingga keterlibatan suami memiliki peran yang sangat penting. Suami yang memiliki pengetahuan tentang praktik pemberian ASI akan mampu memberikan dukungan kepada istrinya. Dukungan suami mampu meningkatkan keyakinan diri ibu sehingga memperkuat keputusan ibu menyusui secara eksklusif.

**Tujuan:** Penelitian ini bertujuan Membentuk Program “Bapak Peduli ASI” untuk meningkatkan *self efficacy* dan dukungan suami dalam meningkatkan keberhasilan ASI eksklusif.

**Metode:** Penelitian ini merupakan penelitian *Quacy Experimental* menggunakan rancangan *pre-test post-test with control group*. Sampel adalah ibu menyusui dengan usia bayi 3 bulan yang masih menyusui secara eksklusif sebanyak 28 orang dan suaminya 28 orang yang masing-masing terbagi menjadi kelompok intervensi dan kontrol. Analisis pengaruh edukasi terhadap perubahan pengetahuan, dukungan suami, dan *self efficacy* dalam satu kelompok diuji dengan *Paired ttest*, dan antar kelompok menggunakan uji *Independent ttest*. Analisis multivariat menggunakan uji *regresi logistik*.

**Hasil:** Terdapat perbedaan pengetahuan, dukungan suami dan *self efficacy* sebelum dan setelah edukasi dalam satu kelompok maupun antar kelompok ( $p < 0.05$ ). Perubahan pengetahuan, dukungan suami, dan *self efficacy* pada kelompok intervensi (7.6, 27.4, 6.1) lebih tinggi dibandingkan kelompok kontrol (0.2, 1.3, -0.9). Pengetahuan berpeluang 1.7 kali, dukungan suami 1.2 kali, dan *self efficacy* 2 kali terhadap keberhasilan ASI Eksklusif. Kontribusi ketiga variabel terhadap keberhasilan ASI eksklusif sebesar 67%. Ibu menyusui kelompok intervensi yang berhasil memberikan ASI eksklusif sebanyak (92.9%) sedangkan kontrol (42.9%).

**Kesimpulan:** Program bapak peduli ASI yang berisi intervensi edukasi ASI mampu meningkatkan pengetahuan, dukungan suami, *self efficacy* ibu menyusui, dan keberhasilan ASI eksklusif.

Kata Kunci: ASI eksklusif, pengetahuan, dukungan, *self efficacy*, edukasi.

## ABSTRACT

**Background:** Breastfeeding exclusively can save the lives of more than 820,000 children and 20,000 mothers worldwide each year. Globally the achievement of exclusive breastfeeding is still low (40%) while in Indonesia it is even lower (35.7%). The success of exclusive breastfeeding is a result of the collaboration of mother and her husband so that the involvement of the husband has a very important role. A husband who knows knowledge about the practice of breastfeeding will be able to provide support to his wife. The Husband's support can increase the mother's self-efficacy so that it strengthens the decision of breastfeeding mothers exclusively.

**Purpose:** This study aims to establish a "Breastfeeding caring father" program to increase the self-efficacy and support of husbands in increasing the success of exclusive breastfeeding.

**Method:** This research is a Quacy Experimental study using a pre-test post-test with control group design. Samples were 28 breastfeeding mothers with 3 months old babies who were exclusively breastfeeding and 28 of their husbands who were divided into intervention and control groups. Analysis of the effect of education on changes in knowledge, husband's support, and self-efficacy in one group was tested by Paired t-test, and between groups using the Independent t-test. Multivariate analysis using logistic regression tests.

**Results:** There were differences in knowledge, husband's support, and self-efficacy before and after education in one group or between groups ( $p < 0.05$ ). Changes in knowledge, husband support, and self-efficacy in the intervention group (7.6, 27.4, 6.1) are higher than in the control group (0.2, 1.3, -0.9). Knowledge has 1.7 times chance, husband support 1.2 times, and self-efficacy 2 times towards the success of exclusive breastfeeding. The contribution of the three variables to the success of exclusive breastfeeding was 67%. Breastfeeding mothers of the intervention group that succeeded in giving exclusive breastfeeding were 92.9% while the control (42.9%).

**Conclusion:** The father care program of ASI which contains ASI education interventions can increase knowledge, husband support, self-efficacy of nursing mothers, and the success of exclusive breastfeeding.

Keywords: Exclusive breastfeeding, knowledge, support, self efficacy, education