

## INTISARI

**Latar Belakang :** Puskesmas Gondokusuman 2 Kota Yogyakarta yang memiliki wilayah kerja Kelurahan Terban dan Kotabaru yang dilewati Sungai Code memiliki cakupan ASI eksklusif yang cukup tinggi yaitu 63,9%. Hambatan multi sektoral membuat sulit untuk menaikkan cakupan ASI eksklusif. Kenaikan cakupan ASI eksklusif di atas rata-rata nasional patut direplikasi sehingga kasus ini perlu diteliti lebih lanjut. Kelas ibu hamil, kelompok pendukung ibu (KP ibu), dukungan petugas kesehatan, dan kebijakan peraturan daerah menjadikan keberhasilan perilaku pemberian ASI eksklusif.

**Tujuan Penelitian :** Menggali pengalaman keberhasilan perilaku pemberian ASI eksklusif pada ibu di bantaran Sungai Code Kota Yogyakarta menggunakan teori ekologi sosial.

**Metode :** Penelitian ini menggunakan pendekatan kualitatif dengan tradisi fenomenologi analisis tematik yang dilakukan pada ibu bantaran Sungai Code Kota Yogyakarta. Subjek penelitian adalah 6 ibu yang telah berhasil memberikan ASI pada bayi usia 0-6 bulan dan berdomisili di bantaran Sungai Code. Triangulasi data dilakukan dengan wawancara mendalam kepada 13 partisipan sebagai responden pendukung, yaitu suami, orangtua, tetangga, kader posyandu di KP ibu, petugas gizi, bidan di puskesmas, dan petugas gizi kesehatan Dinas Kesehatan. Metode pengumpulan data dilakukan dengan wawancara mendalam.

**Hasil :** Keyakinan (*self efficacy*) dan pengalaman dari diri ibu sendiri, serta dukungan lapisan masyarakat (keluarga, komunitas, organisasi, lingkungan kerja, kehidupan, dan kebijakan perda kota) mempengaruhi perilaku keberhasilan pemberian ASI eksklusif di bantaran Sungai Code, Kota Yogyakarta.

**Kesimpulan :**

Upaya perilaku pemberian ASI eksklusif pada balita usia 0-6 bulan pada ibu di bantaran Sungai Code Kota Yogyakarta dapat berhasil dengan adanya keyakinan dan pengalaman dari diri ibu sendiri, serta dukungan lapisan masyarakat (keluarga, komunitas, organisasi, lingkungan kerja, kehidupan, dan kebijakan perda kota).

**Kata Kunci :** ASI eksklusif, pengalaman, keberhasilan, ekologi sosial, Sungai Code, Yogyakarta

## ***ABSTRACT***

**Background :** Primary Healthcare Gondokusuman 2 Yogyakarta City covering work area of Subdistrict Terban and Kotabaru which is passed by Code River has a high rate of exclusive breastfeeding, that is 63,9%. Multi-sectoral barriers make it difficult to increase the scope of exclusive breastfeeding. An increase in exclusive breastfeeding coverage above the national average should be replicated so that this case needs further investigation. Pregnant woman class, mother's support group (KP ibu), support from health officers, and regional policy are the success factors of exclusive breastfeeding behavior.

**Research Aim :** Exploring the successful experience of exclusive breastfeeding behavior by mothers living in Code Riverbanks Yogyakarta by applying social ecology theory.

**Method :** This research uses a qualitative approach with the phenomenological with thematic tradition of analysis conducted on the mothers of the Code River bank of the Yogyakarta City. Research subjects were six mothers who had successfully breastfed infants aged 0-6 months and were domiciled on the Code river bank. Data triangulation was carried out with in-depth interviews with 13 participants as supporting respondents, namely husbands, parents, neighbors, posyandu cadres in the KP of mothers, nutrition officers, midwives in health centers, and health nutrition officers from the Health Office. Data collection method was done by in-depth interviews.

**Result:** The self efficacy and experiences of the mother herself, as well as the support of the layers of society (family, community, organization, work environment, life, and city regulations) affect the successful behavior of exclusive breastfeeding on the bank of the Code River, Yogyakarta City.

**Conclusion :** Efforts to give exclusive breastfeeding behavior for infants aged 0-6 months to mothers on the bank of the River Code of the City of Yogyakarta can be successful with the self efficacy and experiences of the mother herself, as well as the support of layers of society (family, community, organization, work environment, life, and policies city regulations).

**Keywords:** exclusive breastfeeding, experience, success, social ecology, Code River, Yogyakarta.