

**PENGALAMAN KEIKUTSERTAAN DALAM
KELOMPOK PENDUKUNG IBU UNTUK MENINGKATKAN
PEMBERIAN ASI EKSLUSIF**

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INTISARI

Latar Belakang: Keefektifan KP ibu dalam meningkatkan pemberian ASI eksklusif telah terbukti dalam banyak penelitian akan tetapi pelaksanaan KP ibu belum berjalan secara optimal di Indonesia. Sebanyak 22 KP ibu telah dibentuk di Kecamatan Pakem sejak tahun 2011, namun saat ini hanya beberapa KP ibu yang masih aktif. Hal ini dapat disebabkan oleh berbagai faktor. Faktor yang berasal dari peserta KP ibu masih belum banyak diteliti.

Tujuan: Mengeksplorasi pengalaman keikutsertaan peserta dalam Kelompok Pendukung Ibu.

Metode: Penelitian kualitatif dengan pendekatan fenomenologi. Partisipan penelitian berjumlah tujuh partisipan terdiri atas empat partisipan dari KP ibu aktif dan tiga partisipan dari KP ibu tidak aktif. Pengambilan data dilakukan pada bulan September-November 2015 menggunakan teknik wawancara mendalam semi struktur dan analisis data menggunakan metode Colaizzi.

Hasil: Ditemukan enam tema yang terbagi atas dua tema di KP ibu aktif dan empat tema di KP ibu tidak aktif. Dua tema di KP ibu aktif yakni 1) menambah pengetahuan, memberikan solusi masalah anak, kesenangan saat berkumpul dan bernyanyi serta kesempatan berbagi pengalaman dan 2) pelaksanaan KP ibu belum berjalan optimal disebabkan faktor dari motivator, peserta, dan lingkungan. Empat tema pada KP ibu tidak aktif yakni 3) menambah pengetahuan, memberikan kesempatan berbagi pengalaman, dan mengubah keputusan untuk menyusui, 4) sulitnya mengumpulkan peserta, 5) peserta kurang berminat mengikuti kegiatan KP ibu, dan 6) tidak banyak memberikan pengetahuan baru pada peserta.

Kesimpulan: Secara umum, kegiatan KP ibu memberikan banyak manfaat bagi peserta. Kendala pelaksanaan kegiatan KP ibu berasal dari faktor motivator, peserta, dan lingkungan.

Kata kunci: Kelompok Pendukung Ibu, ASI eksklusif

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Experience of Participation in a Mother Support Group to Increase Exclusive Breastfeeding

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ABSTRACT

Background: *The effectiveness of mother support group (MSG) in increasing exclusive breastfeeding has been proven in many studies but the implementation of the MSG has not run optimally in Indonesia. A total of 22 MSGs had been formed in Pakem since 2011, but currently only a few MSG is still active. It can be caused by various factors. Factor derived from the participants still have not been studied.*

Objective: *To explore the participation experience of participants in the Mother Support Group.*

Methods: *Qualitative research with phenomenological approach. The study participants were seven participants consisted of four participants from active MSG and three participants from inactive MSG. Data were collected in September-November 2015 using a semi-structured interview techniques and in-depth data analysis using Colaizzi.*

Results: *Six themes were found in this study, divided into two themes in active MSG and four themes in inactive MSG. Two themes in the active MSG are 1) to increase knowledge, provide solutions for children's problem, pleasure gather and sing as well as the opportunity to share experiences and 2) the implementation of the MSG are not optimal due to factors of motivators, participants, and the environment. Four themes at inactive MSG are 3) to increase knowledge, provide an opportunity to share experiences, and change the decision to breastfeed, 4) the difficulty of gathering participants, 5) participants are less interested in following the MSG activities, and 6) does not give much new knowledge to the participants,*

Conclusion: *In general, MSG activity provides many benefits to the participants. Constraints of MSG implementation came from factors of motivator, participants, and the environment.*

Keywords: Mother Support Group, Exclusive Breastfeeding

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