

INTISARI

Latar belakang:

Modal dasar pembangunan manusia berkualitas dimulai sejak bayi masih dalam kandungan yang kemudian dilanjutkan dengan pemberian Air Susu Ibu (ASI) sejak usia dini, terutama pemberian ASI eksklusif yaitu pemberian hanya ASI saja kepada bayi sejak lahir sampai bayi berusia enam bulan. Target pelaksanaan pemberian ASI eksklusif sebesar 80%, namun dalam pelaksanaannya ASI eksklusif masih memprihatinkan.

Tujuan:

untuk mengetahui pengaruh konseling laktasi terhadap pengetahuan, kemampuan dan keberhasilan ibu dalam pemberian ASI di RSUD Panembahan Senopati Bantul.

Metode:

Desain penelitian yang digunakan adalah "*quasi experiment with post test-only non equivalent control group design*". Teknik pengambilan sampel dengan *consecutive sampling* dengan jumlah sampel sebanyak 32 responden pada masing-masing kelompok (kelompok kontrol dan kelompok intervensi). Pengambilan data dilakukan pada Bulan Mei sampai Juli 2015. Instrumen penelitian menggunakan lembar skrening, lembar identitas dan lembar koesioner. Analisis bivariat menggunakan *chi square* dengan tingkat kemaknaan $p < 0,05$.

Hasil :

Hasil penelitian menunjukkan adanya perbedaan pengetahuan yang signifikan setelah dilakukan konseling laktasi pada kelompok intervensi (p value $0,000 < 0,05$), terdapat perbedaan kemampuan menyusui yang signifikan antara kelompok intervensi dengan kelompok kontrol setelah diberikan konseling laktasi (p value $0,012 < 0,05$; RR 1,917) dan terdapat perbedaan keberhasilan dalam pemberian ASI yang signifikan antara kelompok intervensi dengan kelompok kontrol setelah diberikan konseling (p value $0,006 < 0,05$; RR 2,500).

Kesimpulan :

Konseling laktasi berpengaruh terhadap pengetahuan, kemampuan dan keberhasilan ibu dalam pemberian ASI.

Kata kunci:

konseling, laktasi, pemberian ASI

ABSTRACT

Background : The basic asset for building quality people started since the baby was still in the mother's womb, and continued with breastfeeding since early ages, especially in delivering exclusive breastfeeding which giving only breast milk until the baby reached six month old. Data from Indonesian Health Demography Survey (2002-2003) showed that there were only 4% of babies got their first breast milk in an hour after they were delivered, meanwhile around 27% of them started to get breast milk in the first day of their life. The proportion of exclusive breastfeeding in children aged under 4 month old was 55% and in children aged 6 month old was 40%, with median of exclusive breastfeeding time was around 1.6 month. The target implementation of exclusive breastfeeding was 80%, but the reality showed contrary.

Objective : to identify the effect of lactation counseling towards mother's knowledge, ability, and success in breastfeeding in Panembahan Senopati General Hospital, Bantul.

Method: Research design which was used was quasi-experimental with post test-only non equivalent control group design. Sample collection technique was using consecutive sampling with 32 respondents as total samples in each group (intervention group and control group). Bivariate analysis used chi square with significance level $p < 0.05$.

intervention group was given lactation counseling (p -value = 0.000 [< 0.05]). There was also a significant difference in mother's ability to breastfeed between the intervention group and control group after they were given lactation counseling (p -value = 0.012 [< 0.05]; RR = 1.917). There was a significant difference in the success rate of breastfeeding in intervention and control group after counseling (p -value = 0,006 [< 0.05]; RR = 2,500).

Conclusion: Lactation counseling affected the mother's knowledge, ability, and success rate in breastfeeding.

Keywords : Counseling, lactation, breastfeeding.