

## INTISARI

**Latar Belakang Penelitian:** Angka ASI eksklusif di Indonesia masih rendah, kurang dari 80%. Rendahnya cakupan ASI eksklusif tersebut dipengaruhi oleh beberapa faktor salah satu yang paling penting adalah dukungan keluarga terutama suami. Apabila suami berprofesi sebagai tenaga kesehatan seharusnya lebih mengetahui bagaimana manajemen laktasi dan mampu mendorong istrinya agar berhasil memberikan ASI eksklusif selama enam bulan kepada bayinya.

**Tujuan penelitian:** mengetahui bagaimana peran suami yang berprofesi sebagai tenaga kesehatan dan bukan tenaga kesehatan terhadap perilaku pemberian ASI.

**Metode penelitian:** jenis penelitian yang dilakukan adalah kualitatif fenomenologi. Penelitian dilakukan di RSUP dr. Sardjito. sumber data yang terlibat yaitu 7 orang suami yang berprofesi sebagai tenaga kesehatan dan 7 orang suami yang berprofesi bukan tenaga kesehatan yang mempunyai bayi berusia 6 sampai 24 bulan, 14 orang istri dan seorang nenek. Sumber data diperoleh melalui snow-ball sampling. Informasi diperoleh melalui wawancara mendalam. validitas data dengan menggunakan triangulasi sumber. Analisis data menggunakan analisis data berlangsung (*flow model analysis*).

**Hasil penelitian:** suami yang berprofesi sebagai tenaga kesehatan lebih memahami pengertian ASI eksklusif dibandingkan dengan suami yang bukan tenaga kesehatan. Peran lain yang dilakukan suami yaitu 1). memotivasi istri dengan kata-kata penyemangat sangatlah penting agar ASI eksklusif berhasil, selain itu suami menyarankan agar istri memberikan ASI eksklusif, 2). mendukung istri dengan membantu pekerjaan rumah tangga, mencari informasi tentang ASI eksklusif, memperhatikan asupan makan istri, dan membantu merawat anak, 3). mengetahui masalah yang dialami istri selama menyusui suami juga mampu membantu istri menyelesaikan masalah tersebut, 4). Suami yang anaknya berhasil mendapatkan ASI eksklusif berperan lebih aktif dalam manajemen laktasi 5). Suami memberikan pengertian kepada anggota keluarga lain yang menganjurkan pemberian susu formula sebelum usia 6 bulan, 6.) suami harus mempunyai komitmen selama proses menyusui eksklusif agar tidak terpengaruh dengan anjuran penambahan susu formula.

**Kesimpulan :** pemahaman suami tentang ASI eksklusif baik, peran yang dapat dilakukan suami selama istri menyusui yaitu memberikan motivasi, dukungan, keterlibatan suami dalam masalah yang dialami istri, keterlibatan suami untuk tetap memberikan ASI kepada bayi selama istri bekerja, anjuran terhadap penambahan susu formula sebelum bayi berusia 6 bulan.

**Kata kunci :** peran suami, ASI eksklusif, suami, tenaga kesehatan, non tenaga kesehatan

## ABSTRACT

**Background Research :** The number of exclusive breastfeeding in Indonesia is still low, less than 80%. The low number of exclusive breastfeeding is influenced by several factors, one of the most important factor is the support from family, especially from husband. When the husband works as a health professionals, he should be aware of lactation management and capable to push wife in order to successfully provide exclusive breastfeeding to the baby for six months

**Objective :** to know how the role of the husband who works as a health worker and not the behavior of health workers towards breastfeeding.

**Methods :** types of qualitative research is phenomenology. The study was conducted at Hospital dr. Sardjito, source data involved is 7 husbands who work as health professionals and 7 husbands who work instead of health workers with babies aged 6 to 24 months, 14 wives and a grandmother. Sources of data obtained through the snow-ball sampling. Information was obtained through in-depth interviews. The validity of the data is done by using triangulation. Analysis of data using flow model analysis.

**Result :** Husbands who work as a health personnel have a better understanding of exclusive breastfeeding compared with husbands who aren't health personnel. Another role of husband during breastfeeding is 1) motivate his wife by giving praise or encouragement words is crucial for successful exclusive breastfeeding, 2) support his wife to done the household chores, looking for information about exclusive breastfeeding, pay attention to wife's food nutrition, and help take care of the child, 3). Knowing the problems experienced by wife during breastfeeding and also able to help his wife to resolve the problems, 4) Husband whose child get exclusive breastfeeding should be more active giving verbal support and know lactation management, 5) Husband should give understanding to other family members who suggest formula milk feeding before the age of 6 months, 6) the husband must have commitment from the beginning until the end of exclusive breastfeeding in order not to be affected by formula milk feeding suggestion.

**Conclusion :** in addition to the understanding of exclusive breastfeeding good husband, a role that can be performed husband wife during breastfeeding that provides motivation, support, involvement in problems experienced husband and wife, the husband's involvement to continue to provide breast milk to babies during working wife, the recommendation of the addition of infant formula before 6 month old baby

**Keywords :** the role of husband, exclusive breastfeeding, husband, health professional, not health professional.