

ABSTRACT

Background : *In Indonesia, the proportion of exclusive breastfeeding is still relatively low. Many factors influence the success of exclusive breastfeeding including knowledge, socio-culture, family support, community and health workers. This study aims to determine the determinants of exclusive breastfeeding behavior in the working area of the SiulakDeras Public Health Center, Kerinci Regency.*

Methods : *This study used a cross sectional design which was collected in February – April 2021 with the research population being all mothers who had children under two in 2019 in the working area of the Siulak Deras Health Center, a sample of 140 respondents using total sampling, research variables breastfeeding behavior exclusiveness, education level, knowledge, age, occupation, BMI, husband's support and health worker support. Data analysis using Chi-Square test.*

Results : *The behavior of exclusive breastfeeding in the working area of the Siulak Deras Public Health Center was 34.5%. There was a relationship between education level ($P = 0.011$; 3.028; 95% CI: 1.182-7.754), knowledge ($P = 0.000$; 4.392; 95% CI: 2.220-8.867), age ($P = 0.001$; 9.809; 95% CI: 1.422 -67.662), occupation ($P = 0.002$; 3.354; 95% CI: 1.435-7.839), BMI ($P = 0.013$; 1.915; 95% CI: 1.162-3.157), husband's support ($P = 0.000$; 4.716; 95% CI : 2.276-9.771), and there was no relationship between the support of health workers ($P = 0.684$; 0.872; 95% CI: 0.552-1.377) on the behavior of exclusive breastfeeding.*

Congclusin : *The success of exclusive breastfeeding is related to the level of further education, good knowledge, healthy reproductive age (20-35 years), occupation, BMI, and good husband support in the working area of the Siulak Deras Health Center. It is hoped that all parties will contribute in supporting the achievement of exclusive breastfeeding coverage. It is necessary to increase the active role of the husband in supporting the success of exclusive breastfeeding.*

Keywords : *exclusive breastfeeding, behavior, support, proportion.*

ABSTRAK

Latar Belakang: Di Indonesia proporsi ASI eksklusif masih tergolong rendah. Banyak faktor yang mempengaruhi keberhasilan pemberian ASI eksklusif diantaranya pengetahuan, sosial budaya, dukungan keluarga, masyarakat dan tenaga kesehatan. Penelitian ini bertujuan untuk mengetahui determinan perilaku pemberian ASI eksklusif di wilayah kerja Puskesmas Siulak Deras Kabupaten Kerinci.

Metode: Penelitian ini menggunakan desain *cross sectional* yang dilakukan pengumpulan pada bulan Februari – April 2021 dengan populasi penelitian adalah seluruh ibu yang memiliki baduta pada tahun 2019 di wilayah kerja Puskesmas Siulak Deras, sampel sebanyak 140 responden dengan menggunakan *total sampling*, Variabel penelitian perilaku pemberian ASI eksklusif, tingkat pendidikan, pengetahuan, usia, pekerjaan, IMD, dukungan suami dan dukungan tenaga kesehatan. Analisis data menggunakan uji *Chi-Square*.

Hasil: Perilaku pemberian ASI eksklusif di wilayah kerja puskesmas Siulak Deras 34,5%. Ada hubungan tingkat pendidikan ($P = 0,011$; 3,028 ;95% CI:1,182-7,754), pengetahuan ($P = 0,000$; 4,392 ;95% CI: 2,220-8,867), usia ($P = 0,001$; 9,809 ;95% CI: 1,422-67,662), pekerjaan ($P = 0,002$; 3,354;95% CI: 1,435-7,839), IMD ($P = 0,013$; 1,915 ;95% CI: 1,162-3,157), dukungan suami ($P = 0,000$; 4,716 ;95% CI: 2,276-9,771), dan tidak terdapat hubungan dukungan tenaga kesehatan ($P = 0,684$; 0,872 ;95% CI: 0,552-1,377) terhadap perilaku pemberian ASI eksklusif.

Kesimpulan: Perilaku pemberian ASI eksklusif dipengaruhi oleh tingkat pendidikan lanjut, pengetahuan baik, usia reproduksi sehat, pekerjaan, IMD, dan dukungan suami yang baik di wilayah kerja Puskesmas Siulak Deras. Perlu ditingkatkan peran aktif suami dalam mendukung keberhasilan pemberian ASI eksklusif.

Kata Kunci: ASI eksklusif, perilaku, dukungan, proporsi.