

ABSTRACT

Background :

Still Low Coverage of Exclusive Breastfeeding. This study aims to analyze the determinants that affect the behavior of exclusive breastfeeding in infants aged 7-12 months in the Alai Ilir Health Center Work Area, Tebo Regency.

Method :

This study used a cross sectional design in the working area of Alai Ilir Health Center. The population of all mothers who have babies aged 7-12 months is 188 and the number of samples is 94 respondents with proportional stratified random sampling technique. Data were collected through interviews and analysis with chi square in October 2020 to July 2021. The results of this study were exclusive breastfeeding behavior with predictors of maternal age, mother's education, mother's occupation, mother's knowledge, husband's support, support of health workers and breastfeeding research.

Results :

As many as 59.6% of respondents gave exclusive breastfeeding. Most of the respondents was aged 20-35 years (94.7%), highly educated (89.4%), not working (58.5%), good knowledge (78.7%), husband is supportive (52.1%).), health workers are supportive (55.3%), and breastfeeding is smooth (63.8%). There was a relationship between mother's knowledge (PR = 2.158; 95% CI: 1.395-3.339 husband's support (PR = 1.867; 95% CI:1.109-3.141), (PR = 2.834; 95% CI: 1.670-4.808) and expectancy of breastfeeding (PR = 2.180; 95% CI: 1.347-3,528 with exclusive breastfeeding behavior There is no relationship between maternal age, mother's education, mother's occupation and support for workers with exclusive breastfeeding behavior.

Conclusion :

Low knowledge, lack of husband's support and not smooth breastfeeding are risk factors for failure to offer exclusive breastfeeding. Knowledge needs to be increased on matters relating to the improvement and monitoring of breastfeeding.

Keywords: *exclusive breastfeeding, determinants, smooth breastfeeding*

ABSTRAK

Latar Belakang :

Masih rendahnya cakupan pemberian ASI eksklusif. Penelitian ini bertujuan untuk menganalisis determinan yang mempengaruhi perilaku pemberian ASI eksklusif pada bayi usia 7-12 bulan di Wilayah Kerja Puskesmas Alai Ilir Kabupaten Tebo.

Metode :

Penelitian ini menggunakan desain *cross sectional* di wilayah kerja Puskesmas Alai Ilir. Populasi seluruh ibu yang memiliki bayi usia 7-12 bulan yaitu sebanyak 188 dan jumlah sampel 94 responden dengan teknik pengambilan sampel *proportionate stratified random sampling*. Data dikumpulkan melalui wawancara dan dianalisis dengan menggunakan *chi square* pada bulan Oktober 2020 hingga Juli 2021. *Outcome* pada penelitian ini yaitu perilaku pemberian ASI eksklusif dengan prediktor usia ibu, pendidikan ibu, pekerjaan ibu, pengetahuan ibu, dukungan suami, dukungan tenaga kesehatan dan kelancaran ASI.

Hasil :

Sebanyak 59,6% responden melakukan pemberian ASI eksklusif. Sebagian besar responden memiliki usia 20-35 tahun (94,7%), berpendidikan tinggi (89,4%), tidak bekerja (58,5%), berpengetahuan baik (78,7%), suami mendukung (52,1%), tenaga kesehatan mendukung (55,3%), dan ASI-nya lancar (63,8%). Ada hubungan antara pengetahuan ibu (PR = 2,158; 95% CI:1,395-3,339), dukungan suami (PR=1,867; 95% CI:1,109-3,141), (PR = 2,834; 95% CI:1,670-4,808) dan kelancaran ASI (PR = 2,180; 95% CI:1,347-3,528) dengan perilaku pemberian ASI eksklusif. Tidak ada hubungan antara usia ibu, pendidikan ibu, pekerjaan ibu dan dukungan tenaga kesehatan dengan perilaku pemberian ASI eksklusif.

Kesimpulan :

Pengetahuan rendah, kurangnya dukungan suami serta tidak lancarnya ASI menjadi faktor risiko kegagalan pemberian ASI eksklusif. Perlu ditingkatkan pengetahuan ibu mengenai hal-hal yang berkaitan dengan peningkatan dan menjaga kelancaran ASI.

Kata Kunci : ASI, Eksklusif, Determinan, Kelancaran ASI