

ABSTRAK

Indonesia mempunyai target nasional pemberian ASI Eksklusif sebesar 80%. Berbagai upaya perlu dilakukan untuk meningkatkan persentase ibu yang memberikan ASI eksklusif. Berdasarkan provinsinya pada tahun 2021. DKI Jakarta menduduki peringkat terendah di pulau jawa dengan persentase 65,63%, angka ini menurun 5,23 poin dibandingkan tahun sebelumnya. Jakarta Barat merupakan persentase paling rendah yakni 54,62%. Penelitian ini bertujuan untuk mengetahui Pengetahuan, Sikap Dan Perilaku Pemberian ASI Eksklusif Pada Bayi 0-6 bulan Di Rusun Cinta Kasih Budha Tzu Chi Cengkareng Tahun 2023. Penelitian ini dilakukan karena berdasarkan data dari puskesmas Cengkareng tahun 2019 hanya sebesar 42,5% yang memberikan ASI eksklusif dan dari hasil wawancara kepada 15 ibu di Rusun Cinta Kasih Budha Tzu Chi yang mempunyai bayi usia 7-12 bulan hanya 6 ibu yang memberikan ASI eksklusif terhadap bayinya. Pengumpulan data dilakukan menggunakan kuesioner secara langsung kepada ibu yang memiliki bayi usia 7-12 bulan serta mendampingi ibu saat pengisian kuesioner. Jenis penelitian yang digunakan adalah penelitian kuantitatif dengan menggunakan desain penelitian cross sectional. Pada univariat proporsi tertinggi di usia dewasa (84.1%), pendidikan tinggi (51.2%), bekerja (67.1%), pengetahuan baik (57.3%), sikap baik (64.6%), mendapatkan dukungan keluarga (56.1%). Terdapat hubungan antara sikap ibu (PR 1.748 95% CI: 1.208-2.350), Dukungan keluarga (PR 1.597 95% CI: 1.007-2.369). Tidak ada hubungan umur ibu (PR 1.148 95% CI: 0.708-1.859), tingkat pendidikan (PR 1.004 95% CI: 0.678-1.487), Pekerjaan ibu (PR 1.358 95% CI: 0.930-1.984), pengetahuan (PR 1.535 95% CI 1.040-2.265) dengan perilaku pemberian ASI eksklusif di Rusun Cinta Kasih Budha Tzu Chi Cengkareng. Diharapkan masyarakat, terutama ibu yang hamil dan menyusui beserta keluarga dapat berperan aktif mendukung program ASI eksklusif.

Kata kunci: Pengetahuan, sikap dan perilaku pemberian ASI eksklusif

ABSTRACT

Indonesia has a national target of exclusive breastfeeding of 80%. Various efforts need to be made to increase the percentage of mothers who provide exclusive breastfeeding. By province in 2021. DKI Jakarta was ranked lowest in Java with a percentage of 65.63%, this figure decreased by 5.23 points compared to the previous year. West Jakarta is the lowest percentage at 54.62%. This study aims to determine the knowledge, attitudes and behaviors of exclusive breastfeeding for infants 0-6 months in the Buddhist Love Flat, Tzu Chi, Cengkareng in 2023. This research was conducted because based on data from the Cengkareng health center in 2019, only 42.5% provided exclusive breastfeeding and from the results of interviews with 15 mothers of Tzu Chi Buddhist Love who had babies aged 7-12 months, only 6 mothers gave exclusive breastfeeding to their babies. Data collection was carried out using questionnaires directly to mothers who have babies aged 7-12 months and accompanying mothers when filling out questionnaires. The type of research used is quantitative research using a cross-sectional research design. In univariate the highest proportion is in adulthood (84.1%), higher education (51.2%), employment (67.1%), good knowledge (57.3%), good attitude (64.6%), getting. Family support (56.1%). There was an association between maternal attitudes (PR 1.748 95% CI: 1.208-2.530), Family support (PR 1.597 95% CI: 1.007-2.369). There was no relationship between maternal age (PR 1.148 95% CI: 0.708-1.859), education level (PR 1.004 95% CI: 0.678-1.487), Mother's occupation (PR 1.358 95% CI: 0.930-1.984) and maternal knowledge (PR 1.535 95% CI: 1.040-2.265), with exclusive breastfeeding behavior in Cinta Kasih Buddhist Tzu Chi Cengkareng flat. It is hoped that the community, especially pregnant and lactating mothers and their families can play an active role in supporting the exclusive breastfeeding program.

Keywords: *Knowledge, attitude and behavior of exclusive breastfeeding*