



**UNIVERSITAS ANDALAS**

**ANALISIS SISTEM MANAJEMEN PEMBERIAN AIR SUSU IBU  
EKSKLUSIF DI WILAYAH KERJA PUSKESMAS  
AIR DINGIN KOTA PADANG**

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**FAKULTAS KESEHATAN MASYARAKAT**

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**x + 104 halaman, 025 tabel, 003 gambar, 015 lampiran**

**ABSTRAK**

**Tujuan Penelitian**

ASI eksklusif adalah nutrisi terbaik dan sangat penting untuk daya tahan tubuh bayi. Cakupan ASI eksklusif di Puskesmas Air Dingin merupakan yang paling rendah se-Kota Padang selama 3 tahun terakhir. Tujuan penelitian ini adalah mengetahui sistem manajemen pemberian ASI eksklusif di wilayah kerja Puskesmas Air Dingin Kota Padang.

**Metode**

Penelitian ini menggunakan metode kualitatif. Penelitian ini dilaksanakan pada bulan Maret-April di wilayah kerja Puskesmas Air Dingin. Teknik penentuan informan adalah *purposive sampling* dimana *key instrument* adalah peneliti sendiri. Pengumpulan data dilakukan dengan wawancara mendalam, FGD, telaah dokumen dan observasi. Pengolahan data menggunakan *content analysis* dengan triangulasi sumber dan metode.

**Hasil**

Hasil penelitian dari segi *input* menunjukkan hanya 5 dari 138 instansi dan tempat sarana umum yang memiliki ruang laktasi di wilayah kerja Puskesmas Air Dingin, petugas kesehatan tidak tahu regulasi ASI eksklusif, belum ada SOP, tenaga Promkes hanya berjumlah 1 orang, dan sarana dan prasarana belum memadai. *Process* perencanaan belum melibatkan perwakilan program gizi dalam tim PTP. Pelaksanaan IMD, penyuluhan di Posyandu, Kelas ibu hamil, kelas ibu balita, KP-ASI, dan 10 langkah menuju keberhasilan menyusui belum dilakukan secara optimal. *Output* cakupan pemberian ASI eksklusif belum mencapai target.

**Kesimpulan**

Sistem manajemen pemberian ASI eksklusif belum berjalan dengan baik. Implementasi kebijakan dan sarana prasarana Puskesmas kurang. Proses perencanaan dan pelaksanaan kegiatan pemberian ASI eksklusif kurang maksimal. Disarankan kepada Ombudsman dan Pemerintah Kota Padang melakukan pembinaan dan pengawasan terhadap ruang laktasi di tiap instansi. Disarankan kepada dinas Kesehatan Kota Padang untuk meningkatkan sosialisasi kebijakan ASI eksklusif dan bimbingan teknis IMD pada bidang praktek swasta. Kepada Puskesmas diharapkan untuk meningkatkan koordinasi dan integrasi antar Program pelaksana kegiatan pemberian ASI eksklusif.

**Kata Kunci :** Sistem Manajemen, ASI Eksklusif

**Daftar Pustaka :** 45 (1997-2016)

**FACULTY OF PUBLIC HEALTH  
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**NENGSIH PURNAMA SARI, NO. BP. 1311211121**

**MANAGEMENT SYSTEM ANALYSIS OF BREASTFEEDING IN AIR DINGIN  
PRIMARY HEALTH CARE WORK AREA'S, PADANG**

**x + 104 pages + 025 tables + 003 figures + 015 appendices**

## **ABSTRACT**

### **Objective**

Exclusive breastfeeding is the best nutrition and very important for baby's immunity. The coverage of exclusive breastfeeding in Air Dingin Primary Health Care has the lowest number in Padang City for 3 years in a row. The objective of the study was to analyze the management system of exclusive breastfeeding in work area's of Air Dingin Primary Health Care, Padang.

### **Method**

This study use qualitative method. This study was conducted in March-April 2017 in Air Dingin Primary Health Care work area's. Informant of the research put by purposive method who the key instrument is researcher himself. Data collected from indepth interview, FGD, document review and observation. Data processing by content analysis and validated by triangulation sources and methods.

### **Result**

The results of the research show that only 5 out of 138 agencies and public facilities have lactation room in the work area of Air Dingin Primary Health Center, health workers do not know the exclusive breastfeeding regulation, there is no SOP, the Promkes staff only amounts to 1 person, and the facilities and infrastructures have not adequate. Process planning has not involved the nutrition program representatives in the PTP team. Implementation of Early Breastfeeding Initially, counseling at Posyandu, class of pregnant mother, grade of mother of toddler, Exclusive Breastfeeding Supporting Group, and 10 steps to the success of breastfeeding has not done optimally. Output coverage of exclusive breastfeeding has not reached the target.

### **Conclusion**

Exclusive breastfeeding management system has not gone well. Less policy implementation and Puskesmas infrastructure are lacking. The process of planning and implementation of exclusive breastfeeding activities is less than the maximum. It is recommended to the Ombudsman and the Municipal Government of the padang to conduct guidance and supervision of the lactation chamber in each agency. It is recommended to Padang City Health Office to improve the socialization of exclusive breastfeeding policy and Early Breastfeeding Initially technical guidance on private practice midwives. Puskesmas is expected to improve coordination and integration between Puskesmas Program.

**Keyword :** Management System, Exclusive Breastfeeding

**Bibliography :** 45 (1997-2016)