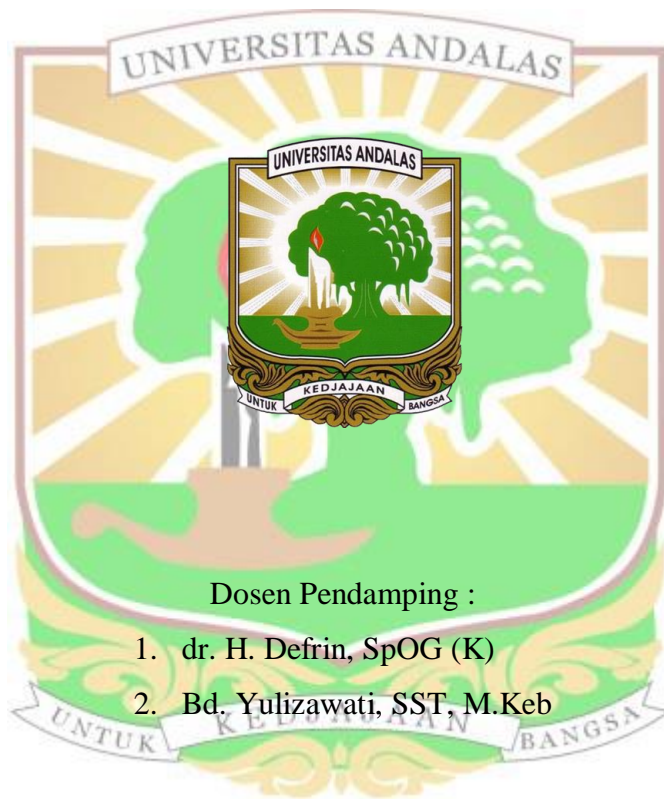


**HUBUNGAN *BREASTFEEDING SELF-EFFICACY* DENGAN PEMBERIAN  
ASI EKSKLUSIF DI WILAYAH KERJA PUSKESMAS AIR DINGIN  
KOTA PADANG TAHUN 2018**

Oleh :

AISYAH ISTIANINGSIH

No. BP. 1410332014



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**PROGRAM STUDI S1 KEBIDANAN  
FAKULTAS KEDOKTERAN UNIVERSITAS ANDALAS  
PADANG 2018**

**PROGRAM STUDI S1 KEBIDANAN  
FAKULTAS KEDOKTERAN  
UNIVERSITAS ANDALAS**

**Skripsi, September 2018**

**AISYAH ISTIANINGSIH, No. BP. 1410332014**

**HUBUNGAN *BREASTFEEDING SELF-EFFICACY* DENGAN PEMBERIAN ASI  
EKSKLUSIF DI WILAYAH KERJA PUSKESMAS AIR DINGIN KOTA  
PADANG TAHUN 2018**

xviii + 53 halaman, 11 tabel, 5 gambar, 11 lampiran

**ABSTRAK**

**Latar Belakang dan Tujuan Penelitian**

ASI eksklusif merupakan praktik pemberian ASI saja pada bayi di 6 bulan pertama kehidupan tanpa pemberian makanan atau minuman lainnya (WHO, 2014). Tujuan penelitian ini adalah untuk mengetahui hubungan *breastfeeding self-efficacy* dengan pemberian ASI eksklusif di wilayah kerja puskesmas Air Dingin.

**Metode**

Penelitian kuantitatif dengan desain *cross sectional*, dilakukan di wilayah kerja Puskesmas Air Dingin pada bulan Februari-September 2018. Subjek penelitian adalah ibu yang memiliki bayi usia 6-12 bulan sebanyak 56 orang. Pengumpulan data dengan wawancara menggunakan kuesioner. Analisis data secara univariat dan bivariat dengan menggunakan analisis *chi-square* ( $p < 0,05$ ).

**Hasil**

Hasil penelitian menunjukkan 33,9% ibu memberikan ASI Eksklusif. Hasil analisis *chi-square* didapatkan nilai  $p$  antara pemberian ASI eksklusif dan *breastfeeding self-efficacy* ( $p = 0,000$ ).

**Kesimpulan**

Terdapat hubungan antara *breastfeeding self-efficacy* dengan pemberian ASI eksklusif. Diharapkan tenaga kesehatan melakukan penilaian dan peningkatan *breastfeeding self-efficacy* untuk mensukseskan pemberian ASI Eksklusif.

**Daftar Pustaka:** 50 (1994 - 2017)

**Kata Kunci** : ASI Eksklusif, *Breastfeeding self-efficacy*

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**AISYAH ISTIANINGSIH, No. BP. 1410332014**

**THE ASSOCIATION BETWEEN BREASTFEEDING SELF-EFFICACY WITH  
EXCLUSIVE BREASTFEEDING PRACTICE IN AIR DINGIN PRIMARY  
HEALTH CENTER PADANG 2018**

xviii + 53 pages, 11 tables, 5 pictures, 11 appendices

**ABSTRACT**

**Background and Objective**

Exclusive breastfeeding means that the infant receives only breast milk without any additional food or drink for first 6 months of life (WHO, 2014). The aims of this study is to determine breastfeeding self-efficacy with exclusive breastfeeding practice to in Air Dingin health center.

**Method**

This study was a quantitative study with cross sectional design conducted at Air Dingin health center in February-September 2018. There were 56 mothers with 6-12 month babies became sample of this study. Data collected by interview using questionnaire. Data will analyzed in univariate and bivariate by using chi-square analysis ( $p < 0,05$ ).

**Result**

The results showed that 33,9% of mothers administrated exclusive breastfeeding to their babies. The result of chi-square analysis revealed p-value between breastfeeding self-efficacy and exclusive breastfeeding practices ( $p = 0,000$ )

**Conclusion**

There is an association between breastfeeding self-efficacy and exclusive breastfeeding practices. It is expected that health provider conduct an assessment and increase breastfeeding self-efficacy to succeed in giving exclusive breastfeeding.

**References** : 50 (1994 - 2017)

**Key words** : Breastfeeding, Exclusive Breastfeeding, Breastfeeding Self-Efficacy