



UNIVERSITAS ANDALAS

**ANALISIS PROGRAM PEMBERIAN ASI EKSKLUSIF DI
PUSKESMAS AIR DINGIN KOTA PADANG**

Oleh :

DIVA ZULVIA NIM,

2111213004

FAKULTAS KESEHATAN MASAYARAKAT UNIVERSITAS

ANDALAS

PADANG, 2025



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**Diajukan Sebagai Pemenuhan Syarat untuk Mendapatkan
Gelar Sarjana Kesehatan Masyarakat**

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Skripsi, Mei 2025

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xii + 163 halaman, 27 tabel, 10 gambar, 15 lampiran

ABSTRAK

Tujuan Penelitian

Berdasarkan Profil Kesehatan Kota Padang 2023, capaian ASI eksklusif terendah terdapat di Puskesmas Air Dingin, yaitu 31,5%. ASI eksklusif penting untuk tumbuh kembang, imunitas, serta pencegahan malnutrisi dan stunting. Penelitian ini bertujuan menganalisis program pemberian ASI eksklusif di Puskesmas Air Dingin.

Metode

Penelitian ini menggunakan pendekatan kualitatif yang dilakukan selama bulan November 2024–Maret 2025 dengan 19 informan melalui purposive sampling. Data dikumpulkan lewat wawancara, observasi, telaah dokumen, FGD, serta dianalisis dengan triangulasi sumber dan metode.

Hasil

Kebijakan ASI Eksklusif belum sepenuhnya diketahui tenaga kesehatan dan belum punya SOP khusus. SDM cukup tapi kurang kompeten dalam menjalankan tugas, kader minim pelatihan, Pembiayaan program Asi bersumber dari BOK, dana yang tersedia belum mencukupi menyebabkan sarana dan prasarana program ASI Eksklusif belum memadai dan masih banyak yang kurang. Fasilitas kurang memadai, koordinasi antar program ada tapi kader kurang dilibatkan. Penyuluhan rutin, partisipasi ibu rendah, KP-ASI tidak aktif, dan 10 langkah menyusui belum optimal. IMD berjalan, namun susu formula masih ditawarkan bidan swasta. Pencatatan online-manual, evaluasi dua kali setahun oleh dinas kesehatan kota Padang.

Kesimpulan

Program ASI eksklusif di Puskesmas Air Dingin sudah terlaksana namun belum optimal. Diperlukan pelatihan dan pemberdayaan kader, serta peningkatan koordinasi antara petugas kesehatan dan ibu menyusui.

Daftar Pustaka : 60 (1996-2024)

Kata Kunci : Analisis, ASI eksklusif, Ibu menyusui, Puskesmas, Program

**FACULTY OF PUBLIC HEALTH
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Undergraduate Thesis, May 2025 DIVA ZULVIA, NIM. 211213004

**ANALYSIS OF EXCLUSIVE BREASTFEEDING PROGRAM AT AIR
DINGIN COMMUNITY HEALTH CENTER IN PADANG CITY**

xii + 163 pages, 27 tables, 10 pictures, 15 appendices

ABSTRACT

Objectives

Based on the 2023 City of Padang Health Profile, the lowest achievement of exclusive breastfeeding is at the Air Dingin Community Health Center, which is 31.5%. Exclusive breastfeeding is important for growth and development, immunity, and the prevention of malnutrition and stunting. This study aims to analyze the exclusive breastfeeding program at the Air Dingin Community Health Center.

Methods

This research uses a qualitative approach conducted from November 2024 to March 2025 with 19 informants through purposive sampling. Data were collected through interviews, observations, document reviews, focus group discussions (FGD), and analyzed using source and method triangulation.

Results

The Exclusive Breastfeeding policy is not fully understood by healthcare workers and does not have a specific standard operating procedure. Human resources are sufficient but lack competence in carrying out tasks, and training for cadres is minimal. The financing of the breastfeeding program comes from the BOK, and the available funds are insufficient, resulting in inadequate facilities and infrastructure for the exclusive breastfeeding program, with many elements lacking. Facilities are inadequate, coordination between programs exists but cadres are less involved. Routine counseling is conducted, but maternal participation is low, breastfeeding support groups are inactive, and the '10 Steps to Successful Breastfeeding' are not optimal. Early initiation of breastfeeding is progressing, but formula milk is still being offered by private midwives. Record-keeping is done both online and manually, with evaluations conducted twice a year by the city health office in Padang.

Conclusion

The exclusive breastfeeding program at the Air Dingin health center has been implemented but is not yet optimal. Training and empowerment of cadres are needed, as well as improved coordination between health workers and nursing mothers.

Bibliography : 60 (1996-2024)

Keyword : Analysis, exclusive breastfeeding, breastfeeding mothers, community health center, program