

## BAB VI KESIMPULAN DAN SARAN

### A. Kesimpulan

1. Konstruksi model perilaku *bonding* suami untuk keberhasilan ASI eksklusif adalah sebagai berikut:
  - a. Konsep perilaku *bonding* suami hasil penelitian kualitatif dengan analisis *a multilevel coding strategy* yakni : dorongan dengan kasih sayang, nasihat tidak menekan, membantu dengan tulus, dan tanggungjawab sesuai dengan konsep ajaran agama dalam mencapai tujuan keluarga.
  - b. Model dirancang dari *blue print* konsep perilaku *bonding* suami dan dikembangkan menjadi model edukasi yang menghasilkan *prototype* modul edukasi perilaku *bonding* suami untuk keberhasilan ASI eksklusif yang dinilai sangat layak untuk diimplementasikan.
  - c. Implementasi model dilakukan tiga tahap yakni: edukasi I penjelasan tujuan dan materi pembelajaran, edukasi II belajar mandiri dan edukasi III diskusi hasil belajar mandiri dan pementapan.
2. Pengaruh model terhadap peningkatan pengetahuan, sikap, dan perilaku *bonding* suami untuk keberhasilan ASI eksklusif meningkat secara bermakna, dan perbedaan pengetahuan, sikap, dan perilaku *bonding* suami berbeda secara bermakna antara kelompok kontrol dan intervensi.
3. Perilaku *bonding* suami yang baik dapat meningkatkan secara bermakna keberhasilan ASI eksklusif.

### B. Saran

1. Kementerian Kesehatan  
Mengusulkan agar diadakan kelas suami dengan model edukasi perilaku *bonding* suami untuk keberhasilan ASI eksklusif sebagai upaya terintegrasi Permenkes 450 tahun 2004 tentang Pemberian ASI Eksklusif dan PP 33 tahun 2012. Meskipun sebagian besar suami mengetahui akibat dengan

tidak diberikannya ASI akan menjadikan bayi kurang gizi namun ketika tidak paham tentang apa yang membuat ASI menjadi lancar yakni kenyamanan dalam menyusui maka akan berpeluang terhadap kegagalan pemberian ASI.

2. Kementerian Agama

Mengusulkan agar kementerian agama dan jajarannya membuat kurikulum terkait dengan penerapan konsep keluarga sakinah mawahdah warohmah baik melalui para ustad dan guru, bahkan dalam jangka waktu panjang melalui pendidikan formal setingkat aliyah dan perguruan tinggi.

3. Kementerian Pemberdayaan Perempuan dan Perlindungan Anak

Mengusulkan model edukasi perilaku *bonding* suami untuk keberhasilan ASI eksklusif sebagai langkah operasional upaya 10 LMKM sebagai mana yang dimuat dalam PerMen Negara Pemberdayaan Perempuan dan Perlindungan Anak No 03 tahun 2010 tentang Penerapan 10 Langkah Menuju Keberhasilan Menyusui

4. Pemerintah Kabupaten Bungo

- a. Melalui Dinas Kesehatan melakukan sosialisasi dan advokasi untuk menggiring formulasi kebijakan (*policy formulating*) bupati (Perbup) peningkatan cakupan pemberian ASI eksklusif dengan model edukasi perilaku *bonding* suami untuk keberhasilan ASI eksklusif. Banyak suami yang sudah mengetahui manfaat ASI untuk pertumbuhan, kecerdasan dan kesehatan anak tetapi sedikit sekali diketahui yang membuat ASI lancar dengan dorongan kasih sayang suami.
- b. Formulasi kebijakan untuk koordinasi Kantor Urusan Agama, KIE untuk Calon Pengantin (Catin) dengan mengikuti edukasi model perilaku *bonding* suami untuk keberhasilan ASI eksklusif yang sejalan dengan tuntunan agama yakni sakinah, mawahdah, warohmah.
- c. Koordinasi Kantor BKKBN guna melengkapi kegiatan ketahanan keluarga agar memasukan kegiatan model perilaku *bonding* suami untuk keberhasilan ASI eksklusif.

5. Masyarakat, Kelompok Peduli ASI

Melalui bidan di desa atau Poskesdes, setelah pemasangan stiker P4K para suami dapat diberitahukan untuk pelaksanaan edukasi perilaku *bonding* suami untuk keberhasilan ASI eksklusif.

6. Peneliti

Model perilaku *bonding* suami untuk keberhasilan ASI eksklusif agar terus berkelanjutan berdasarkan *social capital* di masing-masing wilayah di Indonesia dan mendorong penelitian lebih lanjut perilaku *bonding* dengan kajian agama lain.



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