



UNIVERSITAS ANDALAS

**HUBUNGAN ANTARA STATUS GIZI IBU, *BREASTFEEDING SELF-EFFICACY*, DAN DUKUNGAN KELUARGA DENGAN RIWAYAT
PEMBERIAN ASI EKSKLUSIF DI WILAYAH KERJA PUSKESMAS
SIMPANG KAWAT KOTA JAMBI**

Oleh:

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**Diajukan Sebagai Pemenuhan Syarat untuk Mendapatkan
Gelar Sarjana Gizi**

FAKULTAS KESEHATAN MASYARAKAT

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viii+ 69 halaman, 19 tabel, 4 gambar, 12 lampiran

ABSTRAK

Tujuan Penelitian

Penelitian ini bertujuan untuk mengetahui hubungan antara status gizi ibu, *breastfeeding self-efficacy*, dan dukungan keluarga dengan riwayat pemberian ASI eksklusif di Wilayah Kerja Puskesmas Simpang Kawat Kota Jambi.

Metode

Penelitian menggunakan metode kuantitatif dengan desain cross sectional. Teknik pengambilan sampel menggunakan cluster sampling dan diperoleh 61 responden dari kelompok ibu yang memiliki bayi usia 6-12 bulan. Pengumpulan data menggunakan kuesioner riwayat ASI eksklusif (adopsi SSGI 2024), Breastfeeding Self-Efficacy Scale-Short Form (BSES-SF), kuesioner dukungan keluarga, serta pengukuran berat badan dan tinggi badan untuk penilaian status gizi. Analisis data dilakukan secara univariat dan bivariat. Analisis bivariat menggunakan uji chi-square dan Fisher's Exact Test.

Hasil

Hasil penelitian menunjukkan bahwa sebagian besar responden memberikan ASI eksklusif (59%), memiliki status gizi lebih (63,9%), *breastfeeding self-efficacy* tinggi (73,8%), dan dukungan keluarga baik (93,4%). Analisis bivariat menunjukkan bahwa terdapat hubungan antara *breastfeeding self-efficacy* ($p\text{-value} = 0,0001$) dengan riwayat pemberian ASI eksklusif. Namun, tidak terdapat hubungan antara status gizi ibu ($p\text{-value} = 0,681$) dan dukungan keluarga ($p\text{-value} = 0,638$) dengan riwayat pemberian ASI eksklusif.

Kesimpulan

Terdapat hubungan antara *breastfeeding self-efficacy* dengan riwayat pemberian ASI eksklusif pada ibu di wilayah kerja Puskesmas Simpang Kawat Kota Jambi. Namun, tidak terdapat hubungan antara status gizi ibu dan dukungan keluarga dengan riwayat pemberian ASI eksklusif pada ibu di wilayah kerja Puskesmas Simpang Kawat Kota Jambi.

Daftar Pustaka : 78 (1998-2025)

Kata Kunci : ASI eksklusif, Bayi, Dukungan keluarga, Efikasi diri menyusui, Status gizi

**FACULTY OF PUBLIC HEALTH
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**THE RELATIONSHIP BETWEEN MATERNAL NUTRITIONAL STATUS,
BREASTFEEDING SELF-EFFICACY, AND FAMILY SUPPORT WITH THE
HISTORY OF EXCLUSIVE BREASTFEEDING IN THE WORKING AREA
OF SIMPANG KAWAT PUBLIC HEALTH CENTER, JAMBI CITY**

viii + 69 pages, 19 tables, 4 pictures, 12 appendices

ABSTRACT

Objective

This study aimed to determine the relationship between maternal nutritional status, breastfeeding self-efficacy, and family support with the history of exclusive breastfeeding in the working area of Simpang Kawat Public Health Center, Jambi City.

Method

This study used a quantitative method with a cross-sectional design. The sampling technique used cluster sampling, obtaining 61 respondents from mothers with infants aged 6-12 months. Data were collected using an exclusive breastfeeding history questionnaire (adapted from the 2024 Indonesian Nutritional Status Survey), the Breastfeeding Self-Efficacy Scale-Short Form (BSES-SF), a family support questionnaire, and body weight and height measurements to assess nutritional status. Data analysis was conducted univariately and bivariately. Bivariate analysis used the chi-square test and Fisher's Exact Test.

Result

The results showed that most respondents practiced exclusive breastfeeding (59%), had an overweight nutritional status (63.9%), high breastfeeding self-efficacy (73.8%), and good family support (93.4%). Bivariate analysis showed a significant relationship between breastfeeding self-efficacy (p -value = 0.000) and the history of exclusive breastfeeding. However, there was no significant relationship between maternal nutritional status (p -value = 0.681) and family support (p -value = 0.638) with the history of exclusive breastfeeding.

Conclusion

There is a relationship between breastfeeding self-efficacy and the history of exclusive breastfeeding among mothers in the working area of Simpang Kawat Public Health Center. However, there is no relationship between maternal nutritional status and family support with the history of exclusive breastfeeding among mothers in the working area of Simpang Kawat Public Health Center, Jambi City.

References : 78 (1998-2025)

Keywords : Baby, Breastfeeding self-efficacy, Exclusive breastfeeding,
Family support, Nutritional status