

SKRIPSI
HUBUNGAN *BREASTFEEDING SELF EFFICACY* DENGAN
PEMBERIAN ASI EKSKLUSIF PADA IBU PRIMIPARA
DI WILAYAH KERJA PUSKESMAS ANDALAS
KOTA PADANG TAHUN 2019

Penelitian Keperawatan Maternitas



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**FAKULTAS KEPERAWATAN
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**Hubungan *Breastfeeding Self Efficacy* Dengan Pemberian ASI Eksklusif
Pada Ibu Primipara Di Wilayah Kerja Puskesmas Andalas
Kota Padang Tahun 2019**

ABSTRAK

Pemberian ASI eksklusif di dunia masih sangat rendah yaitu hanya 39%. Di Indonesia sendiri pemberian ASI eksklusif hanya 37,3%, masih sangat jauh dari target capaian ASI secara nasional yaitu 80%. Begitu pula dengan Sumatera Barat, pemberian ASI hanya 35%. Di kota Padang capaian ASI hanya 58,79% dengan cakupan terendah di wilayah kerja Puskesmas Andalas yaitu sebesar 58,79%. Rendahnya capaian ASI eksklusif ini dipengaruhi oleh banyak faktor, salah satunya *self efficacy*. *Self efficacy* ini merupakan faktor paling kuat yang mempengaruhi ibu untuk memberikan ASI eksklusif kepada bayinya. Penelitian ini menggunakan metode deskriptif analitik dengan pendekatan *crosssectional*. Sampel berjumlah 88 ibu primipara yang memiliki bayi berusia 6-9 bulan yang dipilih secara *purposive sampling*. Pengumpulan data dilakukan menggunakan kuesioner pemberian asi eksklusif dan BSE-SF. Data dianalisis menggunakan *chi-square*. Hasil penelitian didapatkan bahwa sebanyak 63,6% tidak memberikan ASI eksklusif dan 69,3% responden memiliki tingkat *breastfeeding self efficacy* rendah. Hasil uji *chi-square* terdapat hubungan *breastfeeding self efficacy* dengan pemberian ASI eksklusif dengan nilai $p=0,000$ ($p<0,05$). Diharapkan penelitian ini dapat memberi manfaat bagi ibu dan membuat *breastfeeding self efficacy* ibu meningkat sehingga ibu akan mampu mengatasi permasalahan-permasalahan selama menyusui dan ibu tetap memberikan ASI eksklusif kepada bayinya sampai bayi berusia 6 bulan.

Kata Kunci : *Breastfeeding Self Efficacy*, Pemberian ASI Eksklusif

Daftar Pustaka: 56(1994-2019)

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***The Relationship of Breastfeeding Self Efficacy with Exclusive Breastfeeding
for Primipara Women in Andalas Community Health Center
City of Padang in 2019***

ABSTRACT

Exclusive breastfeeding in the world is still very low at only 39%. In Indonesia, exclusive breastfeeding is only 37.3%, still far from the national target of breastfeeding which is 80%. Likewise with West Sumatra, breastfeeding is only 35%. In the city of Padang the achievement of ASI was only 58.79% with the lowest coverage in the working area of the Andalas Community Health Center which was 58.79%. The low achievement of exclusive breastfeeding is influenced by many factors, one of which is self efficacy. Self-efficacy is the most powerful factor that influences mothers to give exclusive breastfeeding to their babies. This research uses descriptive analytic method with cross-sectional approach. The sample consisted of 88 primiparous mothers who had 6-9 months old babies who were selected by purposive sampling. Data collection was performed using exclusive breastfeeding questionnaires and BSE-SF. Data were analyzed using chi-square. The results showed that 63.6% did not provide exclusive breastfeeding and 69.3% of respondents had low breastfeeding self efficacy rates. Chi-square test results have a correlation between breastfeeding self efficacy with exclusive breastfeeding with a value of $p = 0,000$ ($p < 0.05$). It is hoped that this research can benefit mothers and increase breastfeeding self efficacy so that mothers will be able to overcome problems during breastfeeding and mothers will continue to provide exclusive breastfeeding to their babies until the baby is 6 months old.

**Keywords : Breastfeeding Self Efficacy, Exclusive breastfeeding
Bibliography : 56 (1994-2019)**