

**SKRIPSI**

***LITERATURE REVIEW* : HUBUNGAN DUKUNGAN SOSIAL DENGAN  
CAPAIAN ASI EKSKLUSIF**

**Penelitian Keperawatan Maternitas**



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**ABSTRAK**

Dalam upaya pencapaian derajat kesehatan yang optimal demi meningkatkan mutu kehidupan bangsa, keadaan gizi yang baik merupakan salah satu unsur penting. Pertumbuhan dan perkembangan anak yang optimal ditahun pertama kehidupan sangat menentukan kualitas sumber daya manusia di sepanjang kehidupan. ASI sebagai satu-satunya gizi bagi bayi 0-6 bulan adalah faktor yang mempengaruhi pertumbuhan perkembangan. Persentase capaian pemberian ASI Eksklusif sangat rendah. Secara global, hanya 40% bayi di bawah usia enam bulan yang disusui secara eksklusif. Berdasarkan data dari Profil Kesehatan di Indonesia tahun 2018 cakupan keberhasilan pemberian ASI Eksklusif masih dibawah target yaitu sekitar 65,15 % dari 80% target Nasional. Cakupan keberhasilan ASI Eksklusif di Provinsi Sumatera Barat yaitu 77,09%. Tujuan dari penelitian ini adalah untuk mengetahui Hubungan Dukungan sosial dengan Capaian Pemberian ASI Eksklusif. Jenis penelitian ini adalah *literature review* dengan sampel penelitian sepuluh jurnal dari pencarian *Pubmed*, *Science Direct*, *Google Scholar*. Data diperoleh dari hasil penelitian jurnal-jurnal. Hasil penelitian didapatkan bahwa ada hubungan antara dukungan sosial dengan capaian ASI Eksklusif. Dimana hasil ini menyatakan bahwa seorang Ibu menyusui yang mendapatkan banyak dukungan dari sosial akan membuat ibu termotivasi dalam memberikan ASI Eksklusif.

Kata Kunci : Hubungan Dukungan Sosial dengan ASI Eksklusif

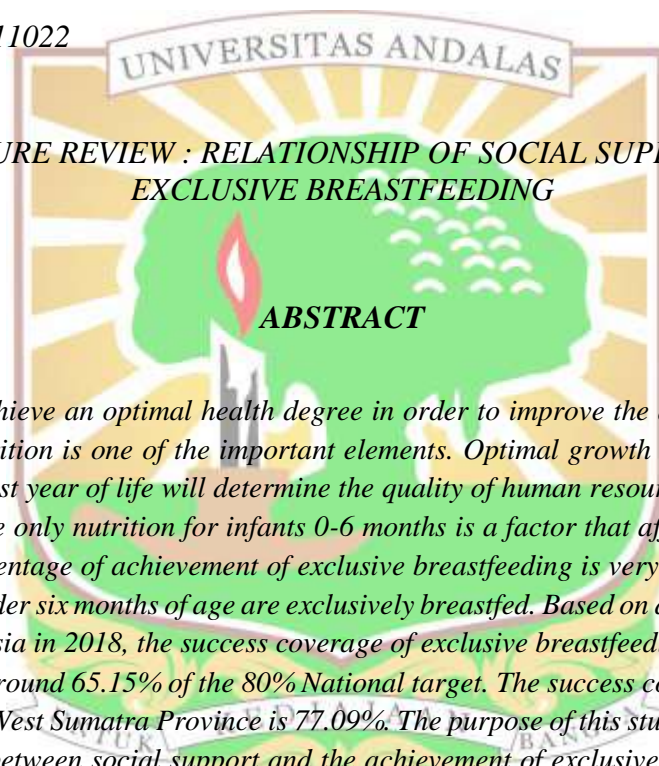
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**LITERATURE REVIEW : RELATIONSHIP OF SOCIAL SUPPORT WITH  
EXCLUSIVE BREASTFEEDING**

**ABSTRACT**

*In an effort to achieve an optimal health degree in order to improve the quality of life of the nation, good nutrition is one of the important elements. Optimal growth and development of children in the first year of life will determine the quality of human resources throughout life. Breast milk as the only nutrition for infants 0-6 months is a factor that affects developmental growth. The percentage of achievement of exclusive breastfeeding is very low. Globally, only 40% of babies under six months of age are exclusively breastfed. Based on data from the Health Profile in Indonesia in 2018, the success coverage of exclusive breastfeeding is still below the target, which is around 65.15% of the 80% National target. The success coverage of exclusive breastfeeding in West Sumatra Province is 77.09%. The purpose of this study was to determine the relationship between social support and the achievement of exclusive breastfeeding. This type of research is a literature review with a research sample of ten journals from Pubmed search, Science Direct, Google Scholar. Data obtained from research journals. The results showed that there was a relationship between social support and the achievement of exclusive breastfeeding. Where these results indicate that a breastfeeding mother who gets a lot of social support will motivate the mother to provide exclusive breastfeeding.. The purpose of this study was to determine the relationship of social support with the achievement of exclusive breastfeeding. This type of research is a literature review with a sample of thirteen research journals from the search Pubmed, Science Direct, Google Scholar. Data obtained from the results of research journals. The results showed that there was a relationship between social support and the achievement of exclusive breastfeeding. Where these results state that a*

*nursing mother who gets a lot of social support will make mothers motivated in providing exclusive breastfeeding.*

**Keywords:** *Relationship of Social Support with Exclusive Breastfeeding*

