

ABSTRAK

Faktor-Faktor yang Mempengaruhi Pemberian ASI Eksklusif di Puskesmas Tapung Hilir 1 Kabupaten Kampar

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Cakupan ASI eksklusif di berbagai daerah Provinsi Riau masih rendah, salah satunya di Puskesmas Tapung Hilir 1 dari 60,2% (2021) menjadi 39% (2022), hal ini masih jauh dibawah target 90%. Dampak dari tidak tercapainya ASI eksklusif yaitu anak rentan terkena penyakit dan tumbuh kembangnya tidak optimal. Penelitian ini bertujuan untuk mengidentifikasi faktor-faktor yang mempengaruhi pemberian ASI eksklusif di Puskesmas Tapung Hilir 1 Kabupaten Kampar.

Metode penelitian yang digunakan adalah kuantitatif dengan desain penelitian *cross sectional*. Penelitian ini dilaksanakan di wilayah kerja Puskesmas Tapung Hilir 1 Kabupaten Kampar bulan Mei – Juni 2024. Populasi dalam penelitian ini adalah seluruh ibu yang memiliki bayi berusia 6-12 bulan di Puskesmas Tapung Hilir 1 Kabupaten Kampar Provinsi Riau berdasarkan Laporan KIA Desember 2023 berjumlah 65 ibu dengan jumlah sampel sebanyak 56 ibu yang diambil menggunakan *accidental sampling*. Analisa data menggunakan univariat dan bivariat dengan uji *chi square*.

Hasil penelitian ini yaitu sebagian besar responden memiliki usia tidak beresiko (73,2%), pendidikan rendah (57,1%), tidak bekerja (51,8%) berisiko (58,9%), pengetahuan rendah (53,6%), sikap negatif (50%) dan tidak memberikan ASI eksklusif (58,9%). Terdapat hubungan usia ($p\text{ value}=0,025$), pendidikan ($p\text{ value}=0,000$), pekerjaan ($p\text{ value}=0,000$) dan paritas ($p\text{ value}=0,000$), pengetahuan ($p\text{ value}=0,001$) dan sikap ($p\text{ value}=0,000$) terhadap pemberian ASI eksklusif di Puskesmas Tapung Hilir 1 Kabupaten Kampar.

Kesimpulan yaitu terdapat hubungan usia, pendidikan, pekerjaan, paritas, pengetahuan, dan sikap dengan pemberian ASI eksklusif di Puskesmas Tapung Hilir 1 Kabupaten Kampar. Saran agar meningkatkan pendidikan dan pengetahuan ibu tentang ASI eksklusif melalui program edukasi dan dukungan di Puskesmas.

Kata kunci: ASI eksklusif, paritas, pekerjaan, pendidikan, pengetahuan, sikap, usia

ABSTRACT

Factors Influencing Exclusive Breastfeeding at Tapung Hilir 1 Health Center, Kampar Regency

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The coverage of exclusive breastfeeding in various regions of Riau Province is still low, particularly at Puskesmas Tapung Hilir 1, which decreased from 60.2% (2021) to 39% (2022). This is still far below the target of 90%. The impact of not achieving exclusive breastfeeding is that children are vulnerable to diseases and their growth and development are not optimal. This study aims to identify the factors influencing the provision of exclusive breastfeeding at Puskesmas Tapung Hilir 1, Kampar District.

The research method used is quantitative with a cross-sectional research design. This study was conducted in the working area of Puskesmas Tapung Hilir 1, Kampar Regency, from May to June 2024. The population in this study consists of all mothers with babies aged 6-12 months at Puskesmas Tapung Hilir 1, Kampar Regency, Riau Province, based on the KIA Report of December 2023, totaling 65 mothers. The sample consists of 56 mothers, selected using accidental sampling. Data analysis was performed using univariate and bivariate analysis with the chi-square test.

The study results show that most respondents have non-risky age (73.2%), low education (57.1%), are unemployed (51.8%), at risk (58.9%), have low knowledge (53.6%), negative attitudes (50%), and do not practice EBF (58.9%). There is a significant relationship between age ($p\text{-value}=0.025$), education ($p\text{-value}=0.000$), employment ($p\text{-value}=0.000$), parity ($p\text{-value}=0.000$), knowledge ($p\text{-value}=0.001$), and attitude ($p\text{-value}=0.000$) with EBF at Tapung Hilir 1 Health Center, Kampar Regency.

The conclusion is that there is a relationship between age, education, employment, parity, knowledge, and attitude with EBF at Tapung Hilir 1 Health Center, Kampar Regency. It is suggested to enhance maternal education and knowledge about EBF through educational programs and support at the Health Center.

Keywords: *Exclusive breastfeeding, parity, employment, education, knowledge, attitude, age*