

Faktor faktor yang berhubungan dengan persepsi ketidakcukupan ASI pada ibu yang memiliki bayi usia 0-6 bulan di wilayah kerja Puskesmas Sewon Yogyakarta = Factors related to the perception of insufficiency of breast milk in mothers who have infants aged 0-6 months in Sewon Health Centre Yogyakarta

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Abstrak

[ABSTRAK

Persepsi Ketidakcukupan ASI (PKA) adalah pikiran atau perasaan ibu terhadap kondisi ketiadaan atau berkurangnya produksi ASI sehingga ibu merasa bahwa ASI-nya tidak cukup untuk memenuhi kebutuhan bayinya. PKA menjadi alasan utama ibu berhenti menyusui secara dini dan alasan untuk memberikan makanan tambahan lebih awal pada bayinya. Prevalensi PKA belum diketahui secara pasti, diperkirakan antara 30-80% dari ibu yang menyusui mempunyai PKA. Penelitian ini bertujuan untuk membuktikan faktor ?faktor yang berhubungan dengan PKA pada ibu yang memiliki bayi usia 0-6 bulan di wilayah kerja Puskesmas Sewon Yogyakarta. Desain penelitian ini menggunakan Cross Sectional. Jumlah sampel dalam penelitian ini sebanyak 71 sampel ibu yang memiliki bayi 0-6 bulan yang gagal menyusui secara eksklusif dikarenakan mengalami PKA. Hasil analisis didapatkan sebanyak 59 (83,1%) ibu memiliki PKA dengan ASI yang cukup. Ada hubungan yang bermakna konseling ASI saat Antenatal Care (ANC) dengan PKA yang mempunyai ASI cukup, ibu yang tidak mendapatkan konseling saat ANC berpeluang 19,7 kali mempunyai PKA, $p=0,012$; $OR=19,746$ (CI 95% 1,926-202,456). Konseling ASI pada saat ANC yang berkualitas merupakan hal yang sangat penting dilaksanakan oleh petugas kesehatan untuk persiapan menyusui. Pemanfaatan ?Temu wicara? dalam konsep 10 T dalam ANC perlu diefektifkan untuk membahas persiapan laktasi.

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ABSTRACT

Insufficient perception ASI (PKA) is the mother's thoughts or feelings about the condition of the absence or reduction in milk production. She felt that her breast milk is not enough to satisfy the needs of the baby. PKA was the main reason mothers stop breastfeeding early and a reason to give extra food early on the baby. Prevalence of PKA is not certain, it is estimated between 30-80% of breastfeeding mothers has PKA. This study aims to prove the factors related to PKA in mothers whom had infants aged 0-6 months in Sewon Health Centre Yogyakarta. Design of this study using cross sectional. The numbers of samples in this study were 71 samples of mothers with babies? 0-6 months exclusive breastfeeding failure due to experiencing PKA. Found as many as 59 (83.1%) mothers had PKA with enough milk. There is a significant relationship counseling milk during Antenatal Care (ANC) by PKA that have enough milk, mothers who did not receive counseling when the ANC likely to have 19.7 times PKA, $p = 0.012$; $OR = 19.746$ (95% CI 1.926 to 202.456). Breastfeeding counseling during ANC quality do health personnel in preparation for breastfeeding implement a very important thing. Utilization of ?Gathering of speech? in the concept of 10 T in the ANC should be effected to discuss preparation for lactation. ;Insufficient perception ASI (PKA) is the mother's thoughts or feelings about the

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