

# Penerapan positive self talk dan keluarga pendamping asi terhadap peningkatan self efficacy pada ibu hamil dan menyusui di kota Depok = Application of positive self talk and family support on the improvement of breastfeeding self efficacy on pregnant and breastfeeding mother in Depok

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## Abstrak

Pemberian ASI eksklusif di Indonesia cenderung menurun, menimbulkan berbagai masalah kesehatan pada bayi. Ibu harus memiliki kemampuan, komitmen dan memperoleh dukungan untuk tetap memberikan ASI eksklusif. Strategi yang dilakukan adalah dengan positive self talk dan keluarga pendukung ASI. Penelitian ini bertujuan untuk memberikan gambaran penerapan latihan positive self talk dan keluarga pendukung ASI dalam meningkatkan self efficacy pemberian ASI.

Desain penelitian ini adalah quasi experiment pre-post test without control group. Jumlah sampel penelitian sebanyak 31 orang yang diambil melalui tehnik purposive sampling. Penelitian ini dilakukan selama 8 bulan. Hasil intervensi menunjukkan terjadi peningkatan pengetahuan, sikap dan keterampilan serta self efficacy yang signifikan ibu hamil dan menyusui yang mengikuti latihan positive self talk p.

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Exclusive breastfeeding provision in Indonesia tend to decrease, causing various health problems in infants. Mothers must have the capacity, commitment and the support to continue to provide exclusive breastfeeding. One effort to foster and support using positive self talk exercises and breastfeeding support family. This Study aimed to give an overview as the effect of positive self talk exercise and breastfeeding families in improving self efficacy breastfeeding.

The design of this study was a quasi experiment pre post test without control group. The number of research sample is 31 people taken through purposive sampling technique. This research was conducted for 8 months. The results showed an increase in perceptions, attitudes and achievements of mothers who involved positive self talk exercises p.