

## Analisis determinan pemberian ASI eksklusif di wilayah binaan kampung berseri Astra DKI Jakarta tahun 2019 = Analysis determinants of exclusive breastfeeding in Astra Village Area (KBA) of DKI Jakarta in 2019

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### Abstrak

Usaha yang diharapkan SDGs yaitu menurunkan angka kematian bayi hingga 23 dan balita 32 per 1.000 kelahiran hidup. Salah satu penyebab kematian bayi adalah diare, dimana ASI dapat mencegah bayi dari infeksi. Pemberian ASI merupakan fondasi 1000 HPK agar anak tumbuh menjadi sehat, cerdas, dan produktif. Tujuan penelitian ini mengetahui besar asosiasi determinan pemberian ASI eksklusif di wilayah binaan KBA DKI Jakarta tahun 2019. Penelitian menggunakan desain case-control study. Responden adalah ibu yang mempunyai anak &#8805; 6 bulan di 6 wilayah binaan KBA DKI Jakarta, meliputi: Warakas, Sunter Jaya, Kebon Pala, Kebon Jeruk, Ciganjur, dan Pulau Pramuka. Faktor predisposisi memiliki asosiasi terhadap pemberian ASI eksklusif, meliputi umur ibu &#8805; 20 tahun (OR=17) pendidikan ibu tinggi (OR=1,3), ibu bekerja (OR=1,3), multipara (>1 paritas) (OR=1,2), tahu pemahaman ASI eksklusif dalam agama (OR=1,5), pengetahuan tentang ASI tinggi (OR=2,6), praktik menyusui eksklusif baik (OR=6,7). Faktor pemungkin memiliki asosiasi terhadap pemberian ASI eksklusif, meliputi: pendapatan keluarga &#8805; UMR (OR=1,6), tempat melahirkan di RS (OR=1,1), rawat gabung (OR=2,2), akses terhadap tenaga kesehatan (OR=1,3), tidak tahu nilai-nilai budaya (OR=2,5), tidak terpapar sampel susu formula (OR=3,1). Faktor penguat memiliki asosiasi terhadap pemberian ASI eksklusif, meliputi: dukungan suami (OR=6,3), dukungan sarana dan tenaga kesehatan (OR=5,1), dukungan teman (OR=2,2), dukunga keluarga (ibu dan ibu mertua) (OR=4,5), dukungan kader posyandu (OR=3,4), dan terpajan informasi ASI eksklusif (OR=1,8). Faktor dominan pemberian ASI eksklusif yaitu: praktik menyusui eksklusif yang baik dukungan suami, dan tidak terpapar sampel susu formula. Saran bagi penelitian selanjutnya adalah lebih mempertajam item pertanyaan IMD dan rawat gabung. Bagi masyarakat dan ilmu pengetahuan yaitu mendukung gerakan ASI eksklusif. Bagi PT. Astra International Tbk. diharapkan meningkatkan rutinitas kader posyandu melakukan kunjungan rumah. Bagi Kementerian Kesehatan dan Dinas Kesehatan Kota diharapkan menekankan pada ketidak-terpaparan sampel susu formula dan dukungan suami dalam upaya meningkatkan pemberian ASI eksklusif.

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The effort expected by the SDGs was decrease in infant mortality to 23 and under-fives 32/1,000 live births. One of the causes of infant mortality is diarrhea, while breast milk can prevent babies from infection.

Exclusive breastfeeding (EBF) is the foundation of 1000 first day of life, so children can grow to be healthy, smart, and productive. The purpose of this study was to find out the association of determinants of exclusive breastfeeding in the Astra Village Area (KBA) of DKI Jakarta in 2019. The study used a case-control study design. Respondents were mothers who had children &#8805; 6 months in 6 areas assisted by KBA of DKI Jakarta, including: Warakas, Sunter Jaya, Kebon Pala, Kebon Jeruk, Ciganjur, and Pramuka Island.

Predisposing factors have an association with exclusive breastfeeding, they were maternal age &#8805; 20 years old (OR=1.7), high maternal education (OR=1.3), working

mothers (OR=1.3), multi-parital (>1) (OR=1.2), knew and understand of exclusive breastfeeding in religion (OR=1.5), knowledge of breastfeeding was high (OR=2.), the practice of exclusive breastfeeding was good (OR=6.7). The enabling factor has an association with exclusive breastfeeding, they were family income more than or same with minimum salary of region (OR=1.6), place of birth (hospital) (OR=1.1), rooming in (OR=2.2), access to health workers (OR=1.3), did not know the cultural values (OR=2.5), were not exposed to formula milk samples (OR=3.1). Reinforcing factors have an association with exclusive breastfeeding, they were husbands support (OR=6.3), support of facilities and health personnel (OR=5.1), friends support (OR=2.2), familys support (mother and mother in-law) (OR=4.5), support from posyandu cadres (OR=3.4), and exposure to exclusive breastfeeding information (OR=1.8). The dominant factors of exclusive breastfeeding were good exclusive breastfeeding practice, husbands support, and unexposed milk formula samples. The suggestion for further research is to further sharpen of IMD and rooming-in question items. For society and science are support the exclusive breastfeeding movement. For PT. Astra International Tbk. expected to improve the routine of posyandu cadres to make home visits. For the Ministry of Health and the Jakarta Health Agency were expected to emphasize the lack of exposure to formula milk samples and husbands support in an effort to increase exclusive breastfeeding.