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Program Studi : Sarjana Keperawatan
Judul Skripsi : Hubungan Tingkat Pengetahuan Dan Sikap Ibu Hamil Terhadap Kesiapan Pemberian Asi Eksklusif di Poli Kebidanan Rumah Sakit Bhayangkara Tk. I Puskor Polri Tahun 2024.

ABSTRAK

Pendahuluan : Pemberian Air Susu Ibu (ASI Eksklusif) merupakan investasi terbaik bagi kesehatan dan kecerdasan anak, menyusui secara eksklusif selama 6 bulan memiliki dampak yang signifikan terhadap penurunan angka kematian bayi akibat diare dan pneumonia, direkomendasikan oleh World Health Organization (WHO). Tingkat pemberian ASI Eksklusif di Indonesia masih rendah yaitu 65,16%. Menurut Data Dinas Kesehatan DKI Jakarta menunjukkan tingkat ASI eksklusif untuk bayi usia 0-6 bulan hanya 55,56%. Ada berbagai faktor yang mempengaruhi kesiapan ibu untuk memberikan ASI Eksklusif yaitu tingkat pendidikan, pengetahuan, sikap dan perilaku, pekerjaan ibu, jam kerja, dukungan keluarga, budaya, dan penggunaan susu formula. **Tujuan :** penelitian ini bertujuan untuk mengidentifikasi pengaruh pengetahuan dan sikap ibu hamil terhadap kesiapan pemberian ASI eksklusif di Poli Kebidanan Rumah Sakit Bhayangkara TK. I Puskor Polri. **Metode:** Penelitian ini menggunakan pendekatan kuantitatif dengan desain cross-sectional. Sampel terdiri dari ibu hamil yang menjalani pemeriksaan di Poli Kebidanan Rumah Sakit Bhayangkara TK. I Puskor Polri. Data dikumpulkan melalui kuesioner yang mengukur pengetahuan, sikap, dan kesiapan ibu dalam memberikan ASI eksklusif. **Hasil:** Sebagian besar ibu hamil berusia 20-35 tahun (57,9%), berpendidikan rendah (55,1%), dan bekerja (52,3%). Sebanyak 56,1% memiliki pengetahuan kurang baik, 75,7% memiliki sikap negatif, dan 65,4% tidak siap memberikan ASI eksklusif. Ada hubungan signifikan antara pengetahuan ($P=0,032$) dan sikap ($P=0,033$) ibu hamil dengan kesiapan pemberian ASI eksklusif. **Kesimpulan:** Pengetahuan dan sikap ibu hamil sangat memengaruhi kesiapan mereka dalam memberikan ASI eksklusif. Disarankan agar tenaga kesehatan aktif memberikan edukasi serta melibatkan keluarga untuk mendukung proses menyusui. **Saran:** Pentingnya edukasi tentang ASI eksklusif harus lebih ditingkatkan, dengan melibatkan keluarga untuk memberikan dukungan optimal kepada ibu.

Kata Kunci: ASI Eksklusif, Pengetahuan Ibu Hamil, Sikap Ibu Hamil, Kesiapan Menyusui, Dukungan Keluarga.

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ABSTRACT:

Introduction: Exclusive breastfeeding is the best investment for a child's health and intelligence. Breastfeeding exclusively for six months has a significant impact on reducing infant mortality rates due to diarrhea and pneumonia, as recommended by the World Health Organization (WHO). In Indonesia, the exclusive breastfeeding rate remains low at 65.16%. According to data from the DKI Jakarta Health Office, the exclusive breastfeeding rate for infants aged 0-6 months is only 55.56%. Various factors influence a mother's readiness to provide exclusive breastfeeding, including education level, knowledge, attitude, occupation, working hours, family support, cultural factors, and the use of formula milk. **Objective:** This study aims to identify the influence of knowledge and attitudes of pregnant women on their readiness to provide exclusive breastfeeding at the Obstetrics Clinic of Bhayangkara Hospital TK. I Puskor Polri. **Method:** This research used a quantitative approach with a cross-sectional design. The sample consisted of pregnant women undergoing check-ups at the Obstetrics Clinic of Bhayangkara Hospital TK. I Puskor Polri. Data were collected using questionnaires measuring the variables of knowledge, attitude, and readiness to provide exclusive breastfeeding. **Results:** The majority of pregnant women were aged 20-35 years (57.9%), had low education levels (55.1%), and were employed (52.3%). A total of 56.1% had poor knowledge, 75.7% had negative attitudes, and 65.4% were not ready to provide exclusive breastfeeding. There was a significant relationship between knowledge ($P=0.032$) and attitude ($P=0.033$) of pregnant women with their readiness to provide exclusive breastfeeding. **Conclusion:** The knowledge and attitudes of pregnant women significantly influence their readiness to provide exclusive breastfeeding. It is recommended that healthcare providers actively offer education and involve families to support the breastfeeding process. **Recommendations:** Education on the importance of exclusive breastfeeding should be further enhanced, with family members providing optimal support for the mother.

Keywords: Exclusive Breastfeeding, Pregnant Women's Knowledge, Pregnant Women's Attitude, Breastfeeding Readiness, Family Support.