

# HUBUNGAN DUKUNGAN SUAMI DENGAN PEMBERIAN ASI EKSKLUSIF DI MASA PANDEMI COVID-19 PADA IBU MENYUSUI DI WILAYAH KERJA PUSKESMAS CIDOLOG

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## Intisari

ASI eksklusif yaitu hanya memberikan ASI saja tanpa memberikan makanan dan minuman lain kepada bayi sejak lahir sampai berumur 6 bulan, kecuali obat dan vitamin. Tujuannya untuk diketahuinya hubungan dukungan suami dengan pemberian ASI eksklusif di masa pandemi covid-19 pada Ibu menyusui di wilayah kerja Puskesmas Cidolog. Metode Penelitian ini menggunakan rancangan survey analitik kuantitatif dengan pendekatan *cross sectional study* (potong lintang). Jumlah populasi 89 ibu menyusui yang mempunyai bayi 6-9 bulan di wilayah kerja puskesmas Cidolog dengan sampel sebanyak 47 ibu menyusui. Metode pengambilan sampel menggunakan teknik *proporsional sampel*. Hasil Penelitian berdasarkan karakteristik ibu menyusui rata-rata berusia 20-35 tahun, pendidikan ibu menyusui ada pada kategori pendidikan dasar, pendidikan suami ibu menyusui ada pada kategori dasar, pekerjaan ibu menyusui terbanyak ada pada kategori ibu rumah tangga dan pekerjaan suami ibu menyusui terbanyak ada pada kategori buruh. Dukungan suami dengan pemberian ASI eksklusif di masa pandemi Covid-19 terbanyak ada pada kategori baik yaitu sebanyak 38 orang. Dukungan suami pada kategori cukup sebanyak 9 orang dan tidak ada dukungan suami pada kategori kurang. Pemberian ASI eksklusif terbanyak ada pada kategori eksklusif yaitu sebanyak 34 orang. Hasil uji statistik menunjukkan bahwa tidak terdapat hubungan antara dukungan suami dengan pemberian ASI Eksklusif di masa pandemi covid-19 dengan nilai p value sebesar 0,091, jika dibandingkan dengan  $\alpha$  (0,05) maka nilai p value lebih besar daripada nilai  $\alpha$  ( $0,091 > 0,05$ ). Kesimpulan Peneliti menyarankan agar para tenaga kesehatan meningkatkan promosi kesehatan kepada ibu dan suami mengenai ASI Eksklusif dengan mengikutsertakan para kader dan masyarakat.

Kata kunci : Dukungan suami, ASI Eksklusif.



**RELATIONSHIP SUPPORT HUSBAND WITH EXCLUSIVE BREASTFEEDING IN  
THE COVID-19 PANDEMIC PERIOD FOR BREASTFEEDING MOM IN THE  
WORKING AREA OF THE CIDOLOG PUSKESMAS**

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**Abstract**

Exclusive breastfeeding, which is only giving breast milk without giving other food and drinks to babies from birth to 6 months of age, except for drugs and vitamins. Purpose knowing the husband's support relationship with exclusive breastfeeding during the Covid-19 pandemic for breastfeeding mothers in the working area of the Cidolog Community Health Center. Methods the study design was a quantitative analytic survey with a *cross sectional* study approach. The population was 89 breastfeeding mothers who had babies 6-9 months in the working area of the Cidolog Community Health Center with a sample of 47 breastfeeding mothers. The sampling method uses proportional sampling technique. Results based on the characteristics of breastfeeding mothers aged 20-35 years, the education of breastfeeding mothers was in the basic education category, the husband's education for breastfeeding mothers was in the basic category, the largest occupation of breastfeeding mothers was in the category of housewives and the occupation of husbands of breastfeeding mothers was mostly in the category of laborers. Husband support with exclusive breastfeeding during the Covid-19 pandemic was mostly in the good category, namely 38 people. Husband support in the moderate category was 9 people and there was no husband support in the poor category. The most exclusive breastfeeding was in the exclusive category, namely as many as 34 people. The results of statistical tests show that there is no relationship between husband's support and exclusive breastfeeding during the Covid-19 pandemic with a p value of 0.091, when compared with  $\alpha$  (0.05), the p value is greater than the  $\alpha$  value ( $0.091 > 0,05$ ).

Conclusion researchers suggest that health workers increase health promotion to mothers and husbands regarding exclusive breastfeeding by involving cadres and the community.

Key words: husband's support, exclusive breastfeeding.