ABSTRACT

Exclusive breastfeeding is breastfeeding alone with no additional fluids either formula, water, orange juice or other supplementary foods before reaching the age of 6 months. This study aims to determine the description of factors that affect the exclusive breastfeeding in posyandu RW 5 Village Mojo Surabaya.

Sampling used a total sampling with total of 40 respondents with infants aged 1-6 months in the last 3 months. The instrument used in this study is a questionnaire. Data analysis technique used univariate analysis in the form of frequency distribution and bivariate with Spearman test.

The results of bivariate analysis showed the location of delivery \( (p=0.048, \text{OR}=0.315) \), early breastfeeding initiation \( (p = 0.016, \text{OR} = 0.380) \) and family support \( (p = 0.014, \text{OR} = 0.386) \) were factors related to exclusive breastfeeding at Posyandu RW 5 Mojo Surabaya. Suggestions for respondents is that they need to increase awareness about the importance of exclusive breastfeeding, respondents who do not give exclusive breastfeeding is recommended to give exclusive breastfeeding to the next child, for respondents who work, exclusive breastfeeding can still be given by breastfeeding that has been milked previously and for husband and families should motivate respondents to give exclusive breastfeeding because of the exclusive benefits of breastfeeding.

Keywords: exclusive breastfeeding, affect factors