ABSTRACT

The Government of Indonesia has established a target for exclusive breastfeeding coverage of approximately 80%. However, exclusive breastfeeding at the covered territories of Puskesmas Kalijudan only resulted in 72.86%. Despite an increase which has been occurring year by year, yet the national target still remains unachieved. This research aims to know the relation between personal factors, environmental factors and exclusive breastfeeding self-efficacy of working mothers. Criteria of respondent are working mothers, domicile in the covered territories of Puskesmas Kalijudan and have a 6-12 months baby. Based on sampling result, a total of 39 respondents was obtained. This research was done on June 2018 using questionnaires which were filled by respondents. The majority of respondents tended to be 22-30 years old, staffs or labors, graduates of senior high school or vocational high school and they have positive attitude towards exclusive breastfeeding. Most of them tended to receive support from their husbands and families but not from their work places. Nearly all tended to have high self-efficacy level. Research results showed that personal factors which were age, education level, occupation and attitude did not have significant effect towards exclusive breastfreeding of working mothers. Environmental factors which were husband's support, family's support and work place's support also did not have significant effect towards exclusive breastfeeding of working mothers. Only self-efficacy of working mothers towards exclusive breastfeeding had significant result. The reason of why respondents had stopped establishing exclusive breastfeeding was not because they were working but because of low amount of breastmilk. Self-efficacy variable was the most dominant factor of exclusive breastfeeding. Working mothers with high self-efficacy had bigger probability in establishing exclusive breastfeeding compared to working mothers with low self-efficacy.

Keywords : Exclusive breastfeeding, working mothers, attitude

ABSTRAK

Pemerintah Indonesia menargetkan cakupan pemberian air susu ibu (ASI) eksklusif sekitar 80%, tetapi hasil ASI Eksklusif di wilayah cakupan Puskesas Kalijudan sebesar 72,86. Walaupun dari tahun ke tahun mengalami peningkatan tetapi belum mencapai target nasional. Penelitian ini bertujuan untuk mengetahui hubungan personal factors, environment factors, dan *Self-Efficacy* pemberian ASI Eksklusif oleh ibu bekerja.

Kriteria responden penelitian adalah ibu bekerja yang tinggal di wilayah cakupan Puskesmas Kalijudan dan memiliki bayi berusia 6-12 bulan. Berdasarkan hasil *sampling* diperoleh dari 39 responden. Penelitian dilakukan pada bulan Juni 2018 menggunakan kuesioner yang diisi sendiri oleh responden.

Sebagian besar responden cenderung berusia 22-30 tahun, memiliki pekerjaan sebagai karyawan dan buruh, memiliki tingkat pendidikan terakhir SMA/SMK dan memiliki sikap yang positif terhadap pemberian ASI Eksklusif. Sebagian besar responden cenderung memperoleh dukungan dari suami dan keluarga tetapi cenderung tidak mendapat dukungan dari tempat kerja. Sebagian besar responden cenderung memiliki tingkat *self-efficacy* yang tinggi.

Hasil penelitian menunjukkan bahwa *personal factors* berupa usia, tingkat pendidikan, jenis pekerjaan, dan sikap tidak memiliki pengaruh yang signifikan terhadap pemberian ASI Eksklusif oleh ibu bekerja. *Environment factors* berupa dukungan suami, dukungan keluarga dan dukungan tempat kerja juga tidak berpengaruh signifikan terhadap pemberian ASI Eksklusif oleh Ibu bekerja. Hanya *Self-Efficacy* ibu bekerja terhadap pemberian ASI Eksklusif yang memiliki hasil yang signifikan. Alasan responden berhenti menyusui eksklusif bukan karena bekerja melainkan karena ASI sedikit. Variabel *Self-Efficacy* merupakan faktor paling dominan dalam pemberian ASI eksklusif. Ibu bekerja yang mempunyai *Self-Efficacy* tinggi berpeluang lebih besar memberikan ASI eksklusif dibandingkan dengan ibu yang memiliki *Self-Efficacy* rendah.

Kata kunci: ASI eksklusif, ibu bekerja, sikap ibu