

ABSTRACT

The Effect of Structural Empowerment and Psychological Empowerment on Performance of Exclusive Breastfeeding Program (Study at Breastfeeding Villages Surabaya)

Infant nutritional status in Indonesia still becomes a concern. One of the factors causing the low infant nutritional status is exclusive breastfeeding which does not fulfill the infant's nutritional needs. The coverage of exclusive breastfeeding practices in Surabaya city was still below the average (69.15%) coverage of exclusive breastfeeding practices in the East Java provincial level (74.83%) between 2015-2019. This study aimed to analyze the effect of structural empowerment and psychological empowerment on the performance of exclusive breastfeeding practices in Surabaya city. This was an analytical and observational study using a cross-sectional approach. It was conducted in Surabaya city from January-September 2020 and used breastfeeding villages as the analysis units. The study's population was 101 breastfeeding villages in Surabaya city. Of the population, 82 breastfeeding villages were calculated using a multi-stage random sampling technique. Furthermore, the respondents were active breastfeeding cadres based on the recommendation of primary healthcare centers to represent each village. Multiple linear regression was utilized to identify the effect between variables. The results showed that the higher supervision and socialization, the higher the structural empowerment and the psychological empowerment felt by breastfeeding cadre. There was a significant and positive affect on structural empowerment on psychological empowerment ($p=0.000$ and $b=0.511$). In addition, structural empowerment significantly affect the performance of process ($p=0.023$ dan $b=0.554$) and the outputs ($p=0.011$ dan $b=0.930$) among the breastfeeding cadre. Moreover, psychological empowerment not significantly affect the performance of the process ($p=0.075$) and the performance of outputs ($p=0.902$) among the breastfeeding cadre. In conclusion, the higher the structural empowerment given by primary healthcare centers, the higher the psychological empowerment the cadre experienced during the program. Primary health care can improve structural empowerment so that has a positive impact on the process performance and output of breastfeeding cadres in implementation of an exclusive breastfeeding program.

Keywords: exclusive breastfeeding, program performance, psychological empowerment, structural empowerment

ABSTRAK

**Pengaruh *Structural Empowerment* dan *Psychological Empowerment*
Terhadap Kinerja Program Pemberian ASI Eksklusif
(Studi di Kampung ASI Kota Surabaya)**

Status gizi bayi di Indonesia masih menjadi masalah. Faktor penyebab status gizi bayi rendah adalah pemberian ASI eksklusif yang tidak memenuhi kebutuhan gizi bayi. Capaian ASI eksklusif Kota Surabaya (69,15%) masih dibawah rata-rata capaian ASI eksklusif provinsi Jawa Timur (74,83%) pada tahun 2015-2019. Tujuan penelitian ini adalah menganalisis pengaruh *structural empowerment* dan *psychological empowerment* terhadap kinerja program pemberian ASI eksklusif di Kota Surabaya. Penelitian ini merupakan penelitian analitik observasional dengan pendekatan *cross sectional* yang dilakukan di Kota Surabaya pada bulan Januari-September 2020. Unit analisis penelitian ini adalah kampung ASI. Populasi penelitian ini adalah 101 kampung ASI di Kota Surabaya. Besar sampel sebanyak 82 kampung ASI dihitung menggunakan teknik *multi stage random sampling*. Responden penelitian ini adalah satu kader ASI aktif yang ditentukan oleh Puskesmas untuk mewakili setiap kampung ASI. Uji regresi linier berganda digunakan untuk mengetahui pengaruh antar variabel. Hasil penelitian menunjukkan bahwa semakin baik supervisi dan sosialisasi maka semakin tinggi *structural empowerment* dan *psychological empowerment* yang dirasakan kader ASI. Terdapat pengaruh yang signifikan dan positif pada *structural empowerment* terhadap *psychological empowerment* kader ASI ($p=0,000$ dan $b=0,511$). *Structural empowerment* secara signifikan berpengaruh positif terhadap kinerja proses ($p=0,023$ dan $b=0,554$) dan kinerja hasil kader ASI ($p=0,011$ dan $b=0,930$). Selain itu, *Psychological empowerment* tidak signifikan mempengaruhi kinerja proses ($p=0,075$) dan kinerja hasil kader ASI ($p=0,902$). Kesimpulannya, semakin tinggi *structural empowerment* dari Puskesmas maka semakin tinggi *psychological empowerment* yang dirasakan kader ASI dalam program pemberian ASI eksklusif di kampung ASI. Puskesmas dapat meningkatkan *structural empowerment* agar dapat memberikan dampak positif pada kinerja kader ASI dalam program pemberian ASI eksklusif.

Kata Kunci: ASI eksklusif, *structural empowerment*, *psychological empowerment*, kinerja program