

**Gambaran Kesiapan Proses Menyusui Eksklusif Pada Ibu Hamil Berdasarkan
Perencanaan Menyusui, Kondisi *Papilla* Dan Pengetahuan Tentang
ASI Eksklusif Di Puskesmas Kasomalang Subang Jawa Barat**

ABSTRAK

Pemberian ASI secara eksklusif di Jawa Barat merupakan provinsi dengan capaian terendah. Hal ini disebabkan oleh kurangnya pengetahuan tentang ASI Eksklusif. Sehingga ibu dapat melakukan upaya kesiapan perencanaan menyusui secara eksklusif pada awal kehamilan. Penelitian ini bertujuan untuk mengetahui gambaran kesiapan proses menyusui eksklusif pada ibu hamil berdasarkan perencanaan menyusui, kondisi *papilla* dan pengetahuan tentang ASI Eksklusif Di Puskesmas Kasomalang Subang Jawa Barat.

Penelitian deskriptif dengan rancangan *cross sectional*. Data diambil menggunakan kuesioner. Sampel dalam penelitian ini sebanyak 35 ibu hamil trimester I,II, dan III di Wilayah Kerja Puskesmas Kasomalang Desa Kasomalang Wetan. Teknik pengambilan sampel adalah teknik *sampling quota*.

Di dapatkan hasil bahwa sebagian besar responden ibu hamil (57,15%) siap dalam perencanaan menyusui, sebagian besar responden (71,43%) memiliki kondisi *papilla* yang baik, dan hampir sebagian responden memiliki pengetahuan ASI Eksklusif cukup (37,15%), kurang (34,28%) dan baik (28,57%).

Sebagian besar responden yang ada di Wilayah Kerja Puskesmas Kasomalang Desa Kasomalang Wetan siap dalam perencanaan menyusui sebanyak 20 ibu hamil (57,15%), sebagian besar 25 responden (71,43%) memiliki kondisi *papilla* yang baik, dan hampir sebagian 13 responden memiliki pengetahuan ASI Eksklusif cukup (37,15%). Ibu hamil disarankan untuk meningkatkan informasi tentang perencanaan menyusui, kondisi *papilla* dan pengetahuan tentang ASI eksklusif, bagi bidan desa disarankan untuk lebih meningkatkan penyuluhan dengan metode yang bervariasi.

Kata Kunci: *Perencanaan Menyusui, Pengetahuan ASI Eksklusif, Kesiapan Ibu Hamil, Kondisi Papilla.*

**Description of Exclusive Breastfeeding Process Readiness for Pregnant Women Based
on Breastfeeding Planning, Papilla Condition and Knowledge About It Exclusive
breastfeeding at the Kasomalang Subang Community
Health Center, West Java**

ABSTRACT

Exclusive breastfeeding in West Java is the province with the lowest achievements. This is caused by a lack of knowledge about exclusive breastfeeding. So that mothers can make preparations to plan exclusive breastfeeding early in pregnancy. This study aims to determine the readiness of the process of providing exclusive breastfeeding to pregnant women based on breastfeeding planning, *papilla* condition and knowledge about exclusive breastfeeding at the Kasomalang Community Health Center, Subang, West Java.

Descriptive research with *cross sectional* design. Data was taken using a questionnaire. The sample in this study was 35 pregnant women in the first, second and third trimesters in the Kasomalang Community Health Center Working Area, Kasomalang Wetan Village. The sampling technique is the *quota sampling* technique.

The research results showed that the majority of pregnant women respondents (57.15%) were ready to plan breastfeeding, the majority of respondents (71.43%) had good *papilla* condition, and almost all respondents had sufficient knowledge about exclusive breastfeeding (37.15%), poor (34.28%) and good (28.57%).

Most of the respondents in the Kasomalang Community Health Center Working Area, Kasomalang Wetan Village, are ready to plan breastfeeding, as many as 20 pregnant women (57.15%), most of the 25 respondents (71.43%) have good *papillary* conditions, and have almost enough knowledge of exclusive breastfeeding. as many as 13 respondents (37.15%). Pregnant women are advised to obtain more information about breastfeeding planning, *papilla* conditions and knowledge about exclusive breastfeeding. Village midwives are advised to further improve education in various ways.

Keywords: *Breastfeeding Planning, Knowledge of Exclusive Breastfeeding, Pregnancy Mother's Readiness, Papilla Condition.*