

ABSTRAK

Latar Belakang : Menurut data WHO tahun 2019 pemberian ASI Eksklusif di Indonesia menunjukkan cakupan yang masih sangat rendah yakni 42%. Provinsi Jawa Barat menunjukkan cakupan pemberian ASI Eksklusif sekitar 63,53%. Kota Bandung 68,41% dan 66,36% untuk kota Karawang. ini menunjukkan bahwa tingkat capaian dari pemberian ASI Eksklusif di Indonesia memang sangatlah rendah.

Tujuan penelitian : Untuk mengetahui faktor internal pemberian ASI eksklusif pada bayi 0-6 bulan di Wilayah Kerja Puskesmas Plawad.

Metode penelitian : Deskriptif kuantitatif. Populasi pada penelitian ini sebanyak 40 responden dan sampel sebanyak 40 responden. Teknik pengambilan sampel menggunakan *total sampling*. Instrumen penelitian menggunakan kuesioner dan proses pengolahan data menggunakan analisis univariat.

Hasil penelitian : Di dapatkan sebagian besar (75,0%) berkategori pengetahuan baik dalam memberikan ASI Eksklusif, kemudian hampir seluruhnya (77,5%) responden berpendidikan SMA, hampir seluruhnya (87,5%) memiliki sikap positif, dan hampir seluruhnya (82,5%) memiliki psikologis yang mendukung terhadap pemberian ASI Eksklusif pada bayi 0-6 bulan. Hal ini dikarenakan faktor internal lainnya yaitu pengetahuan, Pendidikan, sikap dan psikologis.

Kesimpulan : Sebagian besar responden berkategori pengetahuan baik, hampir seluruh responden berpendidikan SMA, hampir seluruh responden memiliki sikap positif, dan hampir seluruh responden memiliki psikologis yang mendukung.

Saran : Diharapkan pihak puskesmas dapat mempertahankan dan meningkatkan pemberian informasi terutama tentang pemberian ASI Eksklusif melalui kegiatan penyuluhan Kesehatan.

Kata Kunci : Asi Eksklusif , Bayi , Faktor Internal

Daftar Pustaka : 53 (2012 - 2022)
: 2 Website (2019 - 2022)
: 35 Jurnal (2013 - 2021)
: 16 Buku (2013 – 2018)

ABSTRACT

Background: According to WHO data in 2019, exclusive breastfeeding in Indonesia shows a very low coverage of 42%. West Java Province shows that the coverage of exclusive breastfeeding is around 63.53%. Bandung city 68.41% and 66.36% for the city of Karawang. This shows that the level of achievement of exclusive breastfeeding in Indonesia is indeed very low. Purpose of the study: To determine the internal factors of exclusive breastfeeding for infants 0-6 months in the Plawad Health Center Work Area. **Research method :** Descriptive quantitative. The population in this study were 40 respondents and a sample of 40 respondents. The sampling technique used was total sampling. The research instrument used a questionnaire and the data processing process used univariate analysis. **Results:** Most of the respondents (75.0%) were categorized as having good knowledge in exclusive breastfeeding, then almost all (77.5%) of respondents had high school education, almost all (87.5%) had high school education. 5%) have a positive attitude, and almost all (82.5%) have psychological support for exclusive breastfeeding for infants 0-6 months. This is due to other internal factors, namely knowledge, education, attitudes and psychology. **Conclusion:** Most respondents are categorized as good knowledge, almost all respondents have high school education, almost all respondents have positive attitudes, and almost all respondents ave psychological support. **Suggestion:** It is hoped that the puskesmas can maintain and improve the provision of information, especially regarding exclusive breastfeeding through health education activities

Keywords: Exclusive Breastfeeding, Babies, Internal Factors

Bibliography : 53 (2012 - 2022)

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