

**GAMBARAN KARAKTERISTIK DAN PENGETAHUAN TENTANG ASI
EKSKLUSIF IBU BAYI UMUR 0-6 BULAN
DI UPTD PUSKESMAS PACARKELING SURABAYA**

ABSTRAK

ASI Eksklusif adalah pemberian ASI saja tanpa tambahan makanan baik susu formula, air putih, air jeruk, ataupun makanan tambahan lain sebelum mencapai usia 6 bulan. Sistem pencernaan bayi belum mampu berfungsi dengan sempurna, sehingga ia belum mampu mencerna makanan selain ASI. Banyak faktor yang dapat mempengaruhi ibu untuk dapat memberikan ASI Eksklusif kepada anaknya antara lain yaitu faktor karakteristik setiap ibu yang berbeda antara satu dan lainnya. Kurangnya pengetahuan ibu tentang pentingnya ASI Eksklusif juga dapat di pengaruhi oleh promosi produk-produk makanan tambahan dan formula. Kemajuan teknologi dan canggihnya komunikasi, serta genjarnya promosi susu formula membuat masyarakat kurang mempercayai kehebatan ASI. Tujuan penelitian ini untuk mengetahui karakteristik dan pengetahuan ibu serta praktek pemberian ASI Eksklusif pada bayi usia 6 sampai dengan 11 bulan di wilayah kerja Puskesmas Pacarkeling.

Jenis penelitian yang dilakukan adalah penelitian *Observasional* yang bersifat *Deskriptif* yang hanya melakukan pengamatan tanpa memberikan intervensi kepada responden. Pengambilan sampel sebanyak 50 responden diambil dengan teknik *Proportional Random Sampling*.

Hasil penelitian menunjukkan bahwa 30 responden (60%) memiliki pengetahuan baik tentang Asi Eksklusif berdasarkan usia 31 – 40 tahun, 28 responden (56%) memiliki pengetahuan cukup tentang Asi Eksklusif, berdasarkan tingkat pendidikan SMA/MA dan 33 responden (66%) memiliki pengetahuan baik tentang Asi Eksklusif berdasarkan pekerjaan pada ibu yang tidak bekerja.

Kata kunci : *ASI Eksklusif, karakteristik ibu, pengetahuan ibu*

**DESCRIPTION OF MOTHER'S KNOWLEDGE KNOWLEDGE ABOUT
EXCLUSIVE ASI IN CHILDREN OF 0-6 MONTHS IN THE HEALTH PUBLIC
HEALTH CENTER OF PACARKELING SURABAYA**

ABSTRACT

Exclusive breastfeeding is only breastfeeding without food additives both formula milk, water, orange juice, or other supplementary foods before reaching the age of 6 months. The baby's digestive system has not been able to function properly, so he has not been able to digest food other than breast milk. Many factors that can affect mothers to be able to give exclusive breastfeeding to their children include the characteristics of each mother that is different from one another. Lack of maternal knowledge about the importance of exclusive breastfeeding can also be influenced by the promotion of supplementary food products and formulas. The advancement of technology and the sophisticated communication, and the success of the promotion of formula milk make people less trust the greatness of ASI. The purpose of this study was to determine the characteristics and knowledge of mothers and the practice of exclusive breastfeeding in infants aged 6 to 11 months in the working area of the Pacarkeling Health Center.

The type of research conducted is descriptive observational research that only makes observations without giving intervention to respondents. Sampling of 50 respondents was taken by Proportional Random Sampling.

The results showed that 30 respondents (60%) had good knowledge of exclusive Asi based on age 31 - 40 years, 28 respondents (56%) had sufficient knowledge about exclusive Asi, based on the level of education of SMA / MA and 33 respondents (66%) had good knowledge about exclusive Asi based on work for mothers who don't work.

Keywords: Exclusive breastfeeding, maternal characteristics, mother's knowledge

