

## Keterlibatan ayah dalam pemberian air susu ibu (ASI) = Father's involvement in breastfeeding

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### Abstrak

Penelitian ini bertujuan untuk mengetahui gambaran keterlibatan ayah dalam pemberian ASI. Gambaran keterlibatan tersebut dapat dilihat dari penghayatan terhadap peran baru sebagai ayah, hal-hal yang mendukung dan menghambat keterlibatan ayah dalam kegiatan menyusui, serta bentuk-bentuk keterlibatan ayah dalam kegiatan menyusui. Subjek penelitian yang digunakan dalam penelitian ini adalah empat orang laki-laki yang baru menjadi ayah, memiliki anak berusia 4-6 bulan, berada pada tingkat sosial ekonomi menengah ke atas dengan pendidikan terakhir SMA, serta memiliki istri yang bekerja penuh waktu. Penelitian ini menggunakan metode kualitatif dengan wawancara sebagai metode pengambilan data. Hal-hal yang teramati dalam wawancara juga dijadikan data pendukung penelitian. Hasil penelitian menunjukkan bahwa para ayah merasakan kegembiraan dan kesulitan yang dialami oleh orang yang baru menjadi ayah pada umumnya. Komponen keterlibatan ayah, yaitu interaction, availability, dan responsibility, dapat dilihat pada setiap subjek.

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The objective of this study was to describe the father's involvement in breastfeeding. It can be showed from what fathers feel about their new role as father, things that can support and discourage their involvement in breastfeeding, and any kinds of father's involvement. The participants of this study were four new fathers who have 4-6 months old infant, at middle-up social economic level, at least graduated from senior high school, and have wife who has a full-time job. Qualitative approach was used in this study with the use of interview as a tool to collect data. All of the things that were observed during the interview were also used as supporting data. This study has showed that the fathers felt both joys and difficulties as most new fathers did. The components of father's involvement, which are interaction, availability, and responsibility, can be found in all of participants. Things that support father's involvement in breastfeeding are knowledge about breastfeeding, the experience of having breastfed, belief that breast milk is the best food that can be given to the baby, facility that is given by the company, support from social network that fathers have (partner, family, and friends), and their culture. Time spent to work is one thing that menghambat father to involve further in breastfeeding.