

## Gambaran pengetahuan, persepsi dan sikap ibu postpartum terhadap inisiasi menyusui dini = An overview of postpartum mothers knowledge, perceptions and attitudes towards early initiation of breastfeeding

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### Abstrak

Pelaksanaan inisiasi menyusui dini di Indonesia masih rendah bila dibanding Negara ASEAN lainnya. Pengetahuan, persepsi dan sikap orang tua serta petugas kesehatan mempengaruhi hal tersebut. Penelitian ini bertujuan mengidentifikasi bagaimana gambaran pengetahuan, persepsi dan sikap ibu postpartum terhadap inisiasi menyusui dini. Desain penelitian ini menggunakan deskriptif sederhana dengan sampel 47 ibu postpartum yang melakukan inisiasi menyusui dini dipilih secara purposive sampling.

Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki pengetahuan baik (63,83%) dan persepsi negatif (59,6%) tentang inisiasi menyusui dini sementara sikap responden menunjukkan proporsi yang hampir sama antara sikap positif (48,9%) dengan sikap negatif (51,1%) terhadap inisiasi menyusui dini.

Saran kepada petugas kesehatan agar meningkatkan informasi tentang inisiasi menyusui dini baik kepada ibu hamil ataupun postpartum.

*The implementation of early initiation of breastfeeding in Indonesia is lower than in the other ASEAN countries. Parents' and health professionals knowledge, perceptions and attitudes affect it. This study aimed to identify the postpartum mothers' knowledge, perceptions and attitudes towards early initiation of breastfeeding. This research applied a simple descriptive design with 47 postpartum mothers performing early initiation of breastfeeding as the samples selected by purposive sampling.*

The results showed that most respondents had a good knowledge (63,83%) and negative perceptions (59,6%) about early initiation of breastfeeding, while the respondents' attitude indicated nearly equal proportions between the positive (48,9%) and the negative (51,1%) attitude towards early initiation of breastfeeding.

It is recommended that the health professionals provide information about the early initiation of breastfeeding to the pregnant or postpartum women.