

Pengalaman kelompok swabantu dalam memotivasi anggota memberikan ASI eksklusif di wilayah kerja Puskesmas Ciracas Jakarta Timur : studi fenomenologi = A self help group experience in motivating members to provide exclusive breastfeeding at the Health Center in East Jakarta Ciracas : a phenomenology studies

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Abstrak

ABSTRAK

Cakupan ASI eksklusif di masyarakat kurang dari 80%. Tujuan penelitian ini adalah memperoleh gambaran pengalaman kelompok swabantu dalam memotivasi anggota kelompok memberikan ASI eksklusif. Desain penelitian kualitatif dengan pendekatan fenomenologi. Pengumpulan data dilakukan pada 8 orang partisipan di wilayah Puskesmas Ciracas. Analisis data dilakukan dengan tehnik Collaizi. Hasil penelitian ditemukan duabelas tema: memperoleh informasi dan pengetahuan, mendapatkan solusi masalah, meningkatkan kepercayaan diri, bersosialisasi, dukungan emosional, dukungan penghargaan, dukungan informatif, dukungan instrumen, peningkatan kognitif, diberikan penguatan kelompok, kelompok dapat meningkatkan pengetahuan, bantuan operasional. Kesimpulan model ini dapat diimplementasikan di Indonesia dan perawat komunitas dapat mengembangkan kelompok swabantu untuk mengatasi masalah diskontinuitas menyusui dini sehingga ibu mampu mengatasi masalah-masalah dihadapi selama menyusui, dan model ini diperlukan di masyarakat.

ABSTRACT

Coverage exclusive breastfeeding in public less than 80%. The purpose of this study was to get an overview of experience in motivating members of self-help groups to provide eksklusif breastfeeding. It was a qualitative research with phenomenological approach. Data was collected on 8 participants in the health center Ciracas area. Data analysis was performed with the technique Collaizi. The results found twelve themes, there are obtaining information and knowledge, get solutions to problems, improve self-confidence, socialization, emotional support, support awards, informative support, instrument support, cognitive enhancement, given the strengthening of the group, the group can increase knowledge, and operational assistance. Conclusion this model can be implementation in Indonesia and community nurses can develop self-help groups to overcome the discontinuity problem so that early breastfeeding mothers able to overcome the problems encountered during breastfeeding; and this model is needed.