

Analisis determinan perilaku pemberian ASI eksklusif pada tenaga kesehatan di Puskesmas Kecamatan Se-Jakarta Timur tahun 2015 = Analysis of behavioral determinants exclusive breastfeeding for the health workers in primary health care throughout East Jakarta 2015

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Abstrak

[ABSTRAK

Penelitian ini bertujuan untuk mengetahui faktor-faktor yang berhubungan dengan perilaku Tenaga Kesehatan dalam memberikan ASI eksklusif. Metode yang digunakan adalah dengan sequential explanatory mixed methods (kuantitatif dan kualitatif) dengan desain penelitian cross sectional. Jumlah sampel penelitian ini sebanyak 85 nakes perempuan yang memiliki bayi umur 7-24 bulan di Puskesmas Kecamatan se-Jakarta Timur. Instrumen penelitian menggunakan angket yang diisi oleh responden (self administer). Analisis data menggunakan chi square dan regresi logistik ganda. Hasil penelitian memperlihatkan proporsi pemberian ASI eksklusif sebesar 54.1%. Variabel yang berhubungan dengan pemberian ASI eksklusif adalah pengetahuan, sikap, ketersediaan fasilitas, dukungan keluarga, dukungan teman kerja, dukungan nakes dengan p value < 0.05. Hasil analisis multivariat variabel umur dan pengetahuan berhubungan dengan perilaku pemberian ASI eksklusif dan faktor yang paling dominan adalah pengetahuan. Penelitian kualitatif dilakukan sebagai pendukung untuk hasil kuantitatif, jumlah sampel sebanyak 10 informan, teknik pengambilan data dengan wawancara mendalam menggunakan panduan pertanyaan semi terstruktur. Faktor penghambat dalam perilaku pemberian ASI eksklusif adalah komitmen ibu yang kurang, masalah terkait menyusui, kurang pengetahuan keluarga. Saran agar nakes diberikan pelatihan terkait menyusui untuk meningkatkan pengetahuan, kebijakan yang lebih fleksibel kepada nakes yang masih menyusui, dan melengkapi fasilitas untuk menyusui.

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ABSTRACT

This study aims to determine the factors associated with the behavior of female health workers in exclusive breastfeeding. The method that used in this study is the sequential explanatory mixed methods (quantitative and qualitative) with a cross-sectional study design. Number of samples in this study 85 female health workers who have infants aged 7-24 months in the sub-district primary health care throughout East Jakarta. This research using questionnaires filled out by the respondent (self-administer) for the instrument. This research also use chi-square and multiple logistic regression for analyzing data. The results shown that the proportion of exclusive breastfeeding is 54.1%. Variables that associated with exclusive breastfeeding are knowledge, attitude, availability of facilities, family support, support co-workers, and support health workers with p value <0.05. The result of multivariate analysis shown that behavior of exclusive breastfeeding is associated with age and knowledge and the most dominant factor is knowledge. Qualitative research is done as supported for quantitative results, total samples are 10 informants and using in-depth interviews with a semi-structured guide questions as a data collection techniques. The factor that inhibit mother for exclusive breastfeeding is lack of commitment, problems that related breastfeeding, and lack of knowledge of the family. Suggestion

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