

## Perilaku pemberian asi eksklusif dikalangan pekerja perempuan = Exclusive breastfeeding behavior among women workers / Mega Indah Cinderakasih

Mega Indah Cinderakasih, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20415415&lokasi=lokal>

---

### Abstrak

[<b>ABSTRAK</b><br>

Jumlah perempuan yang masuk dalam angkatan kerja di Indonesia terus mengalami peningkatan dari tahun ke tahun, baik di sektor formal maupun informal. Hal ini tentunya membutuhkan perhatian dari pembuat kebijakan dan manajemen perusahaan mengenai kebutuhan pekerja perempuan, diantaranya kesempatan untuk memberikan ASI Eksklusif bagi mereka yang memiliki bayi berusia 0-6 bulan. Namun hasil penelitian menunjukkan rendahnya tingkat pemberian ASI Eksklusif di Indonesia di tahun 2010. Bekerja dan kurangnya dukungan dan fasilitas di tempat kerja menjadi salah satu alasan kesulitan memberikan ASI Eksklusif bagi pekerja perempuan. Padahal di sisi lain, pemerintah melalui PP No. 33 Tahun 2012 telah mengamanatkan kepada pemberi kerja untuk menyediakan fasilitas dan memberikan kesempatan pada pekerja perempuan untuk memberikan/memerah ASI.

Studi ini merupakan studi kuantitatif dan kualitatif. Studi kuantitatif bertujuan untuk memberikan data secara deskriptif mengenai pengetahuan, sikap, dan dukungan organisasi bagi pekerja perempuan. Studi kualitatif bertujuan untuk mengetahui sikap dan tantangan pekerja perempuan dan dukungan organisasi terhadap pemberian ASI eksklusif pada pekerja perempuan. Pelaksanaan studi ini dilakukan pada pekerja perempuan di Pusat Administrasi Universitas Indonesia, Depok yang memiliki anak berusia 6 bulan-5 tahun. Studi ini dilakukan dengan metode survei dengan cara menyebarkan kuesioner dan dilanjutkan dengan melakukan wawancara mendalam.

Hasil dari tulisan ini dapat menjadi dasar rekomendasi kebijakan baik di tingkat organisasi/perusahaan sebagai berkontribusi dalam menciptakan lingkungan yang mendukung pemberian ASI eksklusif di kalangan perempuan pekerja sehingga mereka dapat terus berkembang di ruang publik tanpa meninggalkan peran penting mereka dalam mencerdaskan bangsa melalui pemberian ASI eksklusif.

<hr>

<b>ABSTRACT</b><br>

The number of women who entered the workforce in Indonesia continues to increase from year to year, both in the formal and informal sectors. This of course requires the attention of policy makers and corporate management about the needs of women workers, including the opportunity to provide exclusive

breastfeeding for those who have a 0-6 month old baby. However, the results showed low levels of exclusive breastfeeding in Indonesia in 2010. Work load and lack of support and facilities in the workplace is one difficult reason to do exclusive breastfeeding for women workers. Yet on the other hand, the government through PP No. 33 Year 2012 has mandated the employer to provide the facilities and provide opportunities for women workers to provide or express the milk.

This is a mixed method study. Quantitative study aimed to provide descriptive data on knowledge, attitudes, and organizational support for women workers. Qualitative study aimed to determine the attitudes and challenges of women workers and Organizational support to exclusive breastfeeding women workers Implementation of the study conducted on women wokers in the University of Indonesia administration office, Depok who have children aged 6 months-5 years. This study was conducted using a survey by distributing questionnaires and followed by conducting in-depth interviews.

Results of this article can be the basis of policy recommendations both at the level of the organization or company Thus this paper can contribute to creating an environment that supports exclusive breastfeeding among women workers so that they can continue to thrive in a public space without leaving their important role in the nation through exclusive breastfeeding, The number of women who entered the workforce in Indonesia continues

to increase from year to year, both in the formal and informal sectors. This of course requires the attention of policy makers and corporate management about the needs of women workers, including the opportunity to provide exclusive breastfeeding for those who have a 0-6 month old baby. However, the results showed low levels of exclusive breastfeeding in Indonesia in 2010. Work load and lack of support and facilities in the workplace is one difficult reason to do exclusive breastfeeding for women workers. Yet on the other hand, the government through PP No. 33 Year 2012 has mandated the employer to provide the facilities and provide opportunities for women workers to provide or express the milk.

This is a mixed method study. Quantitative study aimed to provide descriptive data on knowledge, attitudes, and organizational support for women workers. Qualitative study aimed to determine the attitudes and challenges of women workers and Organizational support to exclusive breastfeeding women workers Implementation of the study conducted on women wokers in the University of Indonesia administration office, Depok who have children aged 6 months-5 years. This study was conducted using a survey by distributing questionnaires and followed by conducting in-depth interviews.

Results of this article can be the basis of policy recommendations both at the level of the organization or company Thus this paper can contribute to creating an environment that supports exclusive breastfeeding among women workers so

that they can continue to thrive in a public space without leaving their important role in the nation through exclusive breastfeeding]