

# Hubungan depresi postpartum dengan pemberian asi eksklusif pada anak 0-5 bulan di indonesia analisis data survei demografi kesehatan indonesia tahun 2017 = Association between postpartum depression with exclusive breastfeeding in children 0-5 months in indonesia based on indonesian demographic health survey 2017

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## Abstrak

**Pendahuluan:** Pemberian ASI eksklusif direkomendasikan hingga anak berusia 6 bulan. Kurangnya pemberian ASI eksklusif merupakan faktor risiko morbiditas dan mortalitas bayi dan anak. Berbagai faktor yang mempengaruhi pemberian ASI eksklusif diantaranya depresi, inisiasi menyusui dini, wilayah tempat tinggal, status bekerja dan status pernikahan. Penelitian ini bertujuan untuk mengetahui hubungan depresi postpartum dengan pemberian ASI eksklusif pada anak 0-5 bulan di Indonesia berdasarkan data SDKI 2017. **Metodologi:** Penelitian ini menggunakan desain studi cross sectional dengan sumber data berasal dari data sekunder Survei Demografi Kesehatan Indonesia tahun 2017. Sampel penelitian ini adalah WUS yang melahirkan anak terakhir berumur 0-5 bulan berjumlah 1.266. Analisis data menggunakan regresi logistik untuk mengetahui prevalen odd rasio. Signifikansi dinilai dengan melihat rentang kepercayaan (confident interval) CI 95%.

**Hasil:** Dari 1.266 responden diperoleh prevalensi depresi postpartum 10,2%, pemberian ASI eksklusif 67,1%. Hasil analisis menunjukkan responden yang depresi berpeluang 0,762 kali (CI 95% 0,506 – 1,148) untuk tidak memberikan ASI eksklusif setelah dikontrol variabel inisiasi menyusui dini, status bekerja dan status pernikahan.

**Kesimpulan:** Tidak terdapat hubungan depresi postpartum dengan pemberian ASI eksklusif. Namun terdapat hubungan variabel lainnya dengan pemberian ASI eksklusif diantaranya variabel inisiasi menyusui dini, status bekerja dan status pernikahan.

**Kata kunci:** Depresi postpartum, ASI eksklusif, regresi logistik, SDKI, Indonesia

.....**Background:** Exclusive breastfeeding is recommended for children up to 6 months old. Lack of exclusive breastfeeding is a risk factor for infant and child morbidity and mortality. Various factors that influence exclusive breastfeeding include depression, early breastfeeding initiation, place of residence, work status and marital status. This study aims to determine the association between postpartum depression with exclusive breastfeeding for children 0-5 months in Indonesia based on Indonesian Demographic Health Survey 2017.

**Methods:** Design study was cross-sectional and data was obtained from Indonesian Demographic Health Survey 2017. Sample was women childbearing age who gave birth to last child aged 0-5 months, total 1.266 respondents. Data were analysed using logistic regression to determine the prevalence odds ratio. Significant level was assessed by confident interval (CI) 95%.

**Results:** From 1.266 respondents, the prevalence of postpartum depression was 10.2%, exclusive breastfeeding was 67.1%. The results of the analysis showed that depressed respondents had an odd 0.762 (95% CI 0.506 - 1.148) to not give exclusive breastfeeding after being controlled by early breastfeeding initiation, work status and marital status.

Conclusion: There was no association between postpartum depression with exclusive breastfeeding. But there was a association between other variables with exclusive breastfeeding including variable early breastfeeding initiation, work status and marital status.

Key words: Postpartum depression, exclusive breastfeeding, logistic regression, IDHS, Indonesia