

# Pengembangan Modul Menyusui Eksklusif Dalam Situasi Bencana dan Efektivitasnya pada Pengetahuan, Persepsi, Sikap, dan Praktek Menyusui = The Development of Exclusive Breastfeeding Module in Disaster Situations and Its Effectiveness on Breastfeeding Knowledge, Perception, Attitude, and Practice

Sri Windiarti, author

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## Abstrak

Menyusui disarankan selama situasi bencana oleh organisasi kesehatan dunia karena banyak manfaat kesehatan dari Air Susu Ibu. Namun kenyataan saat bencana banyak faktor yang menyebabkan kegagalan menyusui antara lain akibat kurangnya pengetahuan, persepsi yang keliru tentang ASI, dan minimnya dukungan yang didapatkan baik dalam bentuk dukungan langsung maupun regulasi termasuk masih kurangnya media edukasi yang memberikan informasi langsung kepada kelompok menyusui. Penelitian ini bertujuan untuk mengembangkan modul menyusui eksklusif dalam situasi bencana dan menguji efektivitasnya terhadap pengetahuan, persepsi, sikap, dan praktek menyusui. Penelitian ini menggunakan desain penelitian research and development atau penelitian pengembangan dengan pendekatan kualitatif dan kuantitatif. Penelitian dilakukan pada 156 responden terbagi menjadi 78 responden sebagai kelompok kontrol dan 78 kelompok intervensi, lokasi penelitian di wilayah kerja UPT Puskesmas Jatibaru Kota Bima Nusa Tenggara Barat. Hasil penelitian kelayakan modul dari ahli media 87,5%, ahli materi 81,6%, dan dari pengguna 3,6 %. Hasil uji beda rata-rata pengetahuan, persepsi, sikap, dan praktek menyusui post intervensi didapatkan p value < 0.005 antara kelompok intervensi dan kontrol. Modul Meci Si Ana layak digunakan dan efektif terhadap peningkatan pengetahuan, persepsi, sikap, dan praktek menyusui.

.....Breastfeeding is recommended during disaster situations by the World Health Organization because of many health benefits. However, in reality, during disaster time, many factors lead to breastfeeding hinderance due to the lack of knowledge, misperceptions about breastfeeding, and the lack of support in the forms of direct support and regulations, including the lack of educational media that provide information directly to breastfeeding groups. This study aims to develop an exclusive breastfeeding module in disaster situations and test its effectiveness on the knowledge, perceptions, attitudes, and practices of breastfeeding. This research utilized the research and development design with qualitative and quantitative approaches. The study was conducted on 156 respondents divided into 78 respondents as a control group and 78 respondents in the intervention group, the research location was Jatibaru Health Center, Bima, West Nusa Tenggara. The research results on the module feasibility included media experts (87.5%), material experts (81.6%), and users (3.6%). The results of mean difference test on knowledge, perception, attitude, and practice of post-intervention breastfeeding obtained p-value of less than 0.005 between the intervention and control groups. The Meci Si Ana module is worthy of being used and effective in increasing the knowledge, perceptions, attitudes, and practices of breastfeeding.