

Pola Pemberian Air Susu Ibu Enam Bulan Pertama Pekerja Sektor Formal Dan Hubungannya Dengan Faktor-Faktor Terkait Pekerjaan = Work Related Determinants Of Breastfeeding Patterns in The First Six Months Among Female Workers in Formal Sector

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Abstrak

Latar Belakang: Meningkatnya partisipasi pekerja perempuan sering dijadikan alasan rendahnya angka ASI eksklusif. Data BPS 2007 menunjukkan peningkatan jumlah tenaga kerja perempuan dari 48.63% ke 49.52% dalam lima tahun terakhir, sementara prevalensi ASI eksklusif menurun dari 40% menjadi 32,3% (RISKESDAS 2010). Penelitian potong lintang ini mengevaluasi faktor-faktor terkait pekerjaan yang berhubungan dengan pemberian ASI enam bulan pertama pekerja sektor formal di Indonesia.

Metode: Penelitian ini menggunakan kuesioner terstruktur disebarkan kepada pekerja perempuan di empat institusi pemerintah dan dua pabrik di Jakarta antara Juli hingga Oktober 2012. Subjek adalah pekerja perempuan yang memiliki anak usia enam bulan hingga dua tahun, aktif bekerja pada saat pengisian kuesioner. Faktor-faktor dipelajari adalah aspek sosio demografik dan karakteristik terkait pekerjaan.

Hasil: Dari 192 subjek, diperoleh prevalensi ASI eksklusif 32.3%. Diantara pekerja yang tidak melanjutkan ASI eksklusif, 45,2% menghentikan pemberian ASI sebelum empat bulan. Dibanding pekerja pabrik, pemberian ASI eksklusif pekerja institusi pemerintahan lebih tinggi (OR 3,33, 95% CI: 1,77-6,25, $p < 0,001$). Ketersediaan program pendidikan laktasi ($p = 0,035$), tingkat pendidikan tinggi ($p = 0,027$) dan pengetahuan baik ($p = 0,000$) merupakan faktor risiko terhadap pemberian ASI eksklusif.

Kesimpulan: Penting bagi tempat kerja menyediakan fasilitas dan program pendidikan laktasi.

.....ackground: Increasing women's participation in labor force frequently blamed for low rate of breastfeeding. National Statistic Bureau 2007 reported an increasing trend in women's labor participation from 48.63% to 49.52% in five years, while prevalence of exclusive breastfed declined from 40% to 32,3% based on National Basic Health Survey 2010. This cross-sectional study assesses work related factors contribute to breastfeeding discontinuation among female workers in Indonesian formal sector.

Methods: Structured questionnaire distributed to employees from four government institutions and two factories in Jakarta between July to October 2012. Subjects were Indonesian women, were formally employed, with child ages of 6 months to two year old. Factors studied were selected socio-demographic and work-related characteristics.

Results: From 192 subjects, exclusive breastfeeding prevalence was 32.3%. Among those who discontinued breastfeeding, 45,2% of them had breastfed for less than four months. Compared to factory workers, risk of exclusive breastfeeding continuation were higher among government institution employee (OR 3,33, 95% CI: 1,77-6,25, $p < 0,001$). Lactation program at workplace ($p = 0,035$), higher education level ($p = 0,027$) and adequate knowledge ($p = 0,000$) were also risk factors for breastfeeding continuation.

Conclusion: Important for workplaces to provide adequate breastfeeding facilities and lactation program.