

# Hubungan Mitos dan Kepercayaan Pemberian ASI serta Dukungan Keluarga terhadap Keberhasilan Pemberian ASI Eksklusif di Wilayah Kecamatan Pondok Aren Tangerang Selatan = The Relationship between Myths and Beliefs about Breastfeeding and Family Support on the Success of Exclusive Breastfeeding in Pondok Aren District, South Tangerang

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## Abstrak

Keberhasilan Pemberian ASI Eksklusif dapat disebabkan oleh berbagai macam faktor, baik secara internal maupun eksternal. Penelitian bertujuan untuk mengetahui hubungan mitos dan kepercayaan pemberian ASI serta dukungan keluarga terhadap keberhasilan pemberian ASI eksklusif. Desain penelitian adalah cross-sectional, teknik pengambilan sampel menggunakan convenience sampling yang melibatkan 274 Ibu menyusui. Analisis data menggunakan analisis univariat dan bivariate (uji chi-square). Hasil penelitian didapatkan bahwa terdapat hubungan antara mitos dan kepercayaan pemberian ASI serta dukungan keluarga terhadap keberhasilan pemberian ASI eksklusif di Wilayah Kecamatan Pondok Aren Tangerang Selatan ( $p$  value= 0,000 < 0,05). Adanya dukungan keluarga serta edukasi mengenai praktik menyusui yang benar perlu ditingkatkan untuk lebih memaksimalkan keberhasilan pemberian ASI eksklusif.

.....The success of exclusive breastfeeding can be caused by various factors, both internally and externally. This research aims to determine the relationship between myths and beliefs breastfeeding and family support to the success of exclusive breastfeeding. The research design was cross-sectional, the sampling technique used convenience sampling involving 274 breastfeeding mothers. Data analysis used univariate and bivariate analysis (chi-square test). The results showed that there was a relationship between myths and beliefs breastfeeding and family support on the success of exclusive breastfeeding in the Pondok Aren District, South Tangerang ( $p$  value = 0.000 < 0.05). The existence of family support and education regarding correct breastfeeding practices, need to be improved to maximize the success of exclusive breastfeeding.