

ABSTRAK

Iلمي, Wahyu Dian. 2014. *Peran Suami dan Tenaga Kesehatan dalam Pemberian ASI Eksklusif (Studi Kualitatif di Wilayah Kerja Puskesmas Kedungkandang Kota Malang)*. Tugas Akhir, Program Studi Ilmu Gizi Fakultas Kedokteran Universitas Brawijaya. Pembimbing: (1) dr. Soemardini, MPd, (2) Widya Rahmawati, S.Gz,M.Gizi

Pemberian ASI Eksklusif 6 bulan sangat penting untuk memenuhi kebutuhan gizi dan meningkatkan daya tahan tubuh bayi. Banyak faktor yang mempengaruhi pemberian ASI Eksklusif, salah satunya peran suami dan tenaga kesehatan. Data Dinas Kesehatan Kota Malang tahun 2013 menunjukkan bahwa prevalensi pemberian ASI Eksklusif di Puskesmas Kedungkandang sebesar 42,65%. Penelitian kualitatif ini bertujuan untuk mengetahui peran suami dan tenaga kesehatan dalam pemberian ASI Eksklusif. Subyek penelitian terdiri dari 6 ibu dan ayah bayi usia 6-9 bulan yang berhasil diberi ASI Eksklusif 6 bulan, 1 bidan, dan 1 kader posyandu. Hasil penelitian menunjukkan bahwa ayah berperan dalam mendukung pemberian ASI Eksklusif 6 bulan, membantu perawatan bayi, mengantar saat persalinan, dan membantu pekerjaan rumah tangga. Tenaga kesehatan berperan dalam memberikan edukasi dan motivasi kepada ibu dalam hal pemberian ASI secara Eksklusif. Kesimpulan penelitian, suami dan tenaga kesehatan memberikan peran positif terhadap keberhasilan pemberian ASI Eksklusif. Untuk meningkatkan pemberian ASI Eksklusif, perlu dilakukan upaya peningkatan peran tenaga kesehatan dalam memberikan edukasi dan motivasi bagi ibu menyusui dan menjadikan Ayah sebagai salah satu sasaran edukasi.

Kata kunci : ASI Eksklusif, Suami, Tenaga Kesehatan

ABSTRACT

Ilimi, Wahyu Dian. 2014. *The Role of Husband and Health Workers in Exclusive Breastfeeding (Qualitative Studies in Work Area Health Center Kedungkandang, Malang)*. Final Assignment, Nutrition Science Program, Medical Faculty of Brawijaya University. Supervisors : (1) dr. Soemardini, MPd, (2) WidyaRahmawati, S.Gz,M.Gizi

Exclusive Breastfeeding for 6 months is very important to meet the nutritional needs and improving the nutrition of infant endurance. Many factors influence of Exclusive Breastfeeding, one of them is the role of husband and health workers. The Malang Distric Health Office Data by 2013 shows that the prevalence of Exclusive Breastfeeding in Public Health Kedungkandang was 42,65%. Qualitative research aims to know the role of husband and health care personnel in an exclusive breast feeding. The subject of research as 6 fathers and mothers of babies aged 6-9 months to successfully provide breastmilk exclusively, 1 midwife, and 1 posyandu cadre. The results showed that the father acted in support of breast feeding to infants aged 0-6 months, involvement in baby care, labor time, and deliver help housework. Health workers involved in providing education and motivation to mother in terms of breast feeding exclusively. The conclusions of the study, a husband and a health worker gives a positive role toward the success of Exclusive Breastfeeding. Exclusive Breastfeeding for increased efforts need to increase the role of health professionals in providing education and motivation for nursing mothers and fathers make as one of the objectives of education.

Keywords : Exclusive Breastfeeding , Husband , Health Workers

