

**ABSTRACT**

**Tea Marantika**

**THE FAILURE OF A MOTHER IN AN EXCLUSIVE BREASTFEEDING AT POSYANDU MELATI, LAMPER TENGAH, SEMARANG IN 2010**

xvi + 124 pages + 5 tables + 2 pictures + 14 enclosures

A mother's milk is the best food for baby, which can not be replaced by another food and there is no food which can keep a mother's milk, both nutritional content, enzym, hormon and immunologic-anti infection contain. At Posyandu Melati, Lamper Tengah, Semarang, there are 13 mothers who have a 7-12 months baby. From those mothers, there were only 2 mothers who gave an exclusive breastfeeding. Eleven mothers failed to give an exclusive breastfeeding for six months. The purpose of this research was to find out a description about the background of a failure of a mother in an exclusive breastfeeding.

The research used a qualitative research by having a case study approach method. The primary data was collected by a comprehensive interview. The subject of this research was 11 mothers who had 7-12 months baby at Posyandu Melati. A crosscheck of this research was a husband of a research subject, Posyandu cadre, and nutrition official at Lamper Tengah Public Health Center.

The result of the research showed that the age of the research subject was 30-41 years. Most of them had a knowledge about a mother's milk and an exclusive mother's milk. They could mention the definition and the benefit of a mother's milk and also an exclusive breastfeeding to the baby. However, most of them didn't understand the definition, characteristic, and benefit of colostrum and lactation management. The attitude of research subject to an exclusive breastfeeding was that all subjects said that it was necessary for baby to get a mother's milk for 6 months. They thought that breastfeeding was a mother's obligation because it was a mother's responsibility and will of God. They also thought that a mother's milk was better than a formulated milk. However a part of them told that a formulated milk was a food that could substitute a mother's milk. Related with the value that they believed, they preferred to choose in breastfeeding than a formulated milk. However in practice, they didn't give an exclusive mother's milk. It was because no one room care between a mother and a baby, the research subject felt that their mother's milk was not enough, they got a health problem, such as there was a tumour on their breast, it was difficult for breastfeeding when they were sick because the baby refused it. The last reason was because of job.

In order to lessen the failure of an exclusive breastfeeding to a baby, the written suggested that a midwife and Posyandu cadre improve socialization and skill about an exclusive breastfeeding and lactation management to the society, especially a fertile couple and a pregnant woman.

**Keywords** : Knowledge, attitudes, values, practices, exclusive breastfeeding  
**Reference** : 51 books (1980-2009)

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### **KEGAGALAN IBU BAYI DALAM PEMBERIAN ASI EKSKLUSIF DI WILAYAH KERJA POSYANDU MELATI KELURAHAN LAMPER TENGAH KOTA SEMARANG TAHUN 2010**

xvi + 124 hal + 5 tabel + 2 gambar + 14 lampiran

ASI merupakan makanan yang terbaik bagi bayi, tidak dapat diganti dengan makanan lainnya dan tidak ada satupun makanan yang dapat menyamai ASI baik dalam kandungan gizinya, enzim, hormon maupun kandungan imunologik dan anti infeksi. Posyandu Melati Kelurahan Lamper Tengah Kota Semarang, tahun 2010 ibu bayi umur 7-12 bulan sebanyak 13 ibu bayi. Dari 13 ibu bayi tersebut 2 ibu bayi (15,38%) yang menyusui secara eksklusif dan 11 ibu bayi (84,62%) gagal dalam pemberian ASI eksklusif selama 6 bulan. Penelitian ini bertujuan untuk mendapatkan gambaran tentang latar belakang kegagalan ibu bayi dalam pemberian ASI eksklusif.

Jenis penelitian yang digunakan adalah penelitian kualitatif dengan metode pendekatan studi kasus. Pengumpulan data primer dilakukan dengan wawancara mendalam. Subjek penelitian ini adalah ibu yang mempunyai bayi usia 7-12 bulan di wilayah kerja Posyandu Melati berjumlah 11 ibu bayi. *Crosscheck* dalam penelitian ini adalah terhadap suami subjek penelitian, kader Posyandu dan petugas gizi Puskesmas Lamper Tengah.

Hasil penelitian menunjukkan usia subjek penelitian antara 30-41 tahun. Sebagian besar subjek penelitian memiliki pengetahuan mengenai ASI dan ASI eksklusif. Subjek dapat menyebutkan definisi dan manfaat ASI dan pemberian ASI eksklusif bagi bayi. Akan tetapi rata-rata subjek tidak mengetahui definisi, ciri-ciri dan manfaat kolustrum, serta manajemen laktasi. Sikap subjek penelitian terhadap pemberian ASI eksklusif yaitu semua subjek mengatakan bahwa bayi perlu mendapat ASI selama 6 bulan, menyusui suatu kewajiban seorang ibu karena sudah menjadi tanggung jawab dan kodratnya seorang ibu, ASI lebih baik dibandingkan susu formula. Namun demikian sebagian besar subjek masih mengatakan bahwa susu formula adalah makanan yang baik pengganti ASI. Terkait dengan nilai-nilai yang diyakini subjek penelitian tentang pemberian ASI eksklusif yaitu semua subjek mengatakan lebih memilih memberikan ASI daripada susu formula. Namun demikian dalam praktiknya subjek penelitian tidak memberikan ASI eksklusif. Terkait dengan kegagalan ibu bayi dalam pemberian ASI eksklusif sebagian besar subjek penelitian beralasan karena pemberian susu formula dengan botol atau dot, bayi tidak rawat gabung, subjek merasa ASI tidak cukup, mengalami masalah kesehatan seperti adanya benjolan atau tumor di payudara, dan dalam kondisi sakit juga merasa terjadi kesukaran menyusui karena bayi menolak untuk disusui serta pekerjaan juga menjadi alasan subjek tidak memberikan ASI eksklusif.

Dalam rangka mengurangi kegagalan pemberian ASI eksklusif pada bayi disarankan Bidan beserta kader Posyandu setempat agar meningkatkan sosialisasi dan keterampilan tentang pemberian ASI eksklusif dan manajemen laktasi kepada masyarakat khususnya pada pasangan usia subur dan ibu hamil.

Kata kunci : Pengetahuan, sikap, nilai, praktik, ASI eksklusif  
Kepustakaan : 51 buah ( 1980-2009 )