

## ABSTRAK

### HUBUNGAN KEIKUTSERTAAN KELAS IBU HAMIL DENGAN SIKAP IBU DALAM PEMBERIAN ASI EKSKLUSIF DI WILAYAH KERJA PUSKESMAS SUMBERJO

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ASI eksklusif merupakan faktor penting dalam menurunkan angka kesakitan dan kematian bayi. Praktik pemberian ASI eksklusif dipengaruhi oleh berbagai faktor, salah satunya sikap ibu yang dapat dibentuk melalui keikutsertaan dalam kelas ibu hamil. Penelitian ini bertujuan untuk mengetahui hubungan keikutsertaan kelas ibu hamil dengan sikap ibu dalam pemberian ASI eksklusif di wilayah kerja UPTD Puskesmas Sumberjo.

Penelitian ini menggunakan desain korelasi dengan pendekatan retrospektif analisa menggunakan uji *chi square*. Populasi penelitian adalah seluruh ibu yang memiliki bayi usia 0-6 bulan sebanyak 85 responden. Didapatkan sampel 33 responden dengan menggunakan teknik *purposive sampling*. Variabel independent dalam penelitian ini adalah keikutsertaan kelas ibu hamil sedangkan variabel dependen adalah sikap ibu terhadap pemberian ASI eksklusif. Instrumen yang digunakan berupa kuesioner sikap. Analisis data dilakukan menggunakan uji *Chi-Square* dan perhitungan *Rasio Prevalens* (PR).

Hasil penelitian menunjukkan bahwa 75-85% responden aktif mengikuti kelas ibu hamil dan sebagian besar memiliki sikap positif terhadap pemberian ASI eksklusif.

Analisis menggunakan uji statistik *Chi-Square* menunjukkan nilai  $p = 0,016$  ( $p < 0,05$ ), yang berarti terdapat hubungan signifikan antara keikutsertaan kelas ibu hamil dengan sikap ibu dalam pemberian ASI eksklusif. Nilai PR sebesar 3,45 menunjukkan ibu yang aktif mengikuti kelas ibu hamil memiliki peluang lebih besar untuk bersikap positif.

Partisipasi aktif ibu dalam kelas ibu hamil berkontribusi meningkatkan sikap positif terhadap pemberian ASI eksklusif. Peningkatan kualitas kelas ibu hamil serta mendorong keaktifan ibu mengikuti pertemuan diharapkan dapat menjadi salah satu strategi dalam meningkatkan keberhasilan ASI eksklusif.

**Kata kunci : Kelas Ibu Hamil, Sikap Ibu, ASI Eksklusif**

## ABSTRACT

### THE ASSOCIATION BETWEEN PARTICIPATION IN PREGNANT WOMEN'S CLASSES AND MATERNAL ATTITUDES TOWARD EXCLUSIVE BREASTFEEDING IN THE WORKING AREA OF SUMBERJO PUBLIC HEALTH CENTER

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Exclusive breastfeeding is an important factor in reducing infant morbidity and mortality. The practice of exclusive breastfeeding is influenced by various factors, one of which is maternal attitude, which can be shaped through participation in pregnant women's classes. This study aimed to determine the relationship between participation in pregnant women's classes and maternal attitudes toward exclusive breastfeeding in the working area of UPTD Sumberjo Public Health Center.

This study used a correlational design with a retrospective approach, and the data were analyzed using the Chi-square test. The study population consisted of all mothers with infants aged 0–6 months, totaling 85 respondents. A sample of 33 respondents was obtained using purposive sampling. The independent variable was participation in pregnant women's classes, while the dependent variable was maternal attitude toward exclusive breastfeeding. Data were collected using the 10-item Iowa Infant Feeding Attitude Scale questionnaire. Data analysis was performed using the Chi-square test and calculation of the Prevalence Ratio (PR).

The results showed that 75-80% of respondents actively participated in pregnant women's classes, and most mothers demonstrated positive attitudes toward exclusive breastfeeding.

Chi-square analysis showed a p-value of 0.016 ( $p < 0.05$ ), indicating a significant relationship between participation in pregnant women's classes and maternal attitudes toward exclusive breastfeeding. The PR value of 3.45 indicates that mothers who actively participated in pregnant women's classes were more likely to have positive attitudes toward exclusive breastfeeding.

Active maternal participation in pregnant women's classes contributes to improving positive attitudes toward exclusive breastfeeding. Improving the quality of pregnant women's classes and encouraging mothers to actively attend all sessions are expected to be effective strategies to increase the success of exclusive breastfeeding programs.

**Keywords: Pregnant Women's Classes, Maternal Attitudes, Exclusive Breastfeeding**