

ABSTRAK

ANALISIS KONDISI PSIKOLOGIS DAN SOSIAL IBU DENGAN CAPAIAN ASI EKSKLUSIF DI WILAYAH KERJA UPT PUSKESMAS FATUMNUTU

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Pemberian ASI eksklusif selama enam bulan pertama kehidupan bayi sangat penting untuk mendukung pertumbuhan dan kesehatan bayi. Namun, capaian ASI eksklusif di UPT Puskesmas Fatumnutu masih rendah, yaitu 45,6%, di bawah target nasional 50%. Faktor psikologis seperti stres, kecemasan, dan depresi, serta faktor sosial seperti dukungan dari suami, keluarga, teman, dan tenaga kesehatan, diduga berperan dalam keberhasilan ASI eksklusif.

Penelitian ini menggunakan desain kuantitatif dengan pendekatan cross-sectional. Sampel penelitian adalah 41 ibu menyusui dengan bayi berusia 6-12 bulan yang dipilih menggunakan teknik purposive sampling. Data dikumpulkan menggunakan kuesioner Depression Anxiety Stress Scale-21 (DASS-21) untuk mengukur kondisi psikologis ibu dan Multidimensional Scale of Perceived Social Support (MSPSS) untuk mengukur sosial ibu. Analisis data dilakukan dengan uji chi-square menggunakan SPSS.

Sebagian besar ibu mengalami tingkat psikologis ringan (12,2%), dan sosial rendah (51,2%). Hanya 39,0% ibu yang berhasil memberikan ASI eksklusif. Analisis statistik menunjukkan hubungan signifikan antara kondisi psikologis dan sosial ibu dengan capaian ASI eksklusif ($p < 0,05$).

Kondisi psikologis dan sosial ibu memiliki hubungan yang signifikan dengan keberhasilan ASI eksklusif. Intervensi yang mendukung kesejahteraan mental ibu dan meningkatkan sosial ibu dapat meningkatkan capaian ASI eksklusif. Program edukasi dan pendampingan bagi ibu menyusui perlu diperkuat untuk meningkatkan keberhasilan ASI eksklusif di wilayah kerja UPT Puskesmas Fatumnutu.

Kata kunci: ASI eksklusif, ibu menyusui, psikologis ibu, sosial ibu.

ABSTRACT

ANALYSIS OF MATERNAL PSYCHOLOGICAL AND SOCIAL CONDITIONS WITH EXCLUSIVE BREASTFEEDING ACHIEVEMENT IN THE WORKING AREA OF UPT PUSKESMAS FATUMNUTU.

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Exclusive breastfeeding for the first six months of an infant's life is crucial for supporting growth and health. However, the exclusive breastfeeding achievement at UPT Puskesmas Fatumnutu remains low, at 45.6%, below the national target of 50%. Psychological factors such as stress, anxiety, and depression, as well as social factors such as support from husbands, family, friends, and healthcare workers, are suspected to influence the success of exclusive breastfeeding.

This study employs a quantitative design with a cross-sectional approach. The research sample consists of 41 breastfeeding mothers with infants aged 6-12 months, selected using purposive sampling. Data were collected using the Depression Anxiety Stress Scale-21 (DASS-21) to measure mothers' psychological conditions and the Multidimensional Scale of Perceived Social Support (MSPSS) to assess social support. Data analysis was conducted using the chi-square test with SPSS.

The results show that most mothers experienced mild psychological distress (12.2%) and low social support (51.2%). Only 39.0% of mothers successfully provided exclusive breastfeeding. Statistical analysis revealed a significant relationship between mothers' psychological and social conditions and exclusive breastfeeding achievement ($p < 0.05$).

Mothers' psychological and social conditions significantly influence the success of exclusive breastfeeding. Interventions that support maternal mental well-being and enhance social support can improve exclusive breastfeeding rates. Strengthening education and assistance programs for breastfeeding mothers is necessary to enhance exclusive breastfeeding success in the working area of UPT Puskesmas Fatumnutu.

Keywords: *exclusive breastfeeding, breastfeeding mothers, maternal psychology, maternal social support.*