

## ABSTRAK

# GAMBARAN PEMBERIAN ASI EKSKLUSIF DI MASA PANDEMI COVID-19 DI WILAYAH KERJA PUSKESMAS PURWOKERTO UTARA II

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**Latar Belakang :** COVID-19 memberikan dampak secara tidak langsung terhadap pemberian ASI eksklusif. Kondisi pandemi berdampak pada beberapa aturan dan kebijakan rumah sakit terkait pelaksanaan Inisiasi Menyusui Dini (IMD), pemberian ASI secara langsung, serta *rooming-in* yang dapat berdampak terhadap kegagalan proses menyusui.

**Tujuan :** Penelitian ini bertujuan untuk mengetahui gambaran pemberian ASI eksklusif dimasa pandemi COVID-19 di Puskesmas Purwokerto Utara II.

**Metodologi :** Penelitian ini menggunakan desain deskriptif kuantitatif dengan responden berjumlah 79 orang. Populasi pada penelitian ini adalah ibu yang menyusui eksklusif dan memiliki bayi usia 6-12 bulan. Teknik pengambilan sampel pada penelitian ini menggunakan *total sampling*. Kriteria inklusi dalam penelitian ini bersedia menjadi responden dalam penelitian ini. Kriteria eksklusi dalam penelitian ini adalah ibu yang memiliki keterbatasan fisik untuk menyusui dan ibu yang sedang mengonsumsi obat-obatan dalam jangka panjang.

**Hasil Penelitian :** Mayoritas responden termasuk kedalam usia reproduksi sehat sebesar 98,7%, pendidikan terakhir terbanyak jenjang SMA yaitu 57%, pekerjaan ibu terbanyak ibu rumah tangga yaitu 77,2%, metode persalinan terbanyak normal yaitu 78,5%, mayoritas tidak melakukan IMD sebesar 51,9%, rata-rata usia anak 9 bulan, dan mayoritas paritas adalah primipara sebesar 54,4%. Gambaran pemberian ASI eksklusif dimasa pandemi COVID-19 di wilayah kerja Puskesmas Purwokerto Utara II berada di kategori baik sebesar 72,47%.

**Kesimpulan :** Gambaran pemberian ASI eksklusif dimasa pandemi COVID-19 di wilayah kerja Puskesmas Purwokerto Utara II berada di kategori baik.

**Kata Kunci :** ASI eksklusif, COVID-19, Ibu menyusui

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## ABSTRACT

### DESCRIPTION OF EXCLUSIVE BREASTMILK DURING THE COVID-19 PANDEMIC IN THE WORK AREA OF PUSKESMAS PURWOKERTO UTARA II

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**Background :** COVID-19 has an indirect impact on exclusive breastfeeding. The pandemic conditions have an impact on several hospital rules and policies related to the implementation of Early Breastfeeding Initiation (IMD), direct breastfeeding, and rooming-in which can have an impact on the failure of breastfeeding process.

**Objective :** This study aims to determine the description of exclusive breastfeeding during the COVID-19 pandemic at the Puskesmas Purwokerto Utara II.

**Method :** This study used a quantitative descriptive design with 79 respondents. The population in this study were mothers who exclusively breastfed and had babies aged 6-12 months. The sampling technique in this study used total sampling. The inclusion criteria in this study were willing to be respondents in this study. Exclusion criteria in this study were mothers who had physical limitations for breastfeeding and mothers who were taking drugs in the long term.

**Result :** The majority of respondents belonged to the healthy reproductive age (98.7%), the most recent education was high school (57%), the mother's occupation was mostly housewives (77.2%), the most labor method was normal (78.5%), the majority did not do IMD (51.9%), the average age of children 9 months, and the majority of parity is primiparous (54.4%). The description of exclusive breastfeeding during the COVID-19 pandemic in the working area of the Puskesmas Purwokerto Utara II was in the good category with a score of 72.47%.

**Conclusion :** The description of exclusive breastfeeding during the COVID-19 pandemic in the working area of the Puskesmas Purwokerto Utara II is in the good category.

**Keywords :** exclusive breastfeeding, COVID-19, breastfeeding mothers

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