

ABSTRAK

HUBUNGAN *BREASTFEEDING SELF EFFICACY* TERHADAP DURASI PEMBERIAN ASI EKSKLUSIF PADA IBU REMAJA

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Latar Belakang: *Breastfeeding self efficacy* merupakan keyakinan seorang ibu dalam pemberian ASI. BSE menjadi faktor paling kuat yang dapat memengaruhi proses menyusui dan keberhasilan pemberian ASI eksklusif pada ibu remaja. Ibu menyusui usia remaja sangat membutuhkan perhatian khusus untuk memastikan keberhasilan dalam proses pemberian ASI eksklusif dan berapa lama memberikan ASI pada bayinya.

Tujuan : Penelitian ini bertujuan untuk mengetahui hubungan BSE terhadap durasi pemberian ASI eksklusif pada ibu remaja

Metodologi: Penelitian ini menggunakan metode *retrospective cohort*. Penelitian ini dilakukan di wilayah kerja Puskesmas Sumbang II dengan teknik sampel menggunakan *total sampling*. Jumlah sampel sebanyak 30 responden yang memenuhi kriteria inklusi. Penelitian dilakukan dengan memberikan kuesioner BSE-SF (*Breastfeeding Self Efficacy Scale-Short Form*) dan BDS (*Breastfeeding Duration Scale*). Analisa data menggunakan uji *spearman rho*.

Hasil Penelitian: Mayoritas umur responden 21 tahun, tidak bekerja (93,3%) dan berpendidikan SMP (36,7%). Hasil penelitian menunjukkan terdapat hubungan *breastfeeding self efficacy* terhadap durasi pemberian ASI eksklusif pada ibu remaja dengan nilai $p = 0,009$ ($p < 0,05$)

Kesimpulan: *Breastfeeding self efficacy* berhubungan dengan durasi pemberian ASI eksklusif pada ibu remaja.

Kata kunci: *Breastfeeding self efficacy*, durasi pemberian ASI eksklusif, ibu remaja



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ABSTRACT

THE RELATIONSHIP OF BREASTFEEDING SELF-EFFICACY ON THE DURATION OF EXCLUSIVE BREASTFEEDING IN TEENAGE MOTHERS

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Background: Breastfeeding self-efficacy is a mother's belief in breastfeeding. BSE is the strongest factor that can influence the breastfeeding process and the success of exclusive breastfeeding in teenage mothers. Adolescent breastfeeding mothers really need special attention to ensure success in the exclusive breastfeeding process and how long to breastfeed their babies

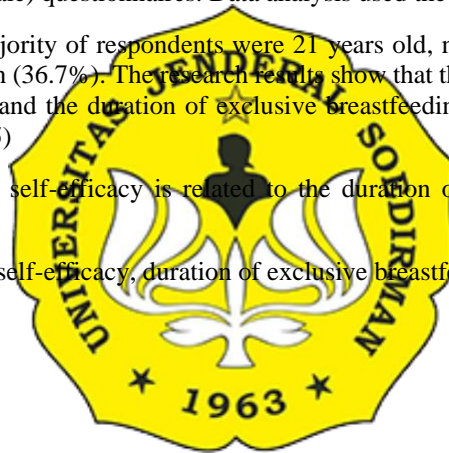
Objective: This study aims to determine the relationship between BSE and the duration of exclusive breastfeeding in adolescent mothers.

Methodology: This research uses a retrospective cohort method. This research was conducted in the work area of Sumbang II Community Health Center with a sampling technique using total sampling. The total sample was 30 respondents who met the inclusion criteria. The research was carried out by administering the BSE-SF (Breastfeeding Self Efficacy Scale-Short Form) and BDS (Breastfeeding Duration Scale) questionnaires. Data analysis used the Spearman rho test.

Research Results: The majority of respondents were 21 years old, not working (93.3%) and had junior high school education (36.7%). The research results show that there is a relationship between breastfeeding self-efficacy and the duration of exclusive breastfeeding in teenage mothers with a value of $p = 0.009$ ($p < 0.05$)

Conclusion: Breastfeeding self-efficacy is related to the duration of exclusive breastfeeding in adolescent mothers

Key words: Breastfeeding self-efficacy, duration of exclusive breastfeeding, teenage mothers



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