

ABSTRAK

Endys Permatasari Panjaitan. *Hubungan Tingkat Pengetahuan dan Riwayat Status Pekerjaan Ibu dengan Riwayat Pemberian ASI Eksklusif di Posyandu Bangun Sari Indah 6, Kec. Tanjung Morawa*. Skripsi. Program Studi Gizi. Fakultas Teknik. Universitas Negeri Medan. 2024.

Pemberian ASI Eksklusif adalah memberikan ASI saja pada saat anak berusia 0-6 bulan. Di Indonesia pada tahun 2022, pemberian ASI eksklusif tercatat sebesar 67,9%, mengalami penurunan dibandingkan tahun 2021. Pemberian ASI Eksklusif dapat dipengaruhi oleh beberapa faktor seperti tingkat pengetahuan ibu mengenai ASI eksklusif dan status pekerjaan ibu. Penelitian ini bertujuan untuk mengetahui karakteristik responden, mengetahui hubungan tingkat pengetahuan ibu dan riwayat status pekerjaan ibu dengan riwayat pemberian ASI eksklusif di Posyandu Bangun Sari Indah 6, Kec. Tanjung Morawa.

Penelitian ini dilaksanakan di Posyandu Bangun Sari Indah 6, Kec. Tanjung Morawa dan dilaksanakan pada bulan Mei hingga Agustus 2024. Desain penelitian yang digunakan adalah *cross sectional*. Populasi dalam penelitian ini adalah ibu yang memiliki anak usia >6-59 bulan. Teknik pengambilan sampel dilakukan dengan *purposive sampling* dengan total sampel 60 orang. Data dikumpulkan melalui kuesioner untuk mengukur tingkat pengetahuan ibu, riwayat status pekerjaan ibu, dan riwayat pemberian ASI eksklusif. Teknik analisis data menggunakan deskripsi data, Uji *Rank Spearman*, Uji *Chi Square*, dan Uji Regresi Logistik.

Hasil penelitian menunjukkan data karakteristik responden usia ibu mayoritas 25-29 tahun 41,7%, pendidikan ibu mayoritas tamat SLTA/MA 73,4%, ibu mayoritas tidak bekerja 63,4%, penghasilan keluarga mayoritas kategori sedang 60%, jumlah anggota keluarga mayoritas kecil 66,7%, usia anak mayoritas 12-23 bulan 38,3%, jenis kelamin anak mayoritas perempuan 53,3%, riwayat pemberian ASI eksklusif mayoritas tidak memberikan ASI eksklusif 75%, tingkat pengetahuan ibu mayoritas sesang 53,3%, dan mayoritas riwayat status pekerjaan ibu adalah tidak bekerja 63,3%. Ditemukan hubungan yang signifikan antara tingkat pengetahuan ibu dengan riwayat pemberian ASI eksklusif dengan nilai $P\text{-value} = 0,002$. Selain itu, terdapat hubungan antara riwayat status pekerjaan ibu dengan riwayat pemberian ASI eksklusif dengan nilai $P\text{-value} = 0,030$. Hasil Uji Regresi Logistik menunjukkan bahwa variabel tingkat pengetahuan dan variabel riwayat status pekerjaan ibu tidak berhubungan secara statistik dengan riwayat pemberian ASI eksklusif.

ABSTRACT

Endys Permatasari Panjaitan. *The Relationship between the Level of Knowledge and History of Mother's Employment Status with the History of Exclusive Breastfeeding at the Bangun Sari Indah 6 Integrated Health Post, Tanjung Morawa District. Thesis. Nutrition Study Program. Faculty of Engineering, UNIMED. 2024.*

Exclusive breastfeeding is giving only breast milk when the child is 0-6 months old. In Indonesia in 2022, exclusive breastfeeding was recorded at 67.9%, a decrease compared to 2021. Exclusive breastfeeding can be influenced by several factors such as the level of mother's knowledge about exclusive breastfeeding and the mother's employment status. This study aims to determine the characteristics of respondents, determine the relationship between the level of mother's knowledge and the history of mother's employment status with the history of exclusive breastfeeding at Posyandu Bangun Sari Indah 6, Kec. Tanjung Morawa.

This research was conducted at Posyandu Bangun Sari Indah 6, Kec. Tanjung Morawa and was carried out from May to August 2024. The research design used was cross-sectional. The population in this study were mothers who had children aged >6-59 months. The sampling technique was carried out by purposive sampling with a sample size of 60 people. Data were collected through a questionnaire to measure the level of mother's knowledge, history of mother's employment status, and history of exclusive breastfeeding. Data analysis techniques used data description, Spearman Rank Test, Chi Square Test, and Logistic Regression Test.

The results of the study showed that the characteristics of respondents were the majority of mothers' age 25-29 years 41.7%, the majority of mothers' education graduated from high school / MA 73.4%, the majority of mothers did not work 63.4%, the majority of family income was in the middle category 60%, the number of family members was mostly small 66.7%, the majority of children's age was 12-23 months 38.3%, the majority of children's gender was female 53.3%, the history of exclusive breastfeeding was mostly not giving exclusive breastfeeding 75%, the majority of mothers' knowledge level was one 53.3%, and the majority of mothers' employment status was not working 63.3%. A significant relationship was found between the level of mother's knowledge and the history of exclusive breastfeeding with a P-value = 0.002. In addition, there was a relationship between the history of the mother's employment status and the history of exclusive breastfeeding with a P-value = 0.030. The results of the Logistic Regression Test show that the variables of knowledge level and the variable of maternal employment status history are not statistically related to the history of exclusive breastfeeding.