Abstract

Preparation for lactation was an important effort during pregnancy, particularly in the third trimester, to support the successful provision of breastfeeding after delivery. Knowledge and attitudes of pregnant women served as influential factors in forming this readiness. This study aimed to analyze the relationship between the knowledge and attitudes of pregnant women in their third trimester and lactation preparation in the working area of Limboto Community Health Center. The population of this study consisted of 70 pregnant women in their third trimester, with a sample size of 60 respondents selected using simple random sampling techniques. Data collection was conducted using a questionnaire, and the analysis employed the chi-square test. The results indicated a significant relationship between knowledge and attitudes with lactation preparation, with p < 0.05. The conclusion drawn from this research was that there was a significant relationship between the knowledge and attitudes of pregnant women in their third trimester and lactation readiness. It was recommended that there be an increase in lactation education and counseling starting from the pregnancy period to enhance maternal readiness for breastfeeding.

Keywords: *knowledge; attitude; lactation preparation; pregnant women in trimester III*

Abstrak

Persiapan laktasi merupakan upaya penting selama kehamilan khususnya trimester III untuk mendukung keberhasilan pemberian ASI setelah persalinan. Pengetahuan dan sikap ibu hamil sebagai faktor yang berperan dalam membentuk kesiapan tersebut. Penelitian ini bertujuan menganalisis hubungan pengetahuan dan sikap ibu hamil trimester III terhadap persiapan laktasi di wilayah kerja puskesmas limboto. Populasi penelitian ini adalah 70 ibu hamil trimester III di wilayah kerja puskesmas limboto, dengan jumlah sampel sebanyak 60 responden yang di ambil menggunakan teknik simple random sampling. Pengumpulan data dilakukan menggunakan kuesioner dan dianalisis menggunakan uji chi-square. Hasil penelitian menunjukan adanya hubungan signifikan antara pengetahuan dan sikap dengan persiapan laktasi dengan p<0,05. Kesimpulan terdapat hubungan yang signifikan antara pengetahuan dan sikap ibu hamil trimester III terhadap persiapan laktasi di wilayah kerja puskesmas limboto.Saran dalam penelitian ini adalah diperlukan peningkatan edukasi dan konseling laktasi sejak masa kehamilan untuk meningkatkan kesiapan ibu dalam menyusui.

Kata kunci : Pengetahuan, sikap, persiapan laktasi, ibu hamil trimester III