ABSTRAK

ADINDA PUTRI DEHI. Hubungan dukungan suami dan kader kesehatan terhadap praktik pemberian ASI Eksklusif di Puskesmas Batudaa. Dibimbing oleh FATMAH ZAKARIA sebagai ketua dan NOUR ARRIZA DWI MELANI sebagai anggota.

ASI eksklusif adalah proses pemberian Air Susu Ibu kepada bayi sejak dilahirkan hingga berusia enam bulan tanpa disertai makanan atau minuman lain. Keberhasilan pemberian ASI eksklusif tidak hanya bergantung pada faktor ibu, tetapi juga sangat dipengaruhi oleh dukungan dari lingkungan terdekat yaitu suami dan kader kesehatan. Penelitian ini bertujuan untuk mengetahui hubungan dukungan suami dan kader kesehatan terhadap praktik pemberian ASI Eksklusif. Metode penelitian yang digunakan yaitu kuantitatif dengan observasional dengan pendekatan *cross sectional.* Jumlah populasi sebanyak 166 ibu dengan jumlah sampel sebanyak 45 ibu. Analisis data menggunakan uji *chi square.* Hasil penelitian didapatkan bahwa sebanyak 33 orang memberikan ASI esklusif dan 12 orang tidak memberikan ASI esklusif, untuk dukungan suami tertinggi yaitu ibu yang mendapatkan dukungan sebanyak 36 orang sedangkan ibu yang tidak mendapatkan dukungan sebanyak 9 orang dengan nilai *Pvalue* 0,000, dukungan kader tertinggi yaitu ibu mendapatkan dukungan sebanyak 33 orang sedangkan ibu yang tidak mendapatkan dukungan sebanyak 12 orang dengan nilai *Pvalue* 0,000. Kesimpulan terdapat hubungan dukungan suami dan kader kesehatan terhadap praktik pemberian ASI Eksklusif. Saran untuk pihak Puskesmas agar selalu memberikan edukasi pada Masyarakat khususnya ibu menyusui tentang manfaat pemberian ASI Esklusif dan dampak tidak ASI Esklusif.

Kata Kunci*: ASI Eksklusif, Dukungan Suami, Dukungan Kader.*

Abstract

Exclusive breastfeeding is the practice of providing breast milk to infants from birth until six months of age without any additional food or drink. The success of exclusive breastfeeding is determined not only by maternal factors, but also by support from the immediate environment, particularly husbands and community health cadres. This study aimed to examine the relationship between husbands' support and community health cadres' support and the practice of exclusive breastfeeding. The study employed a quantitative observational design with a cross-sectional approach. The population consisted of 166 mothers, of whom 45 were selected as the sample. Data were analyzed using the chi-square test. The findings showed that 33 mothers practiced exclusive breastfeeding, whereas 12 mothers did not. Regarding husband's support, the highest proportion was found among mothers who received support, totaling 36 respondents, while 9 respondents did not receive such support, with a p-value of 0.000. Similarly, for support from community health cadres, the highest proportion was observed among mothers who received support, totaling 33 respondents, while 12 respondents did not receive such support, with a p-value of 0.000. In conclusion, there was a significant relationship between the husband's support and the community health cadres' support and the practice of exclusive breastfeeding. It is recommended that the Community Health Center continuously provide education to the community, particularly breastfeeding mothers, regarding the benefits of exclusive breastfeeding and the potential consequences of not practicing exclusive breastfeeding.

Keywords: *Exclusive Breastfeeding; Husband's Support; Community Health Cadres' Support*