

ABSTRAK

Latar Belakang: Pemberian makanan/minuman selain ASI dapat diberikan sejak usia enam bulan diselingi dengan hingga 2 tahun karena mengandung berbagai zat imunoglobulin yang membantu menjaga bayi dari berbagai penyakit infeksi. **Tujuan:** menganalisis hubungan pekerjaan dan dukungan suami terhadap ASI eksklusif. **Metode:** desain *cross sectional*. Populasi, seluruh ibu yang memiliki bayi usia di bawah enam bulan berjumlah 38 orang dan dijadikan sampel penelitian (total sampling). Alat ukur Kuesioner dengan wawancara yang dianalisis dengan uji *chi-square*. **Hasil:** menunjukkan sebagian besar ibu (81,6%) tidak memberikan ASI eksklusif, meskipun 60,5% mendapat dukungan suami. Analisis statistik tidak menemukan hubungan signifikan antara pekerjaan ibu ($p = 1,000$; OR = 0,735) maupun dukungan suami ($p = 0,681$; OR = 1,806) dengan pemberian ASI eksklusif. **Kesimpulan:** dukungan suami dan pekerjaan ibu tidak berhubungan dengan keberhasilan ASI eksklusif. Maka, diharapkan tenaga kesehatan merancang program edukasi yang efektif untuk meningkatkan cakupan ASI eksklusif, termasuk melibatkan keluarga dan suami dalam konseling laktasi

Kata Kunci : ASI Eksklusif, Pekerjaan Ibu, Dukungan Suami

ABSTRACT

Background: Complementary foods and beverages other than breast milk can be introduced starting at six months of age and continued alongside breastfeeding until the child reaches two years old, as breast milk contains various immunoglobulins that help protect infants from infectious diseases. **Objective:** To analyze the relationship between mothers' employment and husbands' support toward exclusive breastfeeding. **Method:** A quantitative study with a cross-sectional design was conducted among 38 mothers with infants aged under six months. The sample was selected using a total sampling technique. Data were collected through structured interviews using a questionnaire and analyzed using the chi-square test to examine the relationship between variables. **Results:** Most mothers (81.6%) did not practice exclusive breastfeeding, despite 60.5% receiving spousal support, and statistical analysis showed no significant association between maternal employment ($p = 1.000$; $OR = 0.735$) or husbands' support ($p = 0.681$; $OR = 1.806$) with exclusive breastfeeding. **Conclusion:** Husbands' support and mothers' employment were not associated with exclusive breastfeeding, highlighting the need for health workers to implement effective educational programs that involve both family and spouses in lactation counseling

Keywords: *Exclusive Breastfeeding; Mothers' Employment; Husbands' Support*