

ABSTRACT

RELATIONSHIP BETWEEN LACTATION MANAGEMENT KNOWLEDGE AND AVAILABILITY OF LACTATION ROOM FACILITIES WITH THE SUCCESS OF EXCLUSIVE BREASTFEEDING AMONG WORKING MOTHERS

Working mothers face a dual challenge in fulfilling their professional responsibilities while providing exclusive breastfeeding for their infants. This study aims to analyze the relationship between lactation management knowledge and the availability of lactation room facilities with the success of exclusive breastfeeding among working mothers. This study employed an observational analytic design with a cross-sectional approach involving 73 working mothers. Data were collected using questionnaires and analyzed using the Chi-Square test. Univariate analysis showed that the majority of respondents had a sufficient level of lactation management knowledge (47.9%), most lactation room facilities were inadequate (68.5%), and the majority of working mothers were unsuccessful in providing exclusive breastfeeding (56.2%). Bivariate analysis revealed a significant relationship between lactation management knowledge and the success of exclusive breastfeeding ($p = 0.015$). Mothers with good knowledge had the highest success rate (70.6%), while mothers with poor knowledge had the highest failure rate (76.2%). The availability of lactation room facilities showed no significant relationship with the success of exclusive breastfeeding ($p = 0.138$), indicating that physical facilities alone are not the primary determinant of breastfeeding success without adequate internal motivation from the mother and time management policies in the workplace. It is concluded that lactation management knowledge is the dominant factor supporting the success of exclusive breastfeeding among working mothers. It is recommended that healthcare workers enhance practical education on breast milk expression techniques and breast milk storage, and that future research examine additional variables such as social support, company policies, and work-related stress levels.

Keywords: *exclusive breastfeeding, working mothers, lactation management, lactation room, knowledge*

ABSTRAK

HUBUNGAN PENGETAHUAN MANAJEMEN LAKTASI DAN KETERSEDIAAN FASILITAS RUANG LAKTASI DENGAN KEBERHASILAN PEMBERIAN ASI EKSKLUSIF PADA IBU PEKERJA

Ibu pekerja menghadapi tantangan ganda dalam memenuhi kewajiban profesional sekaligus memberikan ASI eksklusif kepada bayinya. Penelitian ini bertujuan untuk menganalisis hubungan antara pengetahuan manajemen laktasi dan ketersediaan fasilitas ruang laktasi dengan keberhasilan pemberian ASI eksklusif pada ibu pekerja. Penelitian menggunakan desain analitik observasional dengan pendekatan cross-sectional pada 73 ibu pekerja. Data dikumpulkan menggunakan kuesioner dan dianalisis dengan uji Chi-Square. Hasil analisis univariat menunjukkan mayoritas responden memiliki pengetahuan manajemen laktasi kategori cukup (47,9%), fasilitas ruang laktasi sebagian besar tidak memadai (68,5%), dan mayoritas ibu pekerja tidak berhasil memberikan ASI eksklusif (56,2%). Analisis bivariat menunjukkan terdapat hubungan signifikan antara pengetahuan manajemen laktasi dengan keberhasilan pemberian ASI eksklusif ($p = 0,015$). Ibu berpendidikan baik memiliki tingkat keberhasilan tertinggi (70,6%), sedangkan ibu berpendidikan kurang memiliki tingkat kegagalan tertinggi (76,2%). Ketersediaan fasilitas ruang laktasi tidak menunjukkan hubungan signifikan dengan keberhasilan pemberian ASI eksklusif ($p = 0,138$), mengindikasikan bahwa fasilitas fisik semata bukan penentu utama keberhasilan menyusui tanpa ditunjang faktor internal ibu dan kebijakan manajemen waktu di tempat kerja. Disimpulkan bahwa pengetahuan manajemen laktasi merupakan faktor dominan dalam mendukung keberhasilan ASI eksklusif pada ibu pekerja. Disarankan petugas kesehatan meningkatkan edukasi praktis mengenai teknik pemerahan ASI dan penyimpanan ASI, serta perlunya penelitian lanjutan yang mengkaji variabel dukungan sosial, kebijakan perusahaan, dan tingkat stres kerja.

Kata Kunci: ASI eksklusif, ibu pekerja, manajemen laktasi, ruang laktasi, pengetahuan