

ABSTRAK

THE RELATIONSHIP BETWEEN MOTHER'S EMPLOYMENT STATUS, SELF-EFFICACY AND BREAST PUMP USE WITH THE SUCCESS OF EXCLUSIVE BREASTFEEDING IN WORKING MOTHER

Latar Belakang: pencapaian pemberian ASI eksklusif di kalangan ibu bekerja masih menjadi tantangan karena dipengaruhi oleh berbagai faktor, di antaranya jenis pekerjaan ibu, tingkat keyakinan diri dalam menyusui (*Breastfeeding Self-Efficacy*), serta pemanfaatan pompa ASI. **Tujuan penelitian:** untuk mengidentifikasi keterkaitan antara ketiga variabel tersebut dengan keberhasilan pemberian ASI eksklusif pada ibu bekerja. **Metode:** Studi ini merupakan penelitian kuantitatif analitik observasional dengan rancangan cross-sectional. Pada bulan April 2026 di PMB Helena Sinaga, populasi dan sampel penelitian berjumlah 30 orang ibu bekerja yang diambil dengan teknik *total sampling*. Data dihimpun melalui kuesioner terstruktur baku (BSES), lalu dianalisis secara univariat dan bivariat melalui uji Chi-Square ($\alpha = 0,05$) menggunakan IBM SPSS. **Hasil:** capaian ASI eksklusif pada lokasi studi mencapai 60,0% (18 responden). Analisis bivariat memperlihatkan adanya hubungan signifikan antara status pekerjaan ibu dan keberhasilan ASI eksklusif ($p=0,016$). Hubungan yang sangat kuat pada variabel *Self-Efficacy* ($p=0,001$) serta hubungan bermakna pada penggunaan pompa ASI ($p=0,004$). Karena seluruh nilai $p < 0,005$, dapat disimpulkan bahwa ketiga variabel bebas tersebut berkaitan dengan keberhasilan ASI eksklusif pada ibu bekerja.

Kata Kunci: ASI Eksklusif; Status Pekerjaan; Efikasi Diri; Pompa ASI; Ibu Bekerja

ABSTRACT

THE RELATIONSHIP BETWEEN MOTHER'S EMPLOYMENT STATUS, SELF-EFFICACY AND BREAST PUMP USE WITH THE SUCCESS OF EXCLUSIVE BREASTFEEDING IN WORKING MOTHER

Background: The success of exclusive breastfeeding in working mothers remains a challenge due to various factors, including the type of work the mother does, her level of confidence in breastfeeding (breastfeeding self-efficacy), and her use of a breast pump. **Research objective:** to identify the relationship between these three variables and the success of exclusive breastfeeding among working mothers. **Methods:** This study is an analytical, observational quantitative study with a cross-sectional design. In April 2026 at PMB Helena Sinaga, the study population and sample consisted of 30 working mothers selected using total sampling. Data were collected using a standardized structured questionnaire (BSES) and then analyzed univariately and bivariately using the chi-square test ($\alpha = 0.05$) with IBM SPSS. **Results:** The rate of exclusive breastfeeding at the study site was 60.0% (18 respondents). Bivariate analysis revealed a significant association between the mother's employment status and exclusive breastfeeding ($p=0.016$). A very strong association was found with the Self-Efficacy variable ($p=0.001$), as well as a significant association with the use of a breast pump ($p=0.004$). Since all p -values were < 0.005 , it can be concluded that these three independent variables are associated with the success of exclusive breastfeeding among working mothers.

Keywords: Exclusive Breastfeeding; Employment Status; Self-Efficacy; Breast Pump, Working Mothers