HUBUNGAN MOTHER–INFANT BONDING DENGAN KEBERHASILAN PEMBERIAN ASI EKSKLUSIF PADA IBU YANG MEMILIKI BAYI USIA 0–6 BULAN DI WILAYAH KERJA PUSKESMAS TIONG OHANG KECAMATAN LONG APARI KABUPATEN MAHAKAM ULU PROVINSI KALIMANTAN TIMUR

Rina Rahmawati, Ilvani Muchtari Maulida Wandira, Ezra Marito, Juliadi Gea, Ester Rouhmauli Agnesia Br Haloho

ABSTRAK

Latar Belakang: Pemberian ASI eksklusif selama enam bulan direkomendasikan WHO dan UNICEF untuk pertumbuhan serta perkembangan bayi secara optimal. Cakupan di Indonesia meningkat, namun wilayah terpencil seperti Kabupaten Mahakam Ulu masih menghadapi tantangan akses pelayanan kesehatan. Keberhasilan menyusui dipengaruhi faktor fisik sekaligus psikologis, termasuk ikatan emosional ibu–bayi atau *mother infant bonding*. Penelitian mengenai keterkaitan keduanya di wilayah ini masih terbatas.

Tujuan: Menganalisis hubungan *mother infant bonding* dengan keberhasilan pemberian ASI eksklusif pada ibu yang memiliki bayi usia 0–6 bulan di wilayah kerja Puskesmas Tiong Ohang, Kecamatan Long Apari, Kabupaten Mahakam Ulu, Provinsi Kalimantan Timur.

Metode: Penelitian kuantitatif survei analitik dengan desain potong lintang. Populasi 51 orang, sampel 45 orang diambil dengan *simple random sampling*. Instrumen meliputi kuesioner dan *Postpartum Bonding Questionnaire* (PBQ). Analisis hubungan menggunakan uji *Fisher's Exact Test.*

Hasil: Sebagian besar responden memiliki ikatan emosional yang baik, yaitu 33 orang (73,3%), sedangkan 12 orang (26,7%) kurang baik. Sebanyak 31 orang (68,9%) berhasil memberikan ASI eksklusif dan 14 orang (31,1%) belum berhasil. Tidak terdapat hubungan bermakna antara *mother infant bonding* dengan keberhasilan ASI eksklusif, diperoleh nilai $p = 1{,}000$ ($p > 0{,}05$).

Kesimpulan: Meskipun mayoritas ibu memiliki ikatan yang baik dan berhasil menyusui eksklusif, tidak ditemukan keterkaitan signifikan antara kedua variabel. Keberhasilan ASI eksklusif lebih dipengaruhi kombinasi pengalaman menyusui, dukungan lingkungan, serta pemahaman ibu. Disarankan tenaga kesehatan memperkuat edukasi ikatan ibu–bayi sekaligus pendampingan laktasi secara menyeluruh.

Kata Kunci: *mother–infant bonding*, ASI eksklusif, wilayah terpencil, Puskesmas Tiong Ohang, Mahakam Ulu

Sumber: Jurnal 15, Buku 5, Laporan & Publikasi Resmi 5, Halaman 16, Jumlah Lampiran 3.

RELATIONSHIP BETWEEN MOTHER–INFANT BONDING AND SUCCESS OF EXCLUSIVE BREASTFEEDING AMONG MOTHERS WITH INFANTS AGED 0–6 MONTHS IN TIONG OHANG PUBLIC HEALTH CENTER, LONG APARI DISTRICT, MAHAKAM ULU REGENCY, EAST KALIMANTAN PROVINCE

Rina Rahmawati, Ilvani Muchtari Maulida Wandira, Ezra Marito, Juliadi Gea, Ester Rouhmauli Agnesia Br Haloho

ABSTRACT

Background: Exclusive breastfeeding for six months is recommended by WHO and UNICEF for optimal infant growth and development. Coverage in Indonesia has improved, yet remote areas such as Mahakam Ulu Regency face limited access to health services. Successful breastfeeding depends on physical and psychological factors, including emotional attachment or *mother–infant bonding*. Research linking these variables in this area remains limited.
Objective: To analyze the relationship between *mother–infant bonding* and exclusive breastfeeding success among mothers with infants aged 0–6 months at Tiong Ohang Public Health Center, Long Apari District, Mahakam Ulu Regency, East Kalimantan Province.
Methods: Quantitative analytical survey with cross-sectional design. Population 51; sample 45 selected via *simple random sampling*. Questionnaires and *Postpartum Bonding Questionnaire* (PBQ) were used. Fisher's Exact Test analyzed the relationship.
Results: Most respondents showed good bonding: 33 (73.3%), while 12 (26.7%) showed poor bonding. Exclusive breastfeeding was achieved by 31 (68.9%) and not by 14 (31.1%). No significant relationship was found between bonding and breastfeeding success, $p = 1.000$ ($p > 0.05$).
Conclusion: Despite good bonding and high exclusive breastfeeding rates, no significant association was observed. Success may be driven more by breastfeeding experience, social support, and maternal knowledge. Health workers should strengthen education on bonding and comprehensive lactation support.

Keywords: *mother–infant bonding*, exclusive breastfeeding, remote area, Tiong Ohang Public Health Center, Mahakam Ulu

Source: Journals 15, Books 5, Reports & Official Publications 5, Pages 16, Appendices 3.