

#### ABSTRACT

The background of the relationship between the level of anxiety with the desire to give exclusive breastfeeding to primiparous post partum (SC) mothers. The general purpose of this study was to determine the relationship between anxiety and the desire to give exclusive breastfeeding to primiparous Post Partum (SC) mothers. The research method used is descriptive analytic by using a cross sectional or cross sectional study with a total population and a sample of 50 primipara post partum (SC) mothers. The research population is the subject that meets the criteria that have been set, both inclusion criteria and exclusion criteria. Data collection using HARS questions and IFI breastfeeding wishes. The results based on the Spearman test obtained a Sig value of  $0.96 > 0.05$  which means there is no relationship between the level of anxiety and the desire to give exclusive breastfeeding to primiparous post partum (SC) mothers. The conclusion is that there is no relationship between anxiety and the desire to give exclusive breastfeeding to primiparous post partum (SC) mothers.

Keywords: Anxiety, primipara mothers, exclusive breastfeeding.

#### ABSTRAK

*Latar belakang* hubungan tingkat kecemasan dengan keinginan menyusui eksklusif ibu post partum (SC) Primipara. Tujuan umum penelitian ini untuk mengetahui adanya hubungan antara kecemasan dengan keinginan menyusui eksklusif pada Ibu Post Partum (SC) primipara. *Metode* penelitian deskriptif analitik dengan menggunakan jenis penelitian *cross sectional* atau *seksional silang* dengan jumlah populasi dan sampel 50 ibu post partum (SC) primipara. Populasi penelitian adalah subjek yang memenuhi kriteria yang telah ditetapkan baik kriteria *inklusi* maupun kriteria *eksklusi*. Pengumpulan data menggunakan kuesioner kecemasan *HARS* dan keinginan menyusui *IFI*. *Hasil* berdasarkan uji Spearman didapatkan nilai *Sig* sebesar  $0,96 > 0,05$  yang berarti bahwa tidak ada hubungan tingkat kecemasan dengan keinginan menyusui eksklusif ibu post partum (SC) Primipara. Kesimpulannya tidak ada hubungan tingkat kecemasan dengan keinginan menyusui eksklusif ibu post partum (SC) Primipara.

Kata kunci :Kecemasan, ibu primipara, menyusui eksklusif.