

**Hubungan Pengetahuan Ibu Tentang Inisiasi Menyusu Dini (IMD) Dengan Pelaksanaan Inisiasi Menyusu Dini Di Masa Pandemi Covid-19 Di Klinik Pratama Trismalia Medan Estate 2021**

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**ABSTRAK**

Inisiasi menyusui dini merupakan program yang sedang gencar dianjurkan pemerintah. Program ini dilakukan dengan cara meletakkan bayi yang baru lahir di dada ibunya dan membiarkan bayi ini merayap untuk menemukan puting susu ibu untuk menyusui. Di masa pandemi Covid-19 membuat ibu menjadi khawatir dan bahkan menimbulkan stress yang mengakibatkan pengeluaran ASI terganggu sehingga ibu mengambil keputusan untuk memberikan minuman tambahan selain ASI. Oleh sebab itu pentingnya edukasi manajemen laktasi sehingga ibu tetap dapat menyusui secara optimal dalam kondisi apapun. Tujuan penelitian ini adalah untuk mengetahui hubungan pengetahuan ibu tentang inisiasi menyusui dini dengan pelaksanaan inisiasi menyusui dini di masa pandemi Covid-19. Penelitian ini menggunakan desain penelitian observasional analitik dengan pendekatan cross sectional. Teknik sampling dalam penelitian ini menggunakan *Total Sampling* dimana semua ibu hamil trimester III di Klinik Pratama Trismalia sebanyak 30 sampel. Instrumen pengumpulan data menggunakan kuesioner. Hasil penelitian didapatkan dari 30 ibu hamil trimester III (100%), mayoritas ibu yang masuk kedalam kategori pengetahuan kurang baik berjumlah 12 orang (40%), sedangkan minoritas ibu berpengetahuan kategori tidak baik berjumlah 2 orang (6,6%). Dapat disimpulkan adanya hubungan pengetahuan ibu tentang inisiasi menyusui dini dengan pelaksanaan inisiasi menyusui dini di masa pandemi Covid-19.

**Kata Kunci: Inisiasi Menyusui Dini; Asi Eksklusif; Covid-19**

## **ABSTRACT**

Early initiation of breastfeeding is a program that is being intensively recommended by the government. This program is carried out by placing a newborn baby in its mother and letting this baby decide to put the mother's milk for breastfeeding. During the Covid-19 pandemic, mothers became worried and even caused stress which resulted in disrupted breast milk production, so the mother made the decision to give additional drinks other than breast milk. Therefore, the importance of lactation management education so that mothers can still breastfeed optimally under any conditions. The purpose of this study was to determine the relationship between mothers regarding early initiation of breastfeeding with the implementation of early initiation of breastfeeding during the Covid-19 pandemic. This study used an analytic observational research design with a cross sectional approach. The sampling technique in this study used Total Sampling where all the third trimester pregnant women at the Trismalia Pratama Clinic were 30 samples. The data collection instrument used a questionnaire. The results of the study were obtained from 30 third trimester pregnant women (100%), the majority of mothers who entered the category of poor knowledge opened 12 people (40%), while the minority of mothers with poor knowledge category returned to 2 people (6.6%). It can be said that there is a relationship between knowledge about early initiation of breastfeeding and the implementation of early initiation of breastfeeding during the Covid-19 pandemic.

**Keywords: Early Initiation of Breastfeeding; Exclusive Breastfeeding; Covid-19**