

**HUBUNGAN DUKUNGAN SUAMI DENGAN SIKAP IBU
PRIMIPARA DALAM MEMBERIKAN ASI EKSKLUSIF
DI KLINIK ALISAH MEDAN AREA KOTA MEDAN
SUMATERA UTARA**

Julisan Putri Ananda Lase, Kartini Br. Ginting, Katsura Tadawura
Khamisah, Lia Jusvita
Jurusan Kebidanan, Fakultas Keperawatan dan Kebidanan
Universitas Prima Indonesia, Medan, Indonesia

ABSTRAK

Air Susu Ibu Eksklusif adalah pemberian ASI kepada bayi tanpa tambahan makanan dan minuman lainnya sejak lahir sampai 6 bulan pertama, kecuali obat dan vitamin. Salah satu faktor pendorong keberhasilan ASI eksklusif adalah dukungan seorang suami. Penelitian ini bertujuan untuk mengetahui hubungan dukungan suami dengan sikap ibu primipara dalam memberikan ASI eksklusif di Klinik Alisah Medan Area Kota Medan Sumatera Utara. Jenis penelitian yang digunakan adalah survey penelitian analitik dengan pendekatan secara *cross sectional*. Populasi dalam penelitian ini seluruh primipara ibu di Klinik Alisah Medan Area Kota Medan Sumatera Utara sebanyak 165 orang. Sampel penelitian yang digunakan sebanyak 62 responden dengan teknik *purposive sampling*. Analisa data dilakukan secara univariat dan bivariat menggunakan uji *chi square*. Hasil penelitian menunjukkan bahwa sebagian besar responden tidak mendapatkan dukungan suami dalam memberikan ASI eksklusif sebanyak 40 responden (64,5%). Sebagian besar responden bersikap negatif dalam memberikan ASI eksklusif sebanyak 38 responden (61,3%). Ada hubungan dukungan suami dengan sikap ibu primipara dalam memberikan ASI eksklusif dengan *p-value* 0,002 ($p < 0,05$). Kesimpulan penelitian ini adalah ada hubungan dukungan suami dengan sikap ibu primipara dalam memberikan ASI eksklusif di Klinik Alisah Medan Area Kota Medan Sumatera Utara. Diharapkan penelitian ini dapat meningkatkan pengetahuan ibu mengenai risiko kejadian berat badan lebih atau kegemukan pada balita dengan mengetahui dampak pemberian susu formula bagi bayi.

Kata Kunci : Dukungan Suami, Sikap Ibu, ASI Eksklusif

**RELATIONSHIP BETWEEN HUSBAND'S SUPPORT AND PRIMIPARA
MOTHERS' ATTITUDES IN PROVIDING EXCLUSIVE
BREASTFEEDING AT ALISAH MEDAN CLINIC
MEDAN CITY AREA NORTH SUMATERA**

Julisan Putri Ananda Lase, Kartini Br. Ginting, Katsura Tadawura
Khamisah, Lia Jusvita
*Department of Midwifery, Faculty of Nursing and Midwifery
Prima Indonesia University, Medan, Indonesia*

ABSTRACT

Exclusive Breastfeeding is the provision of breast milk to infants without additional food and drink from birth to the first 6 months, except for medicines and vitamins. One of the factors driving the success of exclusive breastfeeding is the support of a husband. This study aims to determine the relationship between husband's support and the attitude of primiparous mothers in providing exclusive breastfeeding at the Alisah Medan Area Clinic, Medan City, North Sumatra. The type of research used is an analytical research survey with a cross-sectional approach. The population in this study were all primiparous mothers at the Alisah Medan Area Clinic, Medan City, North Sumatra, totaling 165 people. The research sample used was 62 respondents with a purposive sampling technique. Data analysis was carried out univariately and bivariately using the chi square test. The results showed that most respondents did not get support from their husbands in providing exclusive breastfeeding as many as 40 respondents (64.5%). Most respondents had a negative attitude in providing exclusive breastfeeding as many as 38 respondents (61.3%). There was a relationship between husband's support and the attitude of primiparous mothers in providing exclusive breastfeeding with a p-value of 0.002 ($p < 0.05$). The conclusion of this study is that there is a relationship between husband's support and the attitude of primiparous mothers in providing exclusive breastfeeding at the Alisah Medan Area Clinic, Medan City, North Sumatra. It is hoped that this study can increase mothers' knowledge about the risk of overweight or obesity in toddlers by knowing the impact of giving formula milk to babies.

Keywords : Husband's Support, Mother's Attitude, Exclusive Breastfeeding