

ABSTRAK

PENGETAHUAN DAN SIKAP IBU HAMIL TRIMESTER TIGA TENTANG EDUKASI ASI EKSKLUSIF

ASI (Air Susu Ibu) adalah makanan bayi usia 0-6 bulan, dengan diberikan ASI eksklusif saja tanpa ada tambahan cairan lainnya seperti susu formula, jeruk, madu, air teh, air putih, dan tanpa makanan pendamping apapun, seperti pisang, bubur nasi, pepaya, atau biskuit, dan lain-lain. Upaya pemberian ASI eksklusif adalah bagian dari program untuk penurunan Angka Kematian Bayi (AKB). Berdasarkan data dari Badan Kesehatan Dunia hanya 38% bayi diantara usia 0-6 bulan disusui secara eksklusif di seluruh dunia, dan peningkatannya sekitar 44% pada tahun 2020 (WHO 2020). Tujuan penelitian untuk mengetahui pengetahuan dan sikap ibu hamil trimester tiga tentang edukasi ASI eksklusif. Menggunakan penelitian kuantitatif dengan rancangan *Cross Sectional* menggunakan Teknik “*One-group pre test dan post test desain*”. Hasil penelitian melihat perbedaan sebelum dan sesudah penyuluhan. Dengan teknik total sampling sebanyak 35 responden. Waktu penelitian bulan November 2024 di BPM Juliana dalimunthe S.Keb.,Bdn di Tembung, Kec. Percut Sei Tuan Kab. Deli Serdang. Menggunakan *uji T-test* hasil penelitian dari 35 responden dapat diketahui bahwa nilai $p\text{ value } 0.00 < \text{ dari } \alpha (0.05)$ maka H_a diterima dan H_0 ditolak. Berdasarkan Penelitian yang telah dilakukan maka didapatkan Kesimpulan bahwa terjadi peningkatan pengetahuan dan sikap, sehingga penelitian ini terdapat adanya pengaruh pemberian edukasi tentang ASI Eksklusif dengan pengetahuan dan sikap ibu hamil trimester tiga.

Kata Kunci : ASI Eksklusif, Ibu Hamil Trimester Tiga

ABSTRACT

KNOWLEDGE AND ATTITUDES OF PREGNANT WOMEN IN THE THIRD TRIMESTER ABOUT EXCLUSIVE BREASTFEEDING EDUCATION

Breast milk (Breast Milk) is the food of babies aged 0-6 months, by being given exclusive breast milk without any additional liquids such as formula milk, oranges, honey, tea water, water, and without any side foods, such as bananas, rice porridge, papaya, or biscuits, and others. Exclusive breastfeeding efforts are part of the program to reduce the Infant Mortality Rate (AKB). Based on data from the World Health Organization, only 38% of babies between the ages of 0-6 months are exclusively breastfed worldwide, and the increase is around 44% in 2020 (WHO 2020). The purpose of the study is to find out the knowledge and attitudes of pregnant women in the third trimester about exclusive breastfeeding education. Using quantitative research with *Cross Sectional* design using the "*One-group pre test and post test* design" technique. The results of the study looked at the difference before and after counseling. With a total sampling technique of 35 respondents. The research time in November 2024 at BPM Juliana dalimunthe S.Keb., Bdn in Tembung, α<Kec. Based on the research that has been carried out, it is concluded that there is an increase in knowledge and attitudes, so that this study has the influence of providing education about Exclusive Breastfeeding with the knowledge and attitude of pregnant women in the third trimester.

Keywords: Exclusive Breastfeeding, Third Trimester Pregnant Women