

**HUBUNGAN PENDIDIKAN DAN PENGETAHUAN IBU TENTANG ASI  
EKSKLUSIF DENGAN SIKAP TERHADAP PEMBERIAN ASI  
EKSKLUSIF DI PUSKESMAS SILANGIT KECAMATAN  
SIBORONGBORONG TAPANULI UTARA**

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**ABSTRAK**

**Latar Belakang:** ASI eksklusif adalah pemberian ASI tanpa makanan tambahan seperti susu formula, sari buah ataupun madu, pada bayi usia 0-6 bulan. ASI Eksklusif bukan hanya merupakan makanan terbaik untuk bayi, namun menjadi penting bagi kesehatan ibu yang menyusui dan memberikan pertumbuhan yang optimal bagi bayi. **Tujuan:** Untuk mengetahui hubungan pendidikan dan pengetahuan ibu tentang asi eksklusif dengan sikap terhadap pemberian ASI eksklusif di Puskesmas Silangit Kecamatan Siborongborong Tapanuli Utara. **Metode:** Jenis penelitian yang digunakan adalah survey analitik dengan desain *cross sectional*. Populasi dalam penelitian ini adalah semua ibu menyusui di Puskesmas Silangit Kecamatan Siborongborong Tapanuli Utara. Jumlah ibu menyusui sebanyak 30 responden. dengan teknik *total sampling*. Analisa data dilakukan secara univariat dan bivariat. **Hasil:** Hasil penelitian menunjukkan bahwa Tingkat pendidikan ibu sebagian besar menengah (SMA/Sederajat) sebanyak 19 responden (63,3%). Tingkat pengetahuan ibu tentang ASI eksklusif sebagian besar kurang sebanyak 16 responden (53,3%). Sikap ibu tentang ASI eksklusif sebagian besar negatif sebanyak 18 responden (60%). Ada hubungan pendidikan dan pengetahuan ibu tentang ASI eksklusif dengan sikap ibu terhadap pemberian ASI eksklusif dengan  $p < 0,05$ . **Kesimpulan:** Penelitian ini menyimpulkan bahwa ada hubungan Pendidikan dan Pengetahuan Ibu Tentang Asi Eksklusif Dengan Sikap Terhadap Pemberian ASI Eksklusif Di Puskesmas Silangit Kecamatan Siborongborong Tapanuli Utara.

**Kata Kunci :** Pendidikan, Pengetahuan, ASI Eksklusif, Sikap, Pemberian ASI Eksklusif

**THE RELATIONSHIP OF EDUCATION AND MOTHER'S KNOWLEDGE  
ABOUT ASI EXCLUSIVELY WITH ATTITUDE TOWARDS  
BREASTFEEDING EXCLUSIVELY AT SILANGIT DISTRICT HEALTH  
CENTER SIBORONGBORONG NORTH TAPANULI**

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**ABSTRACT**

**Background:** Exclusive breastfeeding is the provision of breast milk without additional food such as formula milk, fruit juice or honey, to infants aged 0-6 months. Exclusive breastfeeding is not only the best food for infants, but is also important for the health of breastfeeding mothers and provides optimal growth for infants. **Objective:** To determine the relationship between maternal education and knowledge about exclusive breastfeeding with attitudes towards exclusive breastfeeding at the Silangit Health Center, Siborongborong District, North Tapanuli. **Method:** The type of research used was an analytical survey with a cross-sectional design. The population in this study were all breastfeeding mothers at the Silangit Health Center, Siborongborong District, North Tapanuli. The number of breastfeeding mothers was 30 respondents. with a total sampling technique. Data analysis was carried out univariately and bivariately. **Results:** The results showed that the level of education of mothers was mostly secondary (high school/equivalent) as many as 19 respondents (63.3%). The level of knowledge of mothers about exclusive breastfeeding was mostly lacking as many as 16 respondents (53.3%). The attitude of mothers about exclusive breastfeeding was mostly negative as many as 18 respondents (60%). There is a relationship between education and mother's knowledge about exclusive breastfeeding with the mother's attitude towards exclusive breastfeeding with  $p < 0.05$ . **Conclusion:** This study concludes that there is a relationship between education and mother's knowledge about exclusive breastfeeding with attitudes towards exclusive breastfeeding at the Silangit Health Center, Siborongborong District, North Tapanuli.

**Keywords :** Education, Knowledge, Exclusive Breastfeeding, Attitude, Exclusive Breastfeeding