

# **HUBUNGAN EDUKASI TEKNIK MENYUSUI DENGAN KEEFEKTIFAN PEMBERIAN ASI EKSKLUSIF DI WILAYAH KERJA PUSKESMAS RANTAU**

## **ABSTRAK**

Pemberian ASI eksklusif sangat penting baik bagi ibu maupun bayi. ASI merupakan sumber nutrisi pada bayi dan harus diberikan 0-6 bulan tanpa tambahan makanan atau minuman apapun. Kegagalan ibu memberikan ASI eksklusif kepada bayi dapat dipengaruhi oleh beberapa faktor seperti kurangnya pengetahuan terkait sehingga akan berdampak terhadap sikap dan tindakan ibu dalam pemberian ASI. Salah satu upaya yang dapat dilakukan untuk meningkatkan pengetahuan ibu tentang teknik menyusui bayi secara efektif melalui edukasi kesehatan. Tujuan penelitian ini untuk mengetahui hubungan edukasi teknik menyusui dengan keefektifan pemberian asi eksklusif Di Wilayah Kerja Puskesmas Rantau. Jenis penelitian yang digunakan ialah *Quasy Eksperiment* dengan desain *Posttest Only Control Group Design*. Hasil uji *Independent T-Test* didapatkan nilai *p-value* sebesar 0,000 ( $0,000 < 0,05$ ), sehingga dapat disimpulkan bahwa terdapat hubungan edukasi teknik menyusui dengan keefektifan pemberian ASI eksklusif Di Wilayah Kerja Puskesmas Rantau Kecamatan Rantau Kabupaten Aceh Tamiang Tahun 2022. Dengan penelitian ini diharapkan dapat memberikan informasi bahwa dengan edukasi teknik menyusui sangat penting dan bermanfaat karena dapat meningkatkan keefektifan pemberian asi eksklusif kepada bayi.

**Kata kunci** : Edukasi Teknik Menyusui, Keefektifan, ASI Eksklusif.

**THE RELATIONSHIP OF BREASTFEEDING ENGINEERING EDUCATION  
WITH THE EFFECTIVENESS OF EXCLUSIVE BREAST MILK IN THE  
WORK AREA OF THE RANTAU HEALTH CENTER**

**ABSTRACT**

*Exclusive breastfeeding is very important for both mother and baby. Breast milk is a source of nutrition for infants and should be given 0-6 months without any additional food or drink. The failure of mothers to give exclusive breastfeeding to babies can be influenced by several factors such as lack of related knowledge so that it will have an impact on the attitudes and actions of mothers in breastfeeding. One of the efforts that can be done to increase mother's knowledge about effective infant feeding techniques is through health education. The purpose of this study was to determine the relationship between education on breastfeeding techniques and the effectiveness of exclusive breastfeeding in the working area of the Rantau health center. The type of research used was quasy experiment with posttest only control group design. The results of the independent t-test test obtained a p-value of 0.000 ( $0.000 < 0.05$ ), so it can be concluded that there is a relationship between breastfeeding technique education and the effectiveness of exclusive breastfeeding in the work area of the Rantau health center, Rantau district, Aceh Tamiang regency in 2022. By research this is expected to provide information that education on breastfeeding techniques is very important and useful because it can increase the effectiveness of exclusive breastfeeding to infants.*

**Keywords:** *Breastfeeding Techniques Education, Effectiveness, Exclusive Breastfeeding*