

IMPLEMENTASI PENDIDIKAN KESEHATAN SEBAGAI SEBUAH UPAYA UNTUK MENINGKATKAN PENGETAHUAN DAN PERILAKU IBU DALAM MEMBERIKAN ASI EKSKLUSIF

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Abstract

In general practice of giving exclusive breast-feeding still low from achievement target although various studies have shows the benefit of exclusive breast-feeding to the baby's health have been done. To achieve this, there needs to be knowledge for mothers about exclusive breast-feeding because mother's knowledge is very important domain in shaping the behavior of giving exclusive breast-feeding. The purpose of this study was to know the influence of health education on mother's knowledge and behavior in giving exclusive breast-feeding. Study Design is one pretest posttest designs. Techniques used in taking samples is purposive sampling with a sample size of 30 people. Based o the result of data analysis with sign test techniques is obtained p-value /Asym sig =0,000 < α (0,05) so it can be concluded that there is influence between health education on mother's knowledge and behavior in giving exclusive breast-feeding. To improve the achievement of giving exclusive breast-feeding, they need to have adequate health education and to increase knowledge. Patient's knowledge about exclusive breast-feeding will shape mother's attitudes to do exclusive breast-feeding. In theory, changes in behavior or adopt new behaviors, follow the steps mentioned above, are through the process: knowledge,attitude,practice.

Key words: health education, knowledge, behavior,exclusive breast-feeding

Pendahuluan

Kebutuhan nutrisi sangat penting bagi pertumbuhan dan perkembangan bayi serta mencegah terjadinya berbagai penyakit akibat kekurangan nutrisi dalam tubuh. Pemenuhan kebutuhan nutrisi harus seimbang dan mengandung semua zat gizi yang diperlukan oleh tubuh (Hidayat, 2008). Gizi pada bayi yang terpenuhi merupakan salah satu faktor yang menentukan kualitas sumber daya manusia di masa depan, namun dalam pencapaiannya masih mengalami berbagai masalah diantaranya masih banyak bayi yang belum terpenuhi gizinya sesuai dengan kebutuhan (Soekirman, 2000)

Secara nasional prevalensi kekurangan gizi pada anak batita sebesar 18,4% terdiri dari gizi kurang 13% dan gizi buruk 5,4% (Riset Kesehatan Dasar, 2007). Pada tahun 2010 prevalensi gizi kurang tidak mengalami perubahan yaitu 13% dan gizi buruk