

Abstrak

Keberhasilan menyusui ASI eksklusif menjadi langkah pertama bagi manusia untuk mendapatkan kehidupan yang sehat dan sejahtera serta mendukung tercapainya program pembangunan berkelanjutan atau *Sustainable Development Goals* (SDG's) tahun 2030 di sektor kesehatan. Dukungan tenaga kesehatan dapat berbentuk dukungan emosional, penghargaan, instrumen, dan informasi. Penelitian ini bertujuan untuk mengetahui hubungan dukungan tenaga kesehatan terhadap pemberian ASI eksklusif pada ibu bekerja di Kelurahan Kudu Kecamatan Genuk Kota Semarang. Desain penelitian ini menggunakan analitik deskriptive dengan pendekatan *Cross Sectional* dan uji statistik menggunakan uji *Chi Square*. Penelitian ini dilakukan pada bulan Desember 2020. sampel dipilih dengan teknik total sampling berjumlah 36 ibu. Hasil penelitian diperoleh ibu bekerja sebagai pekerja lepas/sampingan (41,7%) berusia 21-35 tahun (83,3%) berpendidikan SMA (66,7%) mayoritas multipara (63,9%). Berdasarkan kriteria dukungan tenaga kesehatan dukungan emosional (75%) mendukung, dukungan penghargaan (100%) mendukung, dukungan instrumen (60%) kurang mendukung dan dukungan informasi (67%) kurang mendukung, sebanyak (52,8%) ibu bekerja tidak memberikan ASI eksklusif. Pada penelitian ini diperoleh nilai p -value 0,001 ($<0,005$) dan rasio prevalence 3,5 kali yang bermakna ibu yang kurang memperoleh dukungan tenaga kesehatan beresiko 3,5 kali lebih besar untuk tidak memberikan ASI eksklusif dibandingkan ibu yang mendapat dukungan baik oleh tenaga kesehatan.

Kata kunci: Dukungan Tenaga Kesehatan; ASI eksklusif; Ibu Bekerja

Abstract

The success of *Exclusive Breastfeeding* is the first step for humans to get a healthy and prosperous life and supports the achievement of sustainable development programs or *Sustainable Development Goals (SDG's)* in 2030 in the health sector. Health worker support can take the form of emotional support, rewards, instruments, and information. This study aims to determine the relationship between health personnel support for exclusive breastfeeding for working mothers in Kudu Village, Genuk District, Semarang City. The design of this study used descriptive analytic with a cross sectional approach and statistical tests used the Chi Square test. This research was conducted in December 2020. The sample was selected with a total sampling technique of 36 mothers. The results showed that mothers working as freelancers / side workers (41.7%) aged 21-35 years (83.3%) had high school education (66.7%) the majority were multiparous (63.9%). Based on the criteria of support for health professionals, emotional support (75%) is supportive, reward support (100%) is supportive, instrument support (60%) is less supportive and information support (67%) is less supportive, as many (52.8%) working mothers do not provide Exclusive breastfeeding. In this study, a value of p -value was obtained 0.001 (<0.005) and a prevalence ratio of 3.5 times, which means that mothers who lack the support of health workers are 3.5 times more likely to not provide exclusive breastfeeding than mothers who receive good support from health workers.

Keyword: *Health Worker Support; Exclisive Breastfeeding; working mothers*