

ABSTRAK

Pemberian dukungan sebagai salah satu peran spesifik ayah ASI menjadi faktor penting yang berperan dalam menentukan keberhasilan pemberian ASI eksklusif. Penelitian ini bertujuan untuk menganalisis hubungan antara dukungan instrumental dan dukungan emosional ayah ASI terhadap keberhasilan pemberian ASI eksklusif. Penelitian ini dilaksanakan dari bulan Maret-Juli 2024 dengan rancangan penelitian adalah observasional menggunakan studi potong lintang (cross-sectional study). Sebanyak 33 orang yang dipilih sebagai subjek secara purposive sampling, yaitu para ayah yang tergabung dalam komunitas “Ayah ASI” yang memiliki anak berusia 7-60 bulan dan telah mendapatkan inisiasi menyusui dini (IMD). Pengumpulan data dilakukan secara daring menggunakan kuesioner Partner Breastfeeding Intention Scale (PBIS). Hasil menunjukkan 90,9% anak berhasil ASI eksklusif, sedangkan 9,1% tidak berhasil. Sebanyak 93,8% ayah memberikan dukungan instrumental yang baik, 92,3% cukup, dan 75,0% kurang dengan anaknya berhasil ASI eksklusif. Sebanyak 100,0% ayah memberikan dukungan emosional baik, 87,5% cukup, dan 50,0% kurang dengan anaknya berhasil ASI eksklusif. Terdapat hubungan signifikan antara dukungan emosional dengan keberhasilan pemberian ASI eksklusif ($p=0,043$; $r=0,354$), sedangkan hubungan antara dukungan instrumental dengan keberhasilan ASI eksklusif menunjukkan hasil yang tidak signifikan ($p=0,416$; $r=0,146$). Dukungan emosional lebih banyak dalam kategori baik dibandingkan dengan dukungan instrumental dalam keberhasilan pemberian ASI eksklusif. Walaupun suami hadir secara tangible dengan memberikan dukungan instrumental tanpa kehadirannya secara emosional kepada ibu menyusui, maka memengaruhi psikologis ibu dalam memutuskan keberlanjutan menyusui yang dipengaruhi oleh efikasi diri (self-efficacy) atau kepercayaan dalam diri ibu menyusui.

Kata kunci: ASI eksklusif, Ayah ASI, Dukungan instrumental, Dukungan emosional

ABSTRACT

Providing support is one of the specific roles of breastfeeding fathers, and it is an important factor in determining the success of exclusive breastfeeding. This study aimed to analyze the relationship between instrumental and emotional support of breastfeeding fathers on the success of exclusive breastfeeding. This study was conducted from March to July 2024 with observational research design using a cross-sectional study. 33 people were selected as subjects by purposive sampling, namely fathers who are members of the “Ayah ASI” community and have children aged 7-60 months and have received early breastfeeding initiation (IMD). Data were collected online using the Partner Breastfeeding Intention Scale (PBIS) questionnaire. Results showed that 90.9% of children were exclusively breastfed, while 9.1% were unsuccessful. A total of 93.8% of fathers provided good instrumental support, 92.3% were sufficient, and 75.0% were deficient with their children being exclusively breastfed. A total of 100.0% of fathers provided good emotional support, 87.5% were sufficient, and 50.0% were lacking with their children succeeding in exclusive breastfeeding. There was a significant relationship between emotional support and exclusive breastfeeding success ($p=0.043$; $r=0.354$), while the relationship between instrumental support and exclusive breastfeeding success showed insignificant results ($p=0.416$; $r=0.146$). Emotional support was more in the good category compared to instrumental support in the success of exclusive breastfeeding. Although the husband is tangibly present by providing instrumental support without his emotional presence to the breastfeeding mother, it affects the mother's psychological decision to continue breastfeeding which is influenced by self-efficacy or confidence in the breastfeeding mother.

Keywords: Breastfeeding father, Emotional support, Exclusive Breastfeeding, Instrumental Support