

ABSTRK

Secara Nasional target angka cakupan ASI Eksklusif di Indonesia sebesar 80% dengan cakupan IMD tahun 2020 sebesar 77,6%. Prevalensi Di wilayah Jakarta pada tahun 2021 sebesar 98% menurun dibandingkan tahun 2020 yaitu 100,25%. Proses Pelaksanaan IMD dapat mempengaruhi keberhasilan ASI salah satunya disebabkan dari pelekatan skin to skin pada satu jam pertama dan durasi menyusui sehingga meningkatkan keberhasilan ASI Eksklusif. Selain itu juga membentuk bonding dari interaksi antara ibu dan bayi saat menyusui. Tujuan menganalisis hubungan antara IMD, Bonding ibu dan bayi dengan Jenis-jenis pemberian ASI terhadap keberhasilan ASI Eksklusif. Desain penelitian adalah cross-sectional dengan Teknik pengambilan sampel menggunakan sampling purposive dengan subjek yang diperlukan 62 responden dan waktu penelitian dilakukan juli 2024 di Puskesmas Kecamatan Cempaka Putih dengan menggunakan kuisisioner ASI Eksklusif, IMD, dan Bonding yaitu kuisisioner EPDS (Edinburgh Postnatal Depression Scale) yang didapatkan melalui wawancara secara langsung dan pengisian kuisisioner. Hasil penelitian menunjukkan mayoritas ibu melakukan proses IMD secara baik (69,4%) sehingga membentuk bonding ibu dan bayi yang kuat sebanyak (85,5%) mempengaruhi keberhasilan ASI Eksklusif dengan pengujian chi-square dan pemberian ASI Eksklusif lebih banyak secara Direct Breastfeeding sebanyak (56,5%) dengan pengujian uji spearman. Hasil analisis hubungan menunjukkan bahwa terdapat hubungan antara IMD ($p\text{-value} = 0,001$, $OR = 8,1$), Bonding ibu dan bayi ($p\text{-value} = 0,004$, $OR = 6,7$) dan jenis pemberian ASI ($p\text{-value} = 0,001$, $r = 0,583$) terhadap keberhasilan ASI Eksklusif. Kesimpulan penelitian menunjukkan adanya keterkaitan antara proses IMD, pembentukan bonding antara ibu dan bayi serta jenis pemberian ASI yang tepat mempengaruhi keberhasilan ibu dalam memberikan ASI Eksklusif.

Kata kunci : Bonding ibu dan bayi, Inisiasi Menyusui Dini, Jenis Pemberian ASI, Keberhasilan ASI Eksklusif

ABSTRACT

Nationally, the target for exclusive breastfeeding coverage in Indonesia is 80% with IMD coverage in 2020 of 77.6%. Prevalence in the Jakarta area in 2021 was 98%, down from 100.25% in 2020. The IMD implementation process can affect the success of breastfeeding, one of which is due to skin-to-skin attachment in the first hour and the duration of breastfeeding, thereby increasing the success of exclusive breastfeeding. In addition, it also forms a bounding from the interaction between mother and baby while breastfeeding. The aim of analyzing the relationship between IMD, mother and baby bonding with types of breastfeeding on the success of exclusive breastfeeding. The research design is cross-sectional with a sampling technique using purposive sampling with 62 respondents required and the research time was conducted in July 2024 at the Cempaka Putih District Health Center using the Exclusive Breastfeeding, IMD, and Bounding questionnaires, namely the EPDS (Edinburgh Postnatal Depression Scale) questionnaire obtained through direct interviews and filling out questionnaires. The results of the study showed that the majority of mothers carried out the IMD process well (69.4%) so that it formed a strong mother and baby bonding (85.5%) influencing the success of Exclusive Breastfeeding with chi-square testing and giving Exclusive Breastfeeding more through Direct Breastfeeding (56.5%) with Spearman test testing. The results of the relationship analysis showed that there was a relationship between IMD ($p\text{-value} = 0.001$, $OR = 8.1$), Mother and Baby Bounding ($p\text{-value} = 0.004$, $OR = 6.7$) and type of breastfeeding ($p\text{-value} = 0.001$, $r = 0.583$) to the success of Exclusive Breastfeeding. The conclusion of the study showed a relationship between the IMD process, the formation of bonding between mother and baby and the right type of breastfeeding influencing the success of mothers in giving Exclusive Breastfeeding.

Keywords: Mother and baby bonding, Early initiation of breastfeeding, Types of

breastfeeding, Success of exclusive breastfeeding