

ABSTRAK

HUBUNGAN DUKUNGAN SUAMI DENGAN KEBERHASILAN ASI EKSKLUSIF BAYI USIA 7-11 BULAN DI DESA KEDUNGSARI

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ASI eksklusif memiliki peran penting dalam meningkatkan kesehatan dan mendukung tumbuh kembang bayi secara optimal. Namun, cakupan pemberian ASI eksklusif di berbagai daerah masih belum mencapai target yang diharapkan, sehingga upaya peningkatan keberhasilan ASI eksklusif masih menjadi perhatian. Tujuan penelitian untuk mengetahui hubungan dukungan suami dengan keberhasilan ASI eksklusif bayi usia 7-11 bulan di Desa Kedungsari. Jenis penelitian analitik korelasi dengan desain *cross sectional*. Populasi seluruh ibu yang memiliki suami dan bayi usia 7-11 bulan di Desa Kedungsari. Sampel 35 orang dengan teknik *total sampling*. Variabel bebas yaitu dukungan suami dan variabel terikat yaitu keberhasilan ASI eksklusif. Instrumen penelitian meliputi lembar isian data demografi dan keberhasilan ASI eksklusif, serta kuesioner dukungan suami. Analisa data dengan Uji *Spearman* ($p < 0,05$). Hasil penelitian didapatkan sebagian besar ibu memperoleh dukungan suami dalam kategori baik (54,3%), dan sebagian besar ibu berhasil memberikan ASI eksklusif (80%). Hasil uji *spearman* didapatkan $p = 0,000$ ($p < 0,05$), dan nilai koefisien korelasi (r) sebesar 0,669 sehingga H_1 diterima yang berarti ada hubungan kuat dengan arah korelasi positif antara dukungan suami dengan keberhasilan ASI eksklusif bayi usia 7-11 bulan di Desa Kedungsari. Semakin baik tingkat dukungan suami, maka tingkat keberhasilan ASI eksklusif juga semakin tinggi. Oleh karena itu, bidan diharapkan dapat meningkatkan edukasi dan melibatkan suami dalam mendukung keberhasilan pemberian ASI eksklusif.

Kata Kunci: Dukungan Suami, ASI Eksklusif, Ibu Menyusui

ABSTRACT

THE RELATIONSHIP BETWEEN HUSBAND'S SUPPORT AND SUCCESSFUL EXCLUSIVE BREASTFEEDING FOR INFANTS AGED 7–11 MONTHS IN KEDUNGSARI VILLAGE

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Exclusive breastfeeding plays a crucial role in improving health and supporting optimal infant growth and development. However, exclusive breastfeeding coverage in various regions has yet to meet expected targets, making efforts to improve its success a matter of ongoing concern. This study aimed to determine the relationship between husband support and the success of exclusive breastfeeding among mothers of infants aged 7–11 months in Kedungsari Village. The study employed an analytical correlational design with a cross-sectional approach. The population consisted of all mothers with husbands and infants aged 7–11 months in Kedungsari Village. A total sampling technique was used to select a sample of 35 participants. The independent variable was husband support, and the dependent variable was the success of exclusive breastfeeding. Research instruments included a data collection sheet for demographic information and exclusive breastfeeding status, as well as a questionnaire on husband support. Data analysis was performed using the Spearman test ($p < 0.05$). The study results showed that the majority of mothers received a good level of husband support (54.3%), and the majority successfully practiced exclusive breastfeeding (80%). The Spearman test yielded a p-value of 0.000 ($p < 0.05$) and a correlation coefficient (r) of 0.669; thus, H_1 was accepted, indicating a strong, positive correlation between husband support and successful exclusive breastfeeding among mothers of infants aged 7–11 months in Kedungsari Village. Higher levels of husband support were associated with higher rates of exclusive breastfeeding success. Therefore, midwives are encouraged to enhance education and actively involve husbands in supporting successful exclusive breastfeeding.

Keywords: Husband Support, Exclusive Breastfeeding, Breastfeeding Mothers