

ABSTRAK

Hubungan *Breastfeeding Self-Efficacy* dengan Intensi Menyusui pada Ibu Nifas di Rumah Sakit Aisyiyah Pekajangan Pekalongan

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Latar Belakang: Keberhasilan pemberian ASI adalah indikator penting kesehatan ibu dan bayi, namun cakupan ASI di Kabupaten Pekalongan masih 68,4%. Rendahnya cakupan ini berpotensi meningkatkan morbiditas dan mortalitas bayi. Penelitian ini bertujuan menganalisis hubungan *breastfeeding self-efficacy* dengan intensi menyusui pada ibu nifas di RSIA Pekajangan.

Metode: Jenis penelitian adalah penelitian kuantitatif dengan desain deskriptif korelasi menggunakan pendekatan *cross sectional*. Teknik pengambilan sampel adalah *accidental sampling* sesuai dengan kriteria inklusi dan eksklusi yang telah ditetapkan. Populasi penelitian adalah ibu nifas di Rumah Sakit Ibu dan Anak Aisyiyah Pekajangan Pekalongan. Instrumen penelitian yang digunakan yaitu *breastfeeding self-efficacy scale-short form* (BSES-SF) dan *infant feeding intention* (IFI). Analisis univariat menggunakan distribusi rata-rata dan distribusi frekuensi. Analisis bivariat menggunakan *pearson correlation*.

Hasil: Jumlah responden penelitian sebanyak 42 orang. Rata-rata umur responden adalah 27,38 tahun (SD 4,328). Hasil pengukuran menunjukkan bahwa rata-rata *breastfeeding self-efficacy* adalah 58,10 (SD = 5,098) yang menunjukkan *breastfeeding self-efficacy* yang tinggi dan rata-rata intensi menyusui 14,70 (SD = 1,358) yang menunjukkan intensi kuat ibu untuk menyusui. Hasil uji *Pearson correlation* menunjukkan hubungan positif antara *breastfeeding self-efficacy* dan intensi menyusui ($p = 0,001$) yang bermakna dengan keeratan kuat ($r = 0,637$).

Simpulan: Terdapat hubungan signifikan dan bersifat positif antara *breastfeeding self-efficacy* dengan intensi menyusui. Perawat diharapkan memberikan dukungan dan emosional untuk meningkatkan *self-efficacy* ibu menyusui.

Kata Kunci: *breastfeeding self-efficacy*, intensi menyusui, ibu nifas

Daftar Pustaka: 46 (2012-2025)

ABSTRACT

The Relationship between Breastfeeding Self-Efficacy and Breastfeeding Intention Post-Partum Mother in Aisyah Hospital, Pekajangan, Pekalongan

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Background: Successful breastfeeding is an important indicator of maternal and infant health. However, the breastfeeding coverage in Pekalongan Regency is around 68.4%. This relatively low coverage may contribute to an increased risk of infant morbidity and mortality. Therefore, this study aimed to analyze the relationship between breastfeeding self-efficacy and breastfeeding intention among postpartum mothers.

Method: This study employed a descriptive correlational design with a cross-sectional approach. Accidental sampling was used based on predetermined inclusion and exclusion criteria. The population consisted of postpartum mothers at Aisyah Hospital, Pekajangan, Pekalongan. The instruments used in this study were the Breastfeeding Self-Efficacy Scale-Short Form (BSES-SF) and the Infant Feeding Intention (IFI) scale. Data were analyzed using the Pearson correlation test.

Result: A total of 42 participants were involved in this study. The mean age of the participants was 27.38 years (SD = 4.328). The results showed that the mean score of breastfeeding self-efficacy was 58.10 (SD = 5.098), indicating a high level of breastfeeding self-efficacy. Meanwhile, the mean score of breastfeeding intention was 14.70 (SD = 1.358), indicating a strong intention to breastfeed among the mothers. Pearson correlation analysis revealed that breastfeeding self-efficacy was significantly correlated with breastfeeding intention ($p = 0.001$) with a strong correlation coefficient ($r = 0.637$).

Conclusion: There is a significant relationship between breastfeeding self-efficacy and breastfeeding intention. Therefore, nurses should provide support and encouragement to mothers in order to promote successful breastfeeding.

Keywords: breastfeeding, self-efficacy, breastfeeding intention, postpartum

Bibliography: 46 (2012-2025)