

GAMBARAN TINGKAT PENGETAHUAN KADER POSYANDU TENTANG ASI EKSKLUSIF DI DESA TEGALOMBO WILAYAH KERJA PUSKESMAS KALIJAMBE SRAGEN JAWA YENGAH

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INTISARI

Latar Belakang Masalah: ASI Eksklusif merupakan nutrisi alami terbaik yang harus diberikan pada bayi usia 0-6 bulan. Namun demikian cakupan ASI Eksklusif masih rendah, karena belum mencapai target nasional pemberian ASI Eksklusif yang seharusnya 80%. Hal ini disebabkan karena kurangnya pengetahuan ibu tentang ASI Eksklusif. Salah satu faktor yang mempengaruhi pengetahuan ibu adalah penyuluhan kader posyandu. Penyuluhan oleh kader posyandu dipengaruhi tingkat pengetahuan kader itu sendiri.

Tujuan penelitian: untuk mengetahui gambaran pengetahuan kader posyandu tentang ASI Eksklusif di Desa Tegalombo Kalijambe Sragen Jawa Tengah.

Metode penelitian: Penelitian ini adalah jenis penelitian deskriptif kuantitatif, karena penelitian ini bertujuan untuk melihat gambaran fenomena pada populasi tertentu dengan menggunakan angka. Sampel penelitian adalah kader posyandu Desa Tegalombo sebanyak 40 responden yang diambil dengan teknik *total sampling*. *Instrument* untuk pengambilan data adalah kuesioner berisi 20 pertanyaan dalam bentuk *multiple choice*. Hasil penelitian dianalisa menggunakan analisa *univariate* kemudian dimasukkan dalam bentuk distribusi frekuensi

Hasil penelitian: Hasil penelitian menunjukkan karakteristik responden sebagian besar usia 31-40 tahun, tingkat pendidikan SMP, bekerja sebagai wiraswasta, mempunyai pengalaman menjadi kader 1-5 tahun, dan memperoleh informasi dari TV dan tenaga kesehatan. Gambaran tingkat pengetahuan keseluruhan responden tentang ASI Eksklusif menunjukkan bahwa 18 responden (45%) dalam kategori cukup.

Kesimpulan: Hampir setengah dari kader posyandu Desa Tegalombo memiliki tingkat pengetahuan cukup tentang ASI Eksklusif. Sehingga kader diharapkan meningkatkan pengetahuan agar mampu memberikan penyuluhan kepada masyarakat untuk meningkatkan cakupan ASI Eksklusif.

Kata kunci: ASI Eksklusif, pengetahuan, kader posyandu.

DESCRIPTION OF KNOWLEDGE LEVEL OF POSYANDU CADRES
ABOUT EXCLUSIVE BREASTFEEDING AT TEGALOMBO VILLAGE IN
PRIMARY HEALTH CENTRE KALIJAMBE SRAGEN WORKING AREA

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ABSTRACT

Background: Exclusive Breastfeeding is the best natural nutrition that must be given to the babies ages 0-6 months. However the prevalency of Exclusive Breastfeeding was still low, because it was not yet reached the national target for Exclusive Breastfeeding which should be 80%. This problem was influenced by the mother's knowledge level. One of the factors that influenced the mother's knowledge was the posyandu cadres counselling. The posyandu cadres counselling was influenced the cadres's knowledge level itself.

The purpose of the research: To know the description of the knowledge level of posyandu cadres at Tegalombo village about Exclusive Breastfeeding.

The research method: This research design was quantitative description, because the purpose of this research was to know the description of the phenomenon on that particular population used the numeral. The sample of this research used total sampling from posyandu cadres at Tegalombo village about 40 respondent. Data collection used questionnaire in the form of 20 multiple choice questions. The results we analyzed used the univariate analyse, then the results were included in the frequency distribution.

The results: the results showed that the most respondents were age 31-40 years, history educations were lower secondary school, they worked as entrepreneur, their experienced 1-5 years, and they got information from TV and healthy workers. The results showed that 18 respondent (45%) had enough knowledge level about Exclusive Breastfeeding.

The conclusion: Generally, almost half of the posyandu cadres at Tegalombo Village had enough knowledge level about Exclusive Breastfeeding. So, posyandu cadres was expected to increase their knowledge level so they can to give the counselling to increase Exclusive Breastfeeding prevalency.

Key words: Exclusive Breastfeeding, knowledge, posyandu cadres.