Model Prediksi Penghentian ASI Eksklusif pada 0-12 Minggu Postpartum menggunakan Paternal dan Maternal Breastfeeding Self-efficacy Framework

Sabilla, Mizna

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Abstrak

<p style="text-align: justify;">Latar belakang: Keberhasilan ASI eksklusif di Indonesia masih rendah. Self-efficacy ayah dan ibu berperan penting dalam praktik menyusui. Penelitian ini bertujuan mendapatkan model prediksi penghentian ASI eksklusif pada 0-12 postpartum menggunakan Paternal dan Maternal BSE framework.
Metode: Penelitian menggunakan metode kualitatif dan kuantitatif. Studi kualitatif menggunakan FGD terhadap 5 informan ayah secara purposive dengan tujuan menggali infomasi mengenai paternal BSE. Desain studi kuantitatif longitudinal bertujuan mengevaluasi model penelitian. Sebanyak 201 pasangan yang bersalin di rumah sakit ibu dan anak di Kota Tangerang Selatan berhasil diikuti sampai 12 minggu postpartum. Data kuantitatif dikumpulkan melalui kuesioner dan dianalisis menggunakan SEM-PLS untuk menguji pengaruh antar variabel dan mendapatkan nilai prediktif model.
Hasil: Instrumen Paternal BSE dan sumber self-efficacy ayah valid dan reliabel. Faktor signifikan yang berpengaruh terhadap penghentian ASI eksklusif meliputi paternal BSE, maternal BSE, pengalaman ayah, pengalaman ibu, persuasi verbal bagi ibu, kondisi fisik emosi ibu, usia ibu, frekuensi ANC, dan tipe keluarga. Secara tidak langsung, ada pengaruh pengalaman ayah terhadap penghentian ASI eksklusif melalui paternal dan maternal BSE.
Simpulan: Model paternal-maternal BSE dapat memprediksi penghentian ASI eksklusif dengan baik.
Saran: Penghentian ASI eksklusif dapat dicegah dengan melibatkan ayah secara aktif melalui edukasi, pendampingan, dan penguatan paternal BSE sejak masa kehamilan.</p><hr /><p style="text-align: justify;">Background: The rate of exclusive breastfeeding in Indonesia remains low. Both paternal and maternal self-efficacy play a crucial role in supporting breastfeeding practices. This study aims to develop a predictive model for exclusive breastfeeding cessation during the first 0–12 months postpartum using the Paternal and Maternal Breastfeeding Self-Efficacy (BSE) framework.
Methods: This study employed both qualitative and quantitative methods. The qualitative phase involved focus group discussions (FGDs) with five purposively selected fathers to explore aspects of paternal BSE. The quantitative phase used a longitudinal design to evaluate the proposed model. A total of 201 couples who delivered at a maternal and child hospital in South Tangerang City were followed up to 12 weeks postpartum. Quantitative data were collected using questionnaires and analyzed with Partial Least Squares Structural Equation Modeling (PLS-SEM) to examine relationships between variables and assess model predictive.
Results: The Paternal BSE instrument and sources of paternal self-efficacy were found to be valid and reliable. Significant factors influencing exclusive breastfeeding cessation included paternal BSE, maternal BSE, fathers’ experience, mothers’ experience, verbal persuasion for mothers, mothers’ physical and emotional condition, maternal age, antenatal care (ANC) frequency, and family type. Indirectly, there was a relationship between fathers’ experience and exclusive breastfeeding cessation through paternal and maternal BSE.
Conclusion: The paternal-maternal BSE model effectively predicts exclusive breastfeeding cessation.
Recommendation: Exclusive breastfeeding cessation can be prevented by actively involving fathers through education, support, and

strengthening paternal BSE starting from pregnancy.</p>