

Hubungan Frekuensi Kunjungan Antenatal Care Terhadap Pemberian ASI Eksklusif di Indonesia (Analisis Data Survei Kesehatan Indonesia 2023)

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Deskripsi Lengkap: <https://lib.fkm.ui.ac.id/detail.jsp?id=138623&lokasi=lokal>

Abstrak

Tren cakupan ASI eksklusif di Indonesia masih belum optimal. Penelitian ini bertujuan menganalisis hubungan antara frekuensi kunjungan antenatal care (ANC) sesuai standar dengan pemberian ASI eksklusif pada ibu dengan bayi usia 0–23 bulan berdasarkan data Survei Kesehatan Indonesia (SKI) 2023. Desain penelitian adalah cross sectional dengan analisis regresi Cox untuk menghitung prevalence ratio (PR) dan mengontrol variabel kovariat. Hasil menunjukkan proporsi ASI eksklusif pada bayi usia 0–5 bulan sebesar 47,10%, dan pada kelompok usia 6–23 bulan sebesar 64,90%, dengan 2,52% di antaranya mengalami keterlambatan pemberian MPASI. Kunjungan ANC ≥ 6 kali berhubungan signifikan dengan praktik ASI eksklusif pada bayi usia 0–5 bulan (PR adj: 3,01; 95% CI: 2,12–4,27), namun tidak signifikan pada usia 6–23 bulan. Temuan ini menekankan pentingnya edukasi menyusui berkelanjutan sejak kehamilan dan perlunya penguatan indikator pengukuran waktu pemberian MPASI dalam surveilans nasional.

The exclusive breastfeeding coverage trend in Indonesia remains suboptimal. The objective of this study was to examine the relationship between the frequency of standardized antenatal care (ANC) visits and the practices of exclusive breastfeeding among mothers with infants aged 0–23 months. This investigation utilized the 2023 Indonesia Health Survey (SKI) to conduct its analysis. This cross-sectional study employed modified Cox regression to estimate prevalence ratios (PR) and adjusted for covariates. The results indicated that 47.10% of infants aged 0–5 months were exclusively breastfed, and 64.90% of those aged 6–23 months had a history of exclusive breastfeeding, with 2.52% experiencing delayed complementary feeding. A significant association was identified between ANC visits with a p-value of at least 6 and exclusive breastfeeding in the 0–5 months group (PR adj: 3.01; 95% CI: 2.12–4.27). However, no such association was observed in the 6–23 months group. These findings underscore the necessity for the incorporation of sustained breastfeeding education initiatives beginning in pregnancy, along with the integration of MPASI timing into national monitoring indicators.
