

PROGRAM STUDI S1 ILMU KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN DAN KESEHATAN
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Persepsi Ibu Usia Remaja Mengenai Pemberian ASI Eksklusif Di Kabupaten Kendal
xlviii + 48 Halaman + 9 Tabel + 15 Lampiran

Abstrak

Pendahuluan : ASI eksklusif merupakan air susu yang diberikan langsung dari payudara ibu selama enam bulan pertama, tanpa tambahan makanan atau minuman lain. **Tujuan :** Penelitian ini bertujuan untuk mengetahui bagaimana persepsi mengenai pemberian ASI eksklusif pada ibu usia remaja. **Metode :** Penelitian ini merupakan penelitian *survei analitik*. Pengambilan sampel dengan menggunakan total sampling, data didapatkan dari puskesmas Weleri 1, puskesmas Weleri 2 dan bidan-bidan desa Kecamatan Rowosari. Pengumpulan data menggunakan kuesioner pada 61 ibu usia remaja yang mempunyai bayi berusia 0-11 bulan. **Hasil :** Hasil uji distribusi frekuensi diperoleh hasil sebanyak 23 ibu usia remaja masuk kategori cukup dan sebanyak 38 ibu usia remaja masuk kategori baik dalam pemberian ASI eksklusif.

Kata kunci : ASI eksklusif, Persepsi, Ibu Usia Remaja

Pustaka : 15 sumber (2012 – 2019)

**UNDERGRADUATE NURSING STUDY PROGRAM
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*The Perception of Adolescent Mother About Exclusive Breastfeeding in Kendal Regency
xlviii + 48 Page + 9 Table + 15 Appendix*

Abstract

Preface : Exclusive breastfeeding is giving milk directly from the mother's breast for the first six months, without any additional food or drink. **Research purpose :** This study aims to determine the perceptions of adolescent mothers about exclusive breastfeeding. **Research method :** This research is an *analytical survey* research. The sample was taken by using the *total sampling* method, and the data was obtained from the Weleri Public Health Center 1, Weleri Public Health Center 2 and the midwives in Rowosari Sub-district. Data were collected using a questionnaire on 61 adolescent mothers who have 0-11 months old babies. **Research result :** The results of the *frequency distribution test* showed that 23 adolescent mothers were in the moderate category and 38 adolescent mothers were in the good category in exclusive breastfeeding.

Keywords: exclusive breastfeeding, perceptions, adolescent mothers

Literature : 15 sources (2012 - 2019)