

**Hubungan Tingkat Pengetahuan Tentang Teknik Menyusui Terhadap
Breastfeeding Self-Efficacy (BSE) Pada Ibu Hamil
Di UPTD Puskesmas Sidamulih tahun 2026**

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ABSTRAK

Menyusui suatu proses pemberian ASI kepada bayi sejak lahir hingga usia 2 tahun. Berdasarkan data yang dirilis *United Nations Children's Fund* (UNICEF) pada Agustus 2025, tingkat ASI eksklusif di Indonesia telah meningkat menjadi 66,4%. Puskesmas Sidamulih sudah mencapai mencapai target dikabupaten Pangandaran sebesar 55 % capaian ASI eksklusif namun masih belum mencapai target yang ditetapkan Kemenkes RI yaitu 60%. Tujuan penelitian ini mengetahui hubungan tingkat pengetahuan tentang teknik menyusui terhadap *breastfeeding self-efficacy* (BSE) pada ibu hamil di UPTD Puskesmas Sidamulih. Metode penelitian yang digunakan adalah kuantitatif, metode survey analitik dan desain *Cross Sectional*. Teknik sampel secara total sampling sesuai kriteria inklusi dan eklusi sebanyak 30 ibu hamil. Hasil penelitian menunjukkan bahwa sebanyak 14 ibu hamil (46,6%) memiliki tingkat pengetahuan yang baik. Tingkat *Breastfeeding Self-Efficacy* (kepercayaan diri menyusui) yang tinggi ditemukan pada 15 ibu hamil (50,0%). Hasil analisis uji *Chi-Square* menunjukkan adanya hubungan yang signifikan dengan nilai $p = 0,001$. Kesimpulan dari penelitian ini menunjukkan adanya hubungan antara tingkat pengetahuan tentang teknik menyusui dan *breastfeeding self-efficacy* (BSE) pada ibu hamil di UPTD Puskesmas Sidamulih. Diharapkan pihak puskesmas dapat mengoptimalkan kelas ibu hamil melalui edukasi teknik menyusui. Bagi peneliti selanjutnya, disarankan untuk menganalisis faktor psikologis lain yang memengaruhi *breastfeeding self-efficacy*.

Kata Kunci : *Breastfeeding Self-Efficacy* (BSE), Pengetahuan, Teknik Menyusui

The Relationship of Knowledge Level About Breastfeeding Techniques to Breastfeeding Self-Efficacy (BSE) in Pregnant Women

At Sidamulih Public Health Center

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ABSTRACT

Breastfeeding is the process of providing breast milk to an infant from birth up to the age of two. Data released by UNICEF in August 2025 indicates that the exclusive breastfeeding rate in Indonesia has risen to 66.4%. While the Sidamulih Community Health Center (Puskesmas) has met the Pangandaran Regency target of 55% for exclusive breastfeeding, it has not yet reached the 60% target set by the Indonesian Ministry of Health. This study aimed to determine the relationship between the level of knowledge regarding breastfeeding techniques and breastfeeding self-efficacy (BSE) among pregnant women at the Sidamulih Community Health Center. A quantitative research approach was employed, utilizing an analytical survey method and a cross-sectional design. Total sampling was used to select 30 pregnant women based on inclusion and exclusion criteria. The results showed that 14 pregnant women (46.6%) possessed a good level of knowledge, while 15 (50.0%) demonstrated a high level of breastfeeding self-efficacy. Chi-square analysis revealed a significant relationship ($p = 0.001$). The study concludes that there is a relationship between knowledge of breastfeeding techniques and breastfeeding self-efficacy among pregnant women at the Sidamulih Community Health Center. It is recommended that the health center optimize prenatal classes by incorporating education on breastfeeding techniques. Future researchers are advised to analyze other psychological factors that influence breastfeeding self-efficacy.

Keywords: Breastfeeding Self-Efficacy (BSE), Knowledge, Breastfeeding technique,