

ABSTRACT

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Influence of Health Education with Booklet on Knowledge and Attitude of Husband in Exclusive Breastfeeding at Puskesmas7 Ulu Palembang

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Background: Exclusive breastfeeding for infants 0-6 months in Indonesia has a fairly low coverage of 42% (WHO, 2016). This can occur due to low knowledge and attitudes so that health education is needed especially for husbands, because its role is very important in the success of exclusive breastfeeding.

Aim: Determine the effect of health education with booklets on the knowledge and attitudes of husbands in exclusive breastfeeding at Puskesmas 7 Ulu Palembang.

Method: Design uses pre-experiment with one group pretest-posttest approach. Analysis using Wilcoxon test. Accidental sampling used were questionnaires. The population is all husbands who have a pregnant wife (primigravida) with a total of 32 respondents.

Result: The results showed 22 who had less knowledge before health education were conducted (68.7%), 10 good knowledge (16.6%). Who have good knowledge after health education are 27 (84.3%), less knowledge is 5 (15.6%). Who had a bad attitude before education were 27 (84.3%), very bad attitude was 5 (15.6%). Who had a good attitude after health education was 17 (53.1%), very good attitude was 12 (37.5%) and bad attitude was 3 (9.3%). Analysis using Wilcoxon test and obtained the results of knowledge with p-value = 0,000 and attitude with p-value = 0,000. so it can be concluded that there is an effect of health education with booklets on the knowledge and attitudes of husbands in exclusive breastfeeding. It is expected for husbands to read, seeking information about exclusive breastfeeding and supporting mothers to provide exclusive breastfeeding to babies for 6 months.

Key words: Health Education, Knowledge, Attitudes and Exclusive Breast Milk