

## ABSTRACT

**Julia Hotmaria Silalahi 1533081**

**Gambaran Pengetahuan Ibu Post Partum tentang Pemberian ASI Eksklusif di Ruang Rawat Inap Kebidanan RS Myria Palembang**

**SKRIPSI**

**PROGRAM STUDI S1 KEPERAWATAN**

**FAKULTAS ILMU KESEHATAN**

**UNIVERSITAS KATOLIK MUSI CHARITAS**

Keywords: breastfeeding knowledge, post-partum mother, exclusive breastfeeding (xv 83 pages + 2 charts + 9 tables + 8 appendices)

**Background:** Giving exclusive breastfeeding to babies at an early stage is a natural process which will benefit the babies. Yet, it was not as easy said especially in the first days of the newborns' lives because many mothers have troubles when trying to breastfeed their babies. Currently, the percentage of mothers who breastfeed their babies is still insignificant and below the target set by the government. Currently, the breastfeeding program has not been optimally done. Based on the data collected from the Health office of South Sumatera, the achievement for breastfeeding program was only 63.44% in 2014 and from Myria Palembang hospital; the achievement was only 43.9% in 2017. The coverage seems to be far from the target set by the government which aims to get 80%.

**Purpose:** This research is purposely conducted in order to find out the post-partum mothers' knowledge for giving exclusive breastfeeding to babies in maternity' rooms at Myria hospital, Palembang.

**Methodology:** This is a descriptive research carried out at maternity' rooms at Myria hospital, Palembang. A total sampling method is applied to collect 61 respondents to this research.

**Result:** Having finished the research, it was found that there were 18 respondents (29.5%) who had *good* knowledge for giving exclusive breastfeeding, 38 respondents (62.3%) had *enough* knowledge, and 5 respondents (8.2%) had *deficient* knowledge.

All medical staff especially nurses and midwives working in the midwifery rooms in Myria Palembang hospital are suggested to give more efforts in succeeding the hospital's program by giving services in educating post-partum mothers about the importance of breastfeeding which in the end may contribute positively to improve the quality and quantity of breastfeeding so that post-partum mothers can successfully breastfeed their babies.

References: 27 (2008-2016)