

**THE INFLUENCE OF HEALTH EDUCATION WITH LECTURING METHOD  
TOWARD THE KNOWLEDGE AND ATTITUDE OF EXPECTANT MOTHERS  
ABOUT EXCLUSIVE BREASTFEEDING**

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**ABSTRACT**

Health education on exclusive ASI aims to provide and improve knowledge and attitude of expectant mothers in terms of exclusive ASI. Indonesia has coverage exclusive ASI in infants 0-6 month is quite low, with a percentage of 32%. Infants experienced in exclusive ASI in Palembang were only 66.1%. This study was aimed at finding out the influence of health education with lecturing method toward the knowledge and attitude of expectant mothers about exclusive ASI in Poli KIA RS. RK. Charitas Palembang. This study was conducted by using pre-experiment with one group pretest-posttest design. There were forty-four respondents taken as the sample of the study by using accidental sampling technique. Questionnaire was used as the instrument of the study. Pregnant women who have a sufficient level of knowledge before health education as much as 7 (15,9%) and a good knowledge of as many as 37 (84,1%). Pregnant women who have a good knowledge of health education after as many as 44 (100%). Meanwhile, pregnant women who have a positive attitude before and after the health education as much as 44 (100%). This study applied Wilcoxon Test and based on the statistical calculation the result of *p* value on knowledge was 0.005 and for the attitude was 0.001. Thus, it could be concluded that there was a significant influence on knowledge and attitude of expectant mothers toward exclusive ASI. Expected to pregnant women in order to give exclusive ASI to babies for 6 month.

**Keywords :** Health Graduation, Knowledge, Attitude and ASI Exclusive

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