

ABSTRAK

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HUBUNGAN CITRA TUBUH DENGAN SKOR EFIKASI DIRI MENYUSUI PADA IBU MENYUSUI BAYI USIA 0–6 BULAN

(xviii + 71 halaman: 1 gambar; 3 bagan; 6 tabel; 5 lampiran)

Latar Belakang: Tingkat pemberian ASI di Indonesia masih rendah. Salah satu faktor yang berperan dalam keberhasilan pemberian ASI eksklusif adalah efikasi diri ibu menyusui, yang dapat dipengaruhi oleh berbagai faktor internal ibu, salah satunya mungkin citra tubuh.

Tujuan Penelitian: Mengetahui hubungan antara citra tubuh dengan skor efikasi diri menyusui pada ibu menyusui bayi usia 0–6 bulan di Indonesia dan faktor-faktor yang mempengaruhi.

Metode Penelitian: Penelitian ini merupakan studi potong lintang dengan responden penelitian adalah ibu menyusui bayi usia 0–6 bulan di Indonesia. Pengisian data dilakukan secara daring menggunakan kuesioner *Body Shape Questionnaire-34 Items* (BSQ-34) dan *Breastfeeding Self-Efficacy Scale-Short Form* (BSES-SF). Analisis data dilakukan dengan uji *mann-U whitney*, *kruskal wallis*, dan korelasi *Spearman*.

Hasil: Terdapat 108 responden penelitian. Sebanyak 63 responden (58,3%) tidak cemas, 24 responden (22,2%) cemas ringan, 16 responden (14,8%) cemas sedang, dan 5 responden (4,6%) cemas berat terhadap citra tubuhnya. Nilai rata-rata dan standar deviasi efikasi diri menyusui responden adalah $60,96 \pm 7,44$ dengan nilai terendah yang didapatkan adalah 36 dan tertinggi adalah 70 dari jangkauan skor 14-70. Terdapat hubungan bermakna antara citra tubuh dengan skor efikasi diri menyusui ($p=0,035$), dan riwayat paritas ($p=0,005$).

Kesimpulan: Sebanyak 63 responden (58,3%) tidak cemas, 24 responden (22,2%) cemas ringan, 16 responden (14,8%) cemas sedang, dan 5 responden (4,6%) cemas berat terhadap citra tubuhnya. Skor efikasi diri menyusui responden secara keseluruhan cukup tinggi dengan rentang skor 36 hingga 70 dari jangkauan skor 14-70. Terdapat hubungan yang bermakna antara citra tubuh dengan skor efikasi diri

menyusui dan riwayat paritas dengan skor efikasi diri menyusui pada ibu menyusui bayi usia 0–6 bulan.

Kata Kunci: ASI, bayi, citra tubuh, efikasi diri menyusui, ibu menyusui



ABSTRACT

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RELATIONSHIP BETWEEN BODY IMAGE AND BREASTFEEDING SELF-EFFICACY SCORE OF BREASTFEEDING MOTHER WITH INFANTS AGED 0–6 MONTHS OLD

(xviii + 71 pages: 1 picture; 3 schematic; 6 table; 5 attachments)

Background: *The breastfeeding rate in Indonesia is still low. One of the factors that play a role in the success of exclusive breastfeeding is mother's breastfeeding self-efficacy, which can be influenced by various internal factors of the mother, one of which is body image.*

Aim: *To determine the relationship between body image and breastfeeding self-efficacy score of breastfeeding mothers with infants aged 0–6 months in Indonesia and other influencing factors.*

Methods: *This research is a cross-sectional study whom the respondents are mothers who breastfeed infants aged 0–6 months in Indonesia. Data was filled in online using the Body Shape Questionnaire-34 Items (BSQ-34) and Breastfeeding Self-Efficacy Scale-Short Form (BSES-SF). Data analysis was performed using the Mann-U Whitney test, Kruskal Wallis, and Spearman correlation.*

Results and Discussion: *There were 108 respondents. A total of 63 respondents (58.3%) had no concern, 24 respondents (22.2%) had mild concern, 16 respondents (14.8%) had moderate concern, and 5 respondents (4.6%) had severe concern about their body image. The mean and standard deviation value of the respondent's breastfeeding self-efficacy were $60,96 \pm 7,44$ with the lowest score obtained was 36 and the highest score was 70 from the score range 14-70. There was a significant relationship between body image and breastfeeding self-efficacy score ($p=0.035$), and history of parity ($p=0.005$).*

Conclusion: *A total of 63 respondents (58.3%) were not concerned, 24 respondents (22.2%) were mildly concerned, 16 respondents (14.8%) were moderately concerned, and 5 respondents (4.6%) were severely concerned about their body*

image. The overall breastfeeding self-efficacy score was quite high ranging from 36 to 70 from the score range 14-70. There is a significant relationship between body image with breastfeeding self-efficacy scores and history of parity with breastfeeding self-efficacy scores in mothers breastfeeding infants aged 0–6 months.

Keywords: *baby, body image, breastfeeding, breastfeeding self-efficacy, breastmilk, mother*

