

PENGARUH EDUKASI TATALAKSANA MANAJEMEN ASI PERAH TERHADAP PENGETAHUAN DAN SIKAP PENGASUH BAYI DAY CARE

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Article Info	ABSTRAK
<p>Article History: Received 16/03/2025 Revised - Accepted 18/03/2025</p> <hr/> <p>Keywords: ASI Management Knowledge Attitude Day Care Baby Sitters</p>	<p>Penelitian ini dilakukan untuk mengeksplorasi pengaruh edukasi tatalaksana manajemen ASI perah terhadap pengetahuan dan sikap pengasuh bayi di <i>Day Care</i>. Hal ini penting mengingat peran pengasuh dalam mendukung keberhasilan pemberian ASI perah di tempat penitipan anak. Jenis penelitian adalah <i>quasi eksperimen</i> menggunakan <i>desain pre and post-test</i> dengan kontrol grup. Intervensi edukasi pada kelompok intervensi menggunakan metode edukasi interaktif dan <i>leaflet</i>, pada kelompok kontrol menggunakan video tutorial. Sampel terdiri dari 48 pengasuh yang mewakili seluruh <i>Day Care</i> di Kota Bengkulu, dengan 18 orang pada masing-masing kelompok intervensi dan kontrol. Pengumpulan data dilakukan melalui penyebaran kuesioner. Hasil uji T-test untuk pengetahuan menunjukkan p-value = 0,032, dan sikap p-value = 0,001 ($\alpha < 0,05$). Edukasi menggunakan metode interaktif dan <i>leaflet</i> terbukti lebih efektif meningkatkan pengetahuan dan sikap pengasuh terhadap tatalaksana manajemen ASI perah. Hasil penelitian membuktikan bahwa metode edukasi interaktif dan penggunaan <i>leaflet</i> dapat meningkatkan pengetahuan dan sikap pengasuh, yang diharapkan berdampak pada peningkatan kualitas perawatan bayi di <i>Day Care</i>.</p> <p>ABSTRACT</p> <p><i>This study was conducted to explore the impact of education on the management of expressed breast milk on the knowledge and attitudes of baby caregivers in Day Care centers. This was important given the role of caregivers in supporting the successful provision of expressed breast milk in child care facilities. The study used a quasi-experimental design with pre- and post-test and a control group. The intervention group received education through interactive methods and leaflets, while the control group was exposed to video tutorials. The sample consisted of 48 caregivers, representing all Day Care centers in Bengkulu City, with 18 participants in each of the intervention and control groups. Data were collected through the distribution of questionnaires. The results of the T-test for knowledge showed a p-value of 0.032, and for attitudes, a p-value of 0.001 ($\alpha < 0.05$). Education using interactive methods and leaflets was found to be more effective in improving caregivers' knowledge and attitudes towards the management of expressed breast milk. The findings of this study demonstrated that interactive education methods and the use of leaflets could improve caregivers' knowledge and attitudes, which were expected to positively impact the quality of baby care in Day Care centers.</i></p>
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