

HUBUNGAN PEMBERIAN ASI EKSKLUSIF DENGAN STATUS GIZI DAN STATUS PERKEMBANGAN ANAK BAWAH DUA TAHUN (BADUTA) DI WILAYAH KERJA HDSS SLEMAN

ABSTRAK

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Latar Belakang: Pertumbuhan dan perkembangan adalah dua hal yang terjadi terus menerus selama hidup. Gizi tidak seimbang berdampak buruk bagi pertumbuhan fisik dalam jangka panjang, sedangkan keterlambatan perkembangan akan mempersulit anak saat beraktivitas, belajar, dan berinteraksi. Keduanya terbentuk dalam jangka waktu yang lama, yaitu sejak bayi berada dalam kandungan, sehingga masa 1000 HPK menjadi sangat penting, di mana salah satu faktor yang paling berperan adalah ASI eksklusif.

Tujuan: Mengetahui adanya hubungan antara pemberian ASI eksklusif dengan status gizi dan status perkembangan anak baduta di wilayah kerja HDSS Sleman.

Metode: Jenis penelitian ini observasional analitik dengan desain *cross-sectional* dan metode pengambilan sampel *purposive sampling*. Penelitian ini dilakukan di wilayah kerja HDSS Sleman dengan subjek penelitian 116 anak baduta. Pemberian ASI eksklusif diukur dengan kuesioner ASI eksklusif. Status gizi diukur melalui pengukuran antropometri menggunakan timbangan berat badan atau timbangan digital bayi, dan *infant ruler* atau *microtoise*. Status perkembangan diukur menggunakan Kuesioner Pra Skrining Perkembangan (KPSP) dan alat-alat KPSP.

Hasil: Sebanyak 80 anak (68,97%) mendapat ASI eksklusif. Tidak terdapat hubungan antara ASI eksklusif dengan status gizi untuk indikator BB/U ($p=0,567$), PB/U ($p=0,258$), dan BB/PB ($p=0,059$), serta tidak terdapat hubungan antara ASI eksklusif dengan status perkembangan ($p=0,737$).

Kesimpulan: Tidak ada hubungan antara pemberian ASI eksklusif dengan status gizi dan status perkembangan anak baduta di wilayah kerja HDSS Sleman.

Kata Kunci: Pemberian ASI eksklusif, status gizi, status perkembangan

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THE RELATIONSHIP OF EXCLUSIVE BREASTFEEDING WITH NUTRITIONAL STATUS AND DEVELOPMENT STATUS OF CHILDREN UNDER TWO IN THE SLEMAN HDSS WORKING AREA

ABSTRACT

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Background: Growth and development are two things that occur continuously in life. Unbalanced nutrition has a bad impact for physic growth in the long term, while development delay will make children difficult to do activities, learn, and interact. Both of it are built over a long period of time, which is since the children are still in the womb, so that 1000 first days of life is very important, where one of factors that plays a role is exclusive breastfeeding.

Objective: The purpose of this research is to know the relationship between exclusive breastfeeding with nutritional status and development status of children under two in the Sleman HDSS working area.

Methods: This research was an analytic observational research, using a cross-sectional study design and purposive sampling as the sampling method. This research was done in the Sleman HDSS working area with 116 research subjects. Exclusive breastfeeding was measured with exclusive breastfeeding questionnaire. Nutritional status was measured using weight scales or baby digital scales, and infant ruler or microtoise. Development status was measured with Kuesioner Pra Skrining Perkembangan (KPSP) and KPSP tools.

Results: The results showed that 80 children (68.97%) got an exclusive breastfeeding. There was no relationship between exclusive breastfeeding with nutritional status based on BB/U ($p=0.567$), PB/U ($p=0.258$), and BB/PB ($p=0.059$), also there was no relationship between exclusive breastfeeding with development status ($p=0.737$).

Conclusion: There was no significant relationship between exclusive breastfeeding with nutritional status and development status of children under two in the Sleman HDSS working area.

Keywords: Exclusive breastfeeding, nutritional status, development status

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