



Intisari

Obesitas menjadi permasalahan global sebagai bagian dari hambatan ganda malnutrisi yang membutuhkan banyak sumberdaya dalam menyelesaikannya. Penelitian bertujuan melakukan analisis dampak pemberian ASI terhadap obesitas anak di Indonesia. Penelitian dilakukan dengan data sekunder *Indonesian Family Life Survey* gelombang 5 (IFLS-5) tahun 2014-2015. Variabel *interest* pada penelitian adalah pemberian ASI eksklusif dan ASI optimal (pemberian ASI eksklusif dan tetap memberikan ASI sampai umur 24 bulan) pada anak 0-2 tahun. Variabel *outcome* adalah klasifikasi gizi anak obesitas diukur berdasarkan *z-score* status gizi anak berumur 2-5 tahun. Metode analisis yang digunakan *propensity score matching* (PSM) *nearest neighbour without replacement*. Hasil penelitian menunjukkan dua hal berbeda di tiap variabel *interest*. Pemberian ASI eksklusif belum memberikan dampak sedangkan variabel *interest* ASI optimal mempunyai dampak penurunan obesitas anak di Indonesia. Hasil analisis memperlihatkan estimasi nilai *risk different* (perbedaan risiko) sebesar -0,031, *relative risk* (risiko relatif) sebesar 0,443 dan *odds ratio* (peluang risiko) sebesar 0,425.

Kata kunci: Air Susu Ibu (ASI), obesitas anak, *propensity score matching*



Abstract

Obesity is a public health crisis epidemic globally as a part of double burden malnutrition which requires a lot of resources to solve it. The main purpose of this research is to analyze the impact of breastfeeding on childhood obesity in Indonesia. The study was conducted with secondary data from the Indonesian Family Life Survey wave 5 (IFLS-5) in 2014-2015. The variable of interest in the study was exclusive breastfeeding and optimal breastfeeding (exclusive breastfeeding and continued any breastfeeding for 24 months) in children 0-2 years. The outcome variable is the child's obesity status measured by the z-score of the nutritional status of children aged 2-5 years. The analytical method used is propensity score matching (PSM) nearest neighbour's without replacement. The results showed that exclusive breastfeeding has not had an impact on childhood obesity in Indonesia but optimal breastfeeding has the effect of reducing childhood obesity in Indonesia. Estimation results show an estimated value of risk different of -0.031, relative risk of 0.443 and odds ratio of 0.425.

Keywords: Breastfeeding, child obesity, propensity score matching