

**HUBUNGAN ANTARA FREKUENSI DAN DURASI MENYUSUI
DENGAN PENINGKATAN BERAT BADAN BAYI USIA 1-6 BULAN DI
WILAYAH KERJA PUSKESMAS SEWON II BANTUL DAERAH
ISTIMEWA YOGYAKARTA**

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INTISARI

Latar Belakang: Pemberian gizi yang baik sangat diperlukan untuk membantu proses tumbuh kembang. Pada bayi usia dini sampai dengan 6 bulan pemberian nutrisi diperoleh melalui ASI eksklusif. Bayi yang tidak diberi ASI eksklusif sangat rentan terserang penyakit seperti infeksi saluran pencernaan, infeksi saluran pernafasan, serangan asma, menurunkan perkembangan kecerdasan kognitif, meningkatkan resiko kegemukan.

Tujuan Penelitian: Mengetahui hubungan antara frekuensi dan durasi menyusui dengan peningkatan berat badan bayi usia 1-6 bulan di wilayah kerja Puskesmas Sewon II Bantul Yogyakarta.

Metode Penelitian: Jenis penelitian adalah deskriptif korelatif dengan rancangan penelitian menggunakan pendekatan *Cross-sectional*, sampel diambil dengan teknik *Insidental sampling* dengan responden sebanyak 41 bayi dan ibu. Instrumen penelitian adalah lembar observasi dan hasil penimbangan berat badan bayi.

Hasil: Hasil penelitian dianalisis dengan rumus *Kendall's tau-c*. Hasil penelitian menunjukkan bahwa sebagian besar frekuensi menyusui bayi baik yaitu sebanyak 22 bayi (53,7%). Hasil durasi menyusui bayi sebagian besar baik yaitu sebanyak 23 bayi (56,1%). Peningkatan berat badan bayi di wilayah kerja Puskesmas Sewon II Bantul Yogyakarta sebagian besar normal yaitu sebanyak 34 bayi (82,9%). Hasil perhitungan frekuensi menyusui dengan peningkatan berat badan bayi usia 1-6 bulan dengan menggunakan uji statistik *Kendall's tau-c* diperoleh $0,004 < 0,05$. Hasil perhitungan durasi menyusui dengan peningkatan berat badan bayi usia 1-6 bulan dengan menggunakan uji *Kendall's tau-c* diperoleh $p\text{-value } 0,002 < 0,05$.

Kesimpulan: Ada hubungan antara frekuensi dan durasi menyusui dengan peningkatan berat badan bayi usia 1-6 bulan di wilayah kerja Puskesmas Sewon II Bantul Yogyakarta. Saran peneliti kepada ibu menyusui agar memberikan ASI eksklusif dengan memperhatikan frekuensi dan durasi menyusui supaya peningkatan berat badan dapat optimal.

Kata Kunci: Frekuensi Menyusui, Durasi Menyusui, Peningkatan Berat Badan Bayi.

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THE CORELATION BETWEEN FREQUENCY AND DURATION OF BREASTFEEDING WITH WEIGHT INCREASE IN BABY 1 - 6 MONTHS OF PUSKESMAS SEWON II BANTUL, YOGYAKARTA.

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ABSTRACT

Background: Giving a good nutrition for baby is needed to help the process of growth and development. The best nutrition should given to the baby in 0 until 6 months is breast milk. The baby that does not get the breast milk will susceptible suffer from many disease such as gastrointestinal infections, respiratory tract infections, the decreasing of cognitive intelligence development and the increasing of obesity risk.

Research Purpose: The research purpose is to know about the relationship between frequency and duration of breastfeeding 1-6 months baby's weight in Puskesmas Sewon II Bantul, Yogyakarta

Research Method: In this research, the researcher used *descriptive correlative* method by using *cross-sectional* approach as study design. The sampling method was incidental sampling with 41 babies and mothers as respondents.

Result: The result is analyzed by *Kendall's tau-c* formula. It showed that the 22 babies (53,7%) had good breastfeeding's frequency. The babies 23 babies (56,1%) had good breastfeeding's duration. The 34 babies (82,9%) had normal weight's increasing. By *Kendall's tau-c* statistical test, the researcher found out that the result of measurement between the breastfeeding frequency and the increasing of baby's weight in 1-6 months was p-value $0,004 < 0,05$. The result measurement between the breastfeeding duration and the increasing of baby's weight in 1-6 months was p-value $0,002 < 0,05$.

Conclusion: From the result, it can be proved that there was relationship between breastfeeding's frequency and duration and baby's weight increasing to 1-6 months baby in Puskesmas Sewon II Bantul, Yogyakarta. The researcher suggests that the breastfeeding mother must give breast milk exclusively to their baby until 6 months. They also should concern to frequency and duration of breastfeeding in order that baby's weight can increase optimally.

Keyword: Frequency of Breastfeeding, Duration of Breastfeeding, Weight Increase.

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