

# HUBUNGAN PEMBERIAN ASI EKSKLUSIF DENGAN TUMBUH KEMBANG BAYI USIA 6-12 BULAN DI WILAYAH KERJA PUSKESMAS SLEMAN

Fatmi Wulandari<sup>1</sup>, Dwi Yati<sup>2</sup>

## INTISARI

**Latar Belakang:** Pertumbuhan dan perkembangan merupakan salah satu indikator untuk memantau kesehatan anak, terutama pada bayi berusia 6-12 bulan sangat perlu diperhatikan. Bayi sangat membutuhkan gizi yang maksimal dalam menunjang pertumbuhan dan perkembangannya. Nutrisi yang dibutuhkan oleh bayi hanya dapat dipenuhi dengan pemberian Air Susu Ibu (ASI). *United Nations International Children Emergency Fund* (UNICEF) data pemberian ASI eksklusif terbaru menunjukkan bahwa persentase di Indonesia turun menjadi 15,3% dari seluruh bayi per tahun (UNICEF, 2012).

**Tujuan Penelitian:** Mengetahui Hubungan antara Pemberian ASI Eksklusif dengan Tumbuh Kembang pada Bayi Usia 6-12 bulan.

**Metode Penelitian:** Penelitian kuantitatif non-eksperimental dengan pendekatan *cross-sectional*. Penelitian dilakukan di Wilayah Kerja Puskesmas Sleman. Teknik pengambilan sampel menggunakan *purposive sampling*. Jumlah sampel 52 ibu. Analisis data menggunakan *univariat* dan *bivariat*, korelasi *gamma* dengan kemaknaan  $p < 0,05$ .

**Hasil Penelitian:** Hasil penelitian pemberian ASI eksklusif sebagian besar tidak ASI eksklusif 30 responden (57,7%), perkembangan bayi usia 9-12 bulan sebagian besar dalam kategori normal sebanyak 25 responden (48,1%). Hasil analisis korelasi *gamma* didapatkan  $p = \text{value } 0,001 < 0,05$  dan nilai  $r 0,066$ .

**Kesimpulan:** Terdapat hubungan signifikan anatara pemberian ASI eksklusif dengan tumbuh kembang bayi usia 6-12 bulan di Wilayah Kerja Puskesmas Sleman.

**Saran:** Pihak puskesmas hendaknya lebih banyak memberi penyuluhan tentang pentingnya pemberian ASI eksklusif. Ibu hendaknya menggali informasi dari tenaga kesehatan, dan media informasi yang membahas seputar ASI eksklusif agar tumbuh kembang bayi terpenuhi sesuai usia dan menghindari keterlambatan.

**Kata Kunci:** Tumbuh kembang, ASI, anak.

---

<sup>1</sup>Mahasiswa Program Studi (S-1) Keperawatan Universitas Jenderal Achmad Yani Yogyakarta

<sup>2</sup>Dosen Program Studi (S-1) Keperawatan Universitas Jenderal Achmad Yani Yogyakarta

# THE ASSOCIATION BETWEEN EXCLUSIVE BREASTFEEDING WITH 6–12-MONTH BABIES' GROWTH IN PUBLIC HEALTH CENTER OF SLEMAN

Fatmi Wulandari<sup>1</sup>, Dwi Yati<sup>2</sup>

## ABSTRACT

**Background:** Growth and development is one of the indicators used for observing the health of children, especially for observing 6-12-month babies. Babies need maximum nutrition for their growth and development. Maximum nutrition can only be fulfilled by the supply of mothers' breast milk. The current data from the United Nations International Children Emergency Fund (UNICEF) show that the exclusive breastfeeding percentage in Indonesia has decreased annually to 15,3% out of the overall babies (UNICEF, 2012).

**Research Objectives:** To identify association between exclusive breastfeeding with 6–12-month babies' growth.

**Research Method:** This was a non-experimental quantitative research with cross-sectional approach. The research was conducted in public health center of Sleman. The sampling technique used was purposive sampling. The total samples were 52 mothers. The data analysis was using univariate and bivariate, gamma association was used with the significance of  $p < 0,05$ .

**Research Result:** The result shows that the exclusive breastfeeding is mostly not exclusive, with as many as 30 respondents (57,7%), the 9-12-month babies' growth is at normal category, with as many as 25 respondents (48,1%). The result of gamma association is  $p$ -value  $0,0001 < 0,05$  and the  $r$  value is 0,066.

**Conclusion:** There is significant association between exclusive breastfeeding with 6–12-month babies' growth in public health center of sleman.

**Suggestion:** Puskesmas should give more counseling about the importance of exclusive breastfeeding. Mothers should gain deeper information from health workers as well as from informational media which deal with exclusive breastfeeding in order that the babies' growth could be achieved optimally, thus avoiding growth delay.

**Key Words:** Growth, breast milk, babies

---

<sup>1</sup>Student of Nursing Study (S-1) Program, Universitas Jenderal Achmad Yani Yogyakarta

<sup>2</sup>Lecturer of Nursing Study (S-1) Program, Universitas Jenderal Achmad Yani Yogyakarta