

**GAMBARAN STATUS GIZI PADA BALITA USIA 7 SAMPAI 24 BULAN
BERDASARKAN PEMBERIAN ASI (AIR SUSU IBU) EKSLUSIF
DI DESA BEJIHARJO KECAMATAN KARANGMOJO
KABUPATEN GUNUNGKIDUL**

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INTISARI

Latar Belakang: Hasil SDKI tahun 2013 menunjukkan Angka Kematian Bayi (AKB) di Indonesia menunjukkan angka yang relatif tinggi, yaitu 32 per 1000 kelahiran hidup. Faktor yang mempengaruhi angka kematian bayi salah satunya adalah masalah status gizi. Dinkes DIY menunjukkan bahwa status gizi masih menunjukkan angka kurang salah satunya Kabupaten Gunungkidul, yaitu 2% dari target secara nasional yaitu 1%, status gizi ini dapat dipengaruhi oleh beberapa faktor, salah satunya pemberian ASI eksklusif. Hasil studi pendahuluan pada 14 Februari 2015 pada 7 balita (70%) mengalami gizi baik, 2 balita (20%) mengalami gizi kurang dan 1 balita (10%) mengalami gizi lebih dan 7 balita (70%) diberikan tidak diberikan ASI Eksklusif dan 3 balita (30%) diberikan ASI Eksklusif.

Tujuan Penelitian: Untuk mengetahui gambaran status gizi pada balita usia 7-24 bulan berdasarkan pemberian ASI (Air Susu Ibu) di Desa Bejiharjo Kecamatan Karangmojo Kabupaten Gunungkidul.

Metode Penelitian: Metode dalam penelitian ini adalah deskriptif. Instrumen penelitian menggunakan timbangan dacin dan angket pengisian riwayat pemberian ASI sebagai alat pengumpul data. Populasi dalam penelitian ini adalah semua balita usia 7-24 bulan di Desa Bejiharjo sebanyak 35 balita, teknik pengambilan sampel dilakukan dengan teknik *total sampling* dan diperoleh sampel sejumlah 35 responden.

Hasil Penelitian: Riwayat Pemberian ASI Eksklusif 15 balita (42,8%), dan yang tidak diberikan ASI 20 balita (57,2%). Responden dalam kategori gizi baik 30 balita (85,7%), dalam kategori lebih 2 balita (5,8%), dan kategori kurang 3 balita (8,6%).

Kesimpulan: Riwayat pemberian ASI terbanyak adalah tidak diberikan ASI eksklusif dan status gizi yang terbanyak adalah status gizi baik.

Kata kunci : Pemberian ASI Eksklusif, Status Gizi

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**THE DESCRIPTION OF NUTRITIONAL STATUS OF 7-24 MONTH-OLD
BABIES BASED ON EXCLUSIVE BREASTFEEDING IN BEJIHARJO
VILLAGE, SUBDISTRICT KARANGMOJO
GUNUNGKIDUL REGENCY**

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ABSTRACT

Background : The result of SKDI in 2013 indicates that fetal mortality rate (AKB) in Indonesia is at high scale as many as 32 cases per 1000 live birth. One of the causal factors of fetal mortality rate is nutritional status. Health Agency of Special Province of Yogyakarta suggests that nutritional status remains poor which is reflected in Gunungkidul regency, as many as 2% of national target which is 1%. Nutritional status can be influenced by several factors, one of them is exclusive breastfeeding. Preliminary study on 14 February 2015 on 7 under five children (70%) reported that 7 babies (70%) had good nutritional status, 2 babies (20%) had poor nutritional status, 1 baby (10%) had over nutritional status, and 7 babies (70%) were not given exclusive breastfeeding and 3 babies (30%) were given exclusive breastfeeding.

Objective : To find out the description of nutritional status of 7-24 month-old babies based on exclusive breastfeeding in Bejiharjo village subdistricy Karangmojo Gunungkidul regency

Method : This was a descriptive study. The study instrument applied *dacin* scales and questionnaires of breastfeeding history as data collecting instrument. Population in this study was all 7-24 month-old babies in community health center Karangmojo II authority area as many as 35 babies. Samples were selected through total sampling technique as many as 35 respondents.

Result : The history of exclusive breastfeeding to 15 babies (42,8%), and 20 babies were not given breastfeeding (57,2%). 30 babies were in good nutritional status (85,7%), 2 babies were in over nutritional status (5,8%), and 3 babies were in poor nutritional status (8,6%).

Conclusion : The majority of breastfeeding history was no exclusive breastfeeding given and the majority of nutritional status was good nutritional status.

Key index : Breastfeeding exclusive breastfeeding, Nutritional status.

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