

**HUBUNGAN PEMBERIAN MAKANAN PENDAMPING ASI (MP-ASI)
DENGAN KEJADIAN DIARE PADA BAYI USIA 0-6 BULAN
DI WILAYAH KERJA PUSKESMAS BAMBANGLIPURO
BANTUL YOGYAKARTA**

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INTISARI

Latar belakang: Makanan pendamping ASI adalah makanan atau minuman mengandung zat gizi, yang diberikan kepada bayi usia 6-24 bulan guna memenuhi kebutuhan gizi selain ASI. Pemberian makanan pendamping ASI yang terlalu dini akan mempermudah masuknya berbagai jenis kuman pada tubuh bayi apalagi jika makanan tersebut tidak disajikan secara higienis. Hal ini dikarenakan bayi yang berusia kurang dari 6 bulan mempunyai sistem imun kurang sempurna, sehingga sering terjadi gangguan pada sistem pencernaan dan bahkan proses infeksi salah satunya adalah diare.

Tujuan : Untuk mengetahui hubungan pemberian makanan pendamping ASI dengan kejadian diare pada bayi usia 0-6 bulan.

Metode : Jenis penelitian ini adalah deskriptif analitik dengan desain *cross sectional*. Pengambilan sampel secara *total sampling* sebanyak 58 responden. Analisis data menggunakan analisis univariabel dan analisis bivariabel dengan menggunakan uji korelasi *Pearson Product Moment*.

Hasil: Pemberian makanan pendamping asi paling banyak diberikan saat bayi berusia 3-4 bulan sebanyak 37.9%. Sedangkan dari jumlah bayi yang diberikan makanan pendamping ASI sebanyak 24.1% tidak pernah mengalami diare dan sebanyak (25.9%) bayi pernah mengalami diare 1 kali, sebanyak (20.7%) bayi pernah mengalami diare 2 kali dan sebanyak (29.3%) bayi pernah mengalami diare lebih dari 2 kali. Analisa data menunjukkan bahwa ada hubungan antara pemberian makanan pendamping ASI dengan kejadian diare pada bayi usia 0-6 bulan ($r = 0.302$, $p\text{-value} = 0.021$).

Kesimpulan: Terdapat hubungan yang signifikan antara pemberian makanan pendamping asi dengan kejadian diare. Sehingga disarankan agar petugas kesehatan lebih meningkatkan pengawasan dan pendampingan praktek pemberian makanan pendamping ASI di masyarakat.

Kata kunci: Bayi, makanan pendamping asi, diare.

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**CORRELATION BETWEEN COMPLEMENTARY BREASTFEEDING
SUPPLEMENTATION AND THE INCIDENCE OF DIARRHEA IN
INFANTS OF 0-6 MONTHS AT THE WORKING AREA OF
BAMBANGLIPURO HEALTH CENTER
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ABSTRACT

Background: Complementary breastfeeding is food or drink containing nutrients supplemented to infants of 6-24 months to meet the need for nutrition apart from breast milk. Complementary breastfeeding supplemented too early can trigger the growth of numerous germs in the infants' body let alone when the food is not hygienic. This is mainly due to weak immune system in infants of less than 6 months old. The food often causes disorder in the digestive system and infection such as diarrhea.

Objective: To identify correlation between complementary breastfeeding supplementation and the incidence of diarrhea in infants of 0-6 months.

Method: The study was descriptive analytical with cross sectional design. Samples were taken through total sampling technique involving 58 respondents. Data analysis used univariate and bivariate test with Pearson Product Moment correlation.

Result: Complementary breastfeeding was mostly supplemented to infants of 3-4 months (37.9%). Out of those supplemented with complimentary breastfeeding, 24.1% had never had diarrhea; 25.9% of infants had diarrhea once; and 29.3% had diarrhea more than twice. The result of data analysis showed there was correlation between complementary breastfeeding supplementation and the incidence of diarrhea in infants of 0-6 months ($r = 0.302$, $p\text{-value} = 0.021$).

Conclusion: There was significant correlation between complementary breastfeeding supplementation and the incidence of diarrhea. It was recommended that health staff increase monitoring and supervision in the practice of complementary breastfeeding supplementation in the community.

Keywords: infants, complementary breastfeeding, diarrhea

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