

GAMBARAN KENAIKAN BERAT BADAN BAYI USIA 6-12 BULAN DI DESA PENDOWOHARJO SEWON KABUPATEN BANTUL YOGYAKARTA

Astri Sukarniati¹, Liberty Barokah², Ummu Hani Edi Nawangsih³

INTISARI

Latar Belakang: Masa bayi dan balita merupakan masa emas bagi pertumbuhan. Peningkatan berat badan bayi pada usia 1-5 bulan lebih cepat meningkatnya dibandingkan dengan peningkatan berat badan bayi usia 6-12 bulan, karena pada usia ini bayi sudah lebih banyak bergerak dan pertumbuhannya mengarah ke pertinggian badan. Pemberian makanan tambahan pada bayi merupakan salah satu upaya pemenuhan kebutuhan gizi bayi sehingga bayi dapat mencapai tumbuh kembang yang optimal. Menurut Depkes 2005, penambahan makanan selain ASI pada usia dini pada bayi sebelum usia 6 bulan keatas dapat menyebabkan gangguan pertumbuhan berat badan. Berdasarkan studi pendahuluan yang dilakukan di Desa Pendowoharjo pada tanggal 21 Januari 2015, dari 10 ibu yang mempunyai bayi usia 6-12 bulan, hanya 4 bayi yang berat badan naik dan sisanya tidak naik atau berat badan tetap sama.

Tujuan: Mengetahui gambaran kenaikan berat badan bayi usia 6-12 bulan di Desa Pendowoharjo Sewon Kabupaten Bantul Yogyakarta.

Metode: Penelitian ini merupakan jenis penelitian deskriptif kuantitatif. Pengambilan sampel dalam penelitian ini menggunakan metode *accidental sampling* dengan besar sampel sebanyak 48 bayi ibu usia 6-12 bulan sesuai dengan kriteria inklusi. Pengumpulan data dilakukan dengan menggunakan KMS dan analisa data dihitung secara manual.

Hasil: Kenaikan berat badan bayi usia 6-12 bulan dalam kategori baik sebanyak 38 bayi (79,2%), pada kenaikan berat badan N1 sebanyak 6 bayi (12,5%), pada kenaikan berat badan N2 sebanyak 32 bayi (66,6%), pada kenaikan berat badan T1 sebanyak 7 bayi (14,6%), pada kenaikan berat badan T2 sebanyak 2 bayi (4,2%), pada kenaikan berat badan T3 sebanyak 1 bayi (1,2%).

Kesimpulan: Kenaikan berat badan bayi usia 6-12 bulan di Desa Pendowoharjo Kabupaten Bantul Yogyakarta dalam kategori baik sebanyak 38 bayi (79,2%).

Kata Kunci: Kenaikan berat badan bayi

¹. Mahasiswa Program Studi Kebidanan (D-3) Stikes Jenderal Achmad Yani Yogyakarta

². Dosen Pembimbing Jurusan Kebidanan (D-3) Stikes Jenderal Achmad Yani Yogyakarta

³. Dosen Penguji Jurusan Kebidanan (D-3) Stikes Jenderal Achmad Yani Yogyakarta

THE OVERVIEW OF WEIGHT GAIN OF BABIES AGE 6-12 MONTHS AT PENDOWOHARJO VILLAGE SEWON BANTUL DISTRICT OF YOGYAKARTA

Astri Sukarniati¹, Liberty Barokah², Ummu Hani Edi Nawangsih³

ABSTRACT

Background: Babyhood and toddler is a golden period for growth. The weight gain of babies in age 1-5 months increasing faster than weight gain of babies in age 6-12 months, because in this age the baby is moving more and their growth leads to height. Supplementary feeding in babies is one of the efforts to fulfill the nutritional needs of babies so babies can reach optimal growth and development. Based on Health Department, 2005, the addition of food other than breast milk at early age in babies before 6 months old or older can cause disruption of weight gain. Based on the preliminary study did in Pendowoharjo Village in January 21th 2015, from 10 mothers who had babies age 6-12 months, just 4 babies who had increase body weight and the rest were not increase or body weight was same.

Objective: To know the overview of weight gain of babies age 6-12 months at Pendowoharjo Village Sewon Bantul District of Yogyakarta

Method: This research is kind of quantitative descriptive research. Sampling in this research used accidental sampling method with the number of sample as many 48 babies aged 6-12 months appropriate in inclusion criteria. Data collecting used Card Growth Monitoring (CGM) and data analysis accounted by manual.

Result: The weight gain of babies age 6-12 months in good category as many 38 babies (79,2%), in weight gain N1 as many 6 babies (12,5%), in weight gain N2 as many 32 babies (66,6%), in weight gain T1 as many 7 babies (14,6%), in weight gain T2 as many 2 babies (4,2%), in weight gain T3 as many 1 baby (1,2%).

Conclusion: weight gain of babies age 6-12 months at Pendowoharjo Village District of Bantul Yogyakarta in good category as many 38 babies (79,2%).

Keywords: Weight gain of babies

¹ Student of Midwifery Department (D-3) of Stikes Jenderal Achmad Yani Yogyakarta

² Lecturer of Midwifery Department (D-3) of Stikes Jenderal Achmad Yani Yogyakarta

³ Lecturer of Midwifery Department (D-3) of Stikes Jenderal Achmad Yani Yogyakarta