

**EXCLUSIVE BREASTFEEDING RELATION WITH NUTRITION BABY
AGE 7-12 MONTHS IN VILLAGE TEGALSARI POSYANDU MELATI
SUB DISTRICT CANDIMULYO MAGELANG**

ABSTRACT

Background: The research data on the nutritional status of infants showed 60% direct cause of infant and child mortality caused by poor nutritional state and nearly 90% of deaths of children under five occur in developing countries. Low prevalence of exclusive breastfeeding to be one trigger of the low nutritional status of infants and toddlers. According to research studies on the nutritional status of the village of Magelang District Candimulyo Tegalsari District against 22 people there were eight people from 10 (4.4%) using a balanced nutritional status of exclusive breast feeding / stable and the 12 people who use non-exclusive breast feeding nutritional status are not stable even one person suffered lacerations intestine.

Objective: To identify the relationship between exclusive breastfeeding with the nutritional status of infants aged 7-12 months in the IHC Jasmine Village District Tegalsari Candimulyo Magelang regency.

Method: Using a descriptive analytical method with cross sectional approach. Samples were infants aged 7-12 months in IHC Jasmine Village District Tegalsari Candimulyo 40 people in Magelang regency. Collecting data by interview and weighing babies. Using Chi Square test.

Results: Exclusive breastfeeding has a significant relationship with nutritional status of infants aged 7-12 months with a value so that the value of $p = 0.000$ $p = 0.000 < 0.05$, χ^2 value of 22.476 count, with a value of χ^2 tables 7, 815, so the value of χ^2 count $> \chi^2$ tables. this shows that there is a relation of exclusive breastfeeding with the nutritional status of infants aged 7-12 months.

Conclusion: Based on the statistical test showed no exclusive breastfeeding relationship with nutritional status of infants aged 7-12 months in the IHC Jasmine Village District Tegalsari Candimulyo Magelang regency.

Keywords: exclusive breastfeeding, nutritional status, infant age 7-12 months

HUBUNGAN PEMBERIAN ASI EKSKLUSIF DENGAN STATUS GIZI BAYI USIA 7 – 12 BULAN DI POSYANDU MELATI DESA TEGALSARI KECAMATAN CANDIMULYO KABUPATEN MAGELANG

INTISARI

Latar belakang: Data penelitian tentang status gizi bayi menunjukkan 60% penyebab langsung kematian bayi dan anak disebabkan oleh keadaan gizi yang jelek dan hampir 90% kematian anak balita terjadi di negara berkembang. Pemberian ASI eksklusif yang rendah menjadi salah satu pemicu rendahnya status gizi bayi dan balita. Menurut studi penelitian status gizi bayi di Desa Tegalsari Kecamatan Candimulyo Kabupaten Magelang terhadap 22 orang terdapat 8 orang dari 10 (4,4%) yang menggunakan ASI eksklusif berstatus gizi seimbang/stabil dan 12 orang yang menggunakan ASI non eksklusif berstatus gizi tidak stabil bahkan terdapat 1 orang mengalami lecet usus.

Tujuan Penelitian: Mengetahui hubungan pemberian ASI eksklusif dengan status gizi bayi usia 7-12 bulan di Posyandu Melati Desa Tegalsari Kecamatan Candimulyo Kabupaten Magelang.

Metode Penelitian: Menggunakan metode deskriptif analitik dengan pendekatan waktu *cross sectional*. Sampel adalah bayi usia 7-12 bulan yang ada di Posyandu Melati Desa Tegalsari Kecamatan Candimulyo Kabupaten Magelang sebanyak 40 orang. Teknik pengumpulan data dengan wawancara dan penimbangan bayi. Uji statistik menggunakan *Chi Kuadrat*.

Hasil Penelitian: Pemberian ASI eksklusif mempunyai hubungan yang signifikan dengan status gizi bayi usia 7 – 12 bulan dengan nilai $p = 0,000$ sehingga nilai $p = 0,000 < 0,05$, nilai x^2 hitung 22,476, dengan nilai x^2 tabel 7, 815, sehingga nilai x^2 hitung $> x^2$ tabel. hal ini menunjukkan bahwa ada hubungan pemberian ASI eksklusif dengan status gizi bayi usia 7 – 12 bulan.

Kesimpulan: Berdasarkan uji statistik menunjukkan ada hubungan pemberian ASI eksklusif dengan status gizi bayi usia 7 – 12 bulan di Posyandu Melati Desa Tegalsari Kecamatan Candimulyo Kabupaten Magelang.

Kata kunci: Pemberian ASI eksklusif, status gizi, bayi usia 7 – 12 bulan