

HUBUNGAN RIWAYAT PEMEBERIAN ASI EKSKLUSIF DENGAN PERTUMBUHAN BALITA USIA 12-60 BULAN DI KELURAHAN DEMANGREJO, KECAMATAN SENTOLO, KABUPATEN KULON PROGO, DAERAH ISTIMEWA YOGYAKARTA

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INTISARI

Latar Belakang: Pertumbuhan balita merupakan indikator penting dalam menilai status gizi anak dan sangat dipengaruhi oleh asupan nutrisi, terutama pada periode seribu hari pertama kehidupan. ASI eksklusif selama enam bulan pertama terbukti memberikan manfaat besar dalam menunjang pertumbuhan optimal dan mencegah masalah gizi. Namun, cakupan pemberian ASI eksklusif di Indonesia masih belum mencapai target nasional, terutama di Kelurahan Demangrejo, Kecamatan Sentolo, Kabupaten Kulon Progo, Daerah Istimewa Yogyakarta.

Tujuan: Penelitian ini bertujuan untuk mengetahui hubungan antara riwayat pemberian ASI eksklusif dengan pertumbuhan balita usia 12-60 bulan di Kelurahan Demangrejo, Kecamatan Sentolo, Kabupaten Kulon Progo, daerah Istimewa Yogyakarta.

Metode Penelitian: Penelitian ini menggunakan pendekatan kuantitatif dengan desain *cross-sectional*. Populasi sebanyak 178 balita dengan sampel sebanyak 123 balita. Metode pengambilan sampel dengan *Accidental Sampling* dan data dikumpulkan dengan lembar observasi ASI eksklusif dan pengukuran tinggi badan serta berat badan balita. Analisis univariat menggunakan distribusi frekuensi. Analisis bivariat menggunakan uji *chi square*.

Hasil: Hasil analisis menunjukkan adanya hubungan yang signifikan antara riwayat pemberian ASI eksklusif dengan pertumbuhan balita usia 12-60 bulan, dengan korelasi paling kuat pada indikator BB/U dengan nilai $p = 0,000$. Balita yang mendapatkan ASI eksklusif lebih banyak memiliki status gizi baik dibandingkan yang tidak mendapatkan ASI eksklusif.

Kesimpulan: Pemberian ASI eksklusif berkontribusi positif terhadap pertumbuhan balita usia 12-60 bulan meskipun dipengaruhi oleh faktor lain seperti pola makan lanjutan dan kondisi sosial ekonomi. Disarankan agar edukasi tentang pentingnya ASI eksklusif terus ditingkatkan melalui peran tenaga kesehatan, dukungan keluarga, dan kebijakan pemerintah.

Kata Kunci: ASI Eksklusif, Balita, Pertumbuhan, Status Gizi

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THE RELATIONSHIP BETWEEN THE HISTORY OF EXCLUSIVE BREASTFEEDING AND THE GROWTH OF TODDLERS AGED 12-60 MONTHS IN DEMANGREJO VILLAGE, SENTOLO DISTRICT, KULON PROGO REGENCY, SPECIAL REGION OF YOGYAKARTA

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ABSTRACT

Background: Toddler growth is a vital indicator of nutritional status and is significantly influenced by nutritional intake, particularly during the first 1.000 days of life. One of the most recommended sources of optimal nutrition is exclusive breastfeeding for the first six months. However, the coverage of exclusive breastfeeding in Indonesia remains below the national target, especially in economically disadvantaged areas such as Demangrejo Village, Kulon Progo Regency.

Objective: This study aimed to examine the relationship between exclusive breastfeeding history and the growth of toddlers aged 12-60 months in Demangrejo Village, Sentolo District, Kulon Progo Regency, Special Region of Yogyakarta.

Method: A quantitative method with a cross-sectional design was used. The population was 178 toddlers with a sample of 123 toddlers. The sampling method was Accidental Sampling and data were collected using exclusive breastfeeding observation sheets and measurements of toddler height and weight. Univariate analysis used frequency distribution. Bivariate analysis used the Chi Square test.

Result: The result showed a statistically significant relationship between exclusive breastfeeding history and toddler growth, with the strongest correlation observed in the W/A indicator $p = 0,000$. Toddlers who received exclusive breastfeeding were more likely to have better nutritional status than those who did not.

Conclusion: The study concludes that exclusive breastfeeding positively contributed to toddler growth, although it may also be influenced by other factors such as complementary feeding and socioeconomic conditions. It is recommended that health education regarding the importance of exclusive breastfeeding be continuously promoted through the involvement of healthcare workers, family support, and policy reinforcement, particularly in areas at risk of poor nutritional outcomes.

Keyword: Exclusive Breastfeeding, Growth, Nutritional Status, Toddler

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