

INTISARI

GAMBARAN KENAIKAN BERAT BADAN PADA BAYI USIA 0-6 BULAN BERDASARKAN PEMBERIAN ASI DI BPS LENI INDRAWATI KARONGAN BERBAH SLEMAN

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Latar Belakang : Cakupan pemberian ASI Eksklusif pada bayi 0-6 bulan di Indonesia tahun 2012 menunjukkan penurunan dari 63,4% menjadi 54,3% pada tahun 2013 (Kemenkes, 2014). Bayi yang mendapatkan ASI mempunyai kenaikan berat badan yang baik setelah lahir, pertumbuhan setelah periode perinatal baik, dan mengurangi kemungkinan obesitas.

Tujuan Penelitian : Untuk mengetahui kenaikan berat badan pada bayi usia 0-6 bulan berdasarkan pemberian ASI di BPS Leni Indrawati, Karongan, Berbah, Sleman.

Metode Penelitian : Metode penelitian deskriptif. Sampel diambil dengan teknik *Purposive Sampling*, sehingga diperoleh jumlah sampel sebanyak 35 responden. Instrumen penelitian adalah kuesioner dan hasil penelitian dianalisis dengan *distribusi frekuensi* relatif atau *prosentase*.

Hasil Penelitian : Berat badan bayi usia 0-6 bulan yang diberi ASI Eksklusif seluruhnya mengalami kenaikan 0,61-1 kg sebanyak 16 bayi (100%). Berat badan bayi usia 0-6 bulan yang tidak diberi ASI Eksklusif sebanyak 3 bayi (15,8%) mengalami kenaikan berat badan 0-0,61 kg dan 16 bayi (84,2%) mengalami kenaikan berat badan 0,61-1 kg. Berat badan bayi yang diberikan ASI Eksklusif seluruhnya mengalami kenaikan berat badan 0,61-1 kg, sedangkan bayi yang tidak diberi ASI Eksklusif sebanyak 3 bayi (15,8%) mengalami kenaikan berat badan 0-0,61 kg dan 16 bayi (84,2%) mengalami kenaikan berat badan 0,61-1 kg.

Kesimpulan : Berat badan bayi yang diberikan ASI Eksklusif seluruhnya mengalami kenaikan 0,61-1 kg, sedangkan berat badan bayi yang tidak diberi ASI Eksklusif sebagian mengalami kenaikan 0-0,61 kg.

Kata Kunci : berat badan, ASI Eksklusif

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ABSTRACT

THE DESCRIPTION OF BODY WEIGHT GAIN IN 0-6-MONTH-OLD BABIES AND OLDER BASED ON BREASTMILK FEEDING IN LENI INDRAWATI, KARONGAN, BERBAH, SLEMAN

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Background : The coverage of exclusive breastmilk feeding in 0-6-month-old babies in Indonesia in 2012 indicated a declining rate from 63,4% to 54,3% in 2013 (Health Ministry, 2014). Babies who received breastmilk had proper weight gain after birth, proper growth during post perinatal period, and lower risk of obesity.

Objective : To identify Body Weight Gain in 0-6-month-old babies and older based on Breastmilk Feeding in Leni Indrawati Private Practice Midwife, Karongan, Berbah, Sleman.

Method : The study method was descriptive. Samples were selected through purposive sampling technique to obtain 35 respondents. Study instrument was questionnaires and study result was analyzed by frequency distribution or percentage.

Result : The body weight of 0-6 month old babies who were fed exclusive breastfeeding gained 0,61-1 kg as many as 16 babies (100%). The body weight of 0-6 month old babies who were not fed exclusive breastfeeding as many as 3 babies (15,8%) gained 0-0,61 kg and 16 babies (84,2%) gained 0,61-1 kg. The body weight of babies who were fed exclusive breastfeeding entirely gained 0,61-1 kg while babies who were not fed exclusive breastfeeding as many as 3 babies (15,8%) gained 0-0,61 kg and 16 babies (84,2%) gained 0,61-1 kg.

Conclusion : All babies who received exclusive breastmilk gained weight at about 0,61-1 kg, while several babies who did not received exclusive breastmilk gained weight at about 0-0,61 kg.

Keywords : Weight Gain, Exclusive Breastmilk.

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