

INTISARI

HUBUNGAN ANTARA PEMBERIAN ASI EKSKLUSIF DENGAN STATUS GIZI PADA BAYI UMUR (7-12 BULAN) DI POSYANDU CEMPAKA 2 WILAYAH KERJA PUSKESMAS SEWON II KABUPATEN BANTUL

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Latar Belakang : Salah satu masalah status gizi yang berkaitan langsung dengan AKB adalah pemberian ASI Eksklusif pada bayi. Menyusui disatu jam pertama bayi baru lahir sangat berperan dalam menurunkan angka kematian dan menyelamatkan satu juta bayi. Status gizi bayi dalam bulan-bulan pertama dari kehidupannya sangat menentukan untuk kehidupan selanjutnya. Masa bayi merupakan masa pertumbuhan dan perkembangan yang cepat.

Tujuan Penelitian : Mengetahui hubungan antara pemberian ASI Eksklusif dengan status gizi pada bayi umur (7-12 bulan) di Posyandu Cempaka 2 Wilayah Kerja Puskesmas Sewon II Kabupaten Bantul Tahun 2012.

Metode penelitian : Penelitian ini menggunakan metode *purposive sampling*, jenis penelitian *kuantitatif* dengan pendekatan *cross sectional*, sampel dalam penelitian ini adalah 30 responden di Posyandu Cempaka 2 Wilayah Kerja Puskesmas Sewon II. Proses pengumpulan data menggunakan kuesioner yang telah diuji validitas dan reliabilitasnya dan analisis data menggunakan uji statistik dengan *Kendall Tau*.

Hasil Penelitian : 40% ibu memberikan ASI Eksklusif dengan kriteria baik dan 76,7% status gizi bayi umur 7-12 bulan dengan kriteria baik. Dari hasil analisis diperoleh nilai koefisien korelasi *Kendall Tau* sebesar 0,484 dengan nilai p-value : 0,005. Nilai $p < 0,05$ yang berarti ada hubungan antara pemberian ASI Eksklusif dengan status gizi umur 7-12 bulan di Posyandu Cempaka 2 Wilayah Kerja Puskesmas Sewon II Bantul. Saran : dapat dijadikan salah satu bahan untuk meningkatkan kesadaran masyarakat yang belum mau memberikan ASI secara eksklusif pada bayinya ketika berusia 0-6 bulan melalui peningkatan penyuluhan tentang pentingnya ASI eksklusif.

Kata Kunci : Pemberian ASI Eksklusif, Status gizi.

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ABSTRACT

THE RELATION BETWEEN EXCLUSIVE BREASTFEEDING INFANT NUTRITIONAL STATUS AGE 7-12 MONTH IN POSYANDU CEMPAKA 2 HEALTH CENTER WORK AREA II SEWON BANTUL REGENCY

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Background: One of the issues directly related to the nutritional status of the IMR is exclusive breastfeeding in infants. The one hour breastfeeding a newborn's first important role in reducing mortality and save one million baby. Nutritional status of infants in the first months of life is crucial for the next life. Infancy is a period of rapid growth and development

Research objectives: Knowing the relationship between exclusive breastfeeding in infants with nutritional status age (7-12 months) in Posyandu Cempaka 2 Health Center Work Area II Sewon Bantul Regency.

Methods of research: This research is purposive sampling method, cross sectional approach, sample in this study were 30 respondents in Posyandu Cempaka 2 Health Center Work Area II Sewon Bantul Regency. The process of collecting data using questionnaires that have been tested and its reliability and validity of data analysis using questionnaires that have been tested and its reliability and validity of data analysis using the Kendall Tau test statistics.

Result : 40% of mothers gave exclusive breastfeeding with criteria good and 76.7% nutritional status of infants aged 7-12 months with a good criteria. From the results obtained by analysis of Kendall Tau correlation coefficient of 0.484 with the p-value: 0.005. Value of $p < 0.05$, which means there is a relationship between exclusive breastfeeding by age 7-12 months of nutritional status in Posyandu Cempaka 2 Health Center Work Area II Sewon Bantul.

Conclusion: There is a relationship between exclusive breastfeeding infant nutritional status, age 7-12 months in Posyandu Cempaka 2 Health Center Work Area II Sewon Bantul Regency. Suggestion: can be used as an ingredient to increase the awareness of people who do not want to breastfeed their infants exclusively at the age of 0-6 months through increased education about the importance of exclusive breastfeeding.

Keywords: Exclusive Breastfeeding, Nutritional status.

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