

**THE RELATIONSHIP BETWEEN EXCLUSIVE BREASTFEEDING WITH
PHYSICAL GROWTH AND DEVELOPMENT IN INFANTS AGED 7-12
MONTHS IN THE WORKING AREA OF PERLANG PUSKESMAS
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ABSTRACT

Background; Exclusive breastfeeding, exclusive breastfeeding was breast milk that was given to babies from birth for six months, without adding and/or replacing it with other foods or drinks (except drugs, vitamins and minerals). At an early age there was a very rapid increase in growth and development, from 0-5 years, so it was very important to paid attention to the growth and development of children so that they were detected as early as possible if abnormalities occur. The growth and development of the baby was largely determined by the amount of breast milk obtained including the energy and other nutrients contained in the breast milk.

Research Objectives: Knowing the relationship between exclusive breastfeeding and physical growth and development in infants aged 7-12 months in the working area of the UPTD Perlang Health Center in 2023.

Research Method: Cross-sectional design. The population of infants aged 7-12 months in the working area of the UPTD Perlang Health Center were 120 mothers. The sampling technique uses purposive sampling with a sample of 92. Data collection uses primary data. Data analysis used the chi square test.

Results: There is a significant relationship between the variables of exclusive breastfeeding ($p=0.000$) with physical growth ($p=0,000$) and development ($p=0,000$).

Conclusion: : There is a relationship between exclusive breastfeeding and physical growth and development in infants aged 7-12 months in the working area of the UPTD Perlang Health Center in 2023.

Keywords: exclusive breastfeeding, physical growth, development

HUBUNGAN PEMBERIAN ASI EKSKLUSIF DENGAN PERTUMBUHAN FISIK DAN PERKEMBANGAN PADA BAYI USIA 7-12 BULAN DI WILAYAH KERJA UPTD PUSKESMAS PERLANG TAHUN 2023

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ABSTRAK

Latar Belakang; Pemberian Air Susu Ibu Eksklusif, ASI Eksklusif adalah ASI yang diberikan kepada bayi sejak dilahirkan selama enam bulan, tanpa menambahkan dan/atau mengganti dengan makanan atau minuman lain (kecuali obat, vitamin, dan mineral). Usia dini terjadi peningkatan pertumbuhan dan perkembangan yang sangat pesat yaitu dari 0-5 tahun, sehingga sangat penting untuk memperhatikan tumbuh kembang anak agar terdeteksi sedini mungkin apabila terjadi kelainan. Pertumbuhan dan perkembangan bayi sebagian besar ditentukan oleh jumlah ASI yang diperoleh termasuk energi dan zat gizi lainnya yang terkandung di dalam ASI tersebut.

Tujuan Penelitian: diketahuinya hubungan pemberian ASI Eksklusif dengan pertumbuhan fisik dan perkembangan pada bayi usia 7-12 bulan di wilayah kerja UPTD Puskesmas Perlang tahun 2023.

Metode Penelitian: Desain *cross sectional*. Populasi bayi usia 7-12 bulan di wilayah kerja UPTD Puskesmas Perlang sebanyak 120 ibu. Teknik sampling menggunakan *purposive sampling* dengan sampel sebanyak 92. Pengumpulan data dengan data primer. Analisis data menggunakan uji *chi square*.

Hasil Penelitian: Terdapat hubungan bermakna variabel pemberian ASI Eksklusif ($p=0,000$) dengan pertumbuhan fisik ($p=0,000$) dan perkembangan ($p=0,000$).

Kesimpulan: Ada hubungan antara pemberian ASI Eksklusif dengan pertumbuhan fisik dan perkembangan pada bayi usia 7-12 bulan di wilayah kerja UPTD Puskesmas Perlang tahun 2023.

Kata Kunci: pemberian ASI Eksklusif, pertumbuhan fisik, perkembangan

