

Gambaran Pemberian Air Susu Ibu (ASI) Eksklusif dan Status Gizi Pada Balita Usia 7-24 Bulan Di Kapanewon Samigaluh Kabupaten Kulon Progo

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ABSTRAK

Latar Belakang : Pemberian ASI eksklusif yang tidak tepat dapat mempengaruhi status gizi anak. Kapanewon Samigaluh memiliki prevalensi status gizi berat badan kurang (BB/U) sebanyak 147 (11,93%) balita, *stunting* (TB/U) sebanyak 181 (14,69%) balita, gizi kurang (BB/TB <-2 SD s.d -3 SD) sebanyak 67 (5,43%) balita dan gizi buruk (BB/TB <-3 SD) sebanyak 2 (0,16%) balita. Cakupan pemberian ASI eksklusif di Kapanewon Samigaluh tahun 2022 sebesar 76,68%.

Tujuan : Mengetahui gambaran pemberian ASI eksklusif dan status gizi balita usia 7-24 bulan di Kapanewon Samigaluh Kabupaten Kulon Progo.

Metode : Penelitian deskriptif dengan rancangan *cross sectional*. Penelitian dilaksanakan di 7 kalurahan yang ada Kapanewon Samigaluh pada bulan September-November 2023. Jumlah sampel 125 balita usia 7-24 bulan yang diambil dengan purposive sampling. Variabel yang diteliti adalah riwayat pemberian ASI eksklusif dan status gizi. Analisis data menggunakan analisis univariat dan selanjutnya menggunakan analisis kecenderungan (tabulasi silang).

Hasil : Balita yang mendapatkan ASI eksklusif sebesar 73,6%. Sebagian besar balita yang mendapatkan ASI eksklusif memiliki status gizi baik yaitu 79,35% (indikator BB/U). Balita yang diberi ASI eksklusif cenderung memiliki status gizi pendek dan sangat pendek (*stunting*) yaitu 27,18% (indikator PB/U). Sebagian besar balita yang mendapatkan ASI eksklusif memiliki status gizi baik yaitu 82,61% (indikator BB/PB). Sebagian besar balita yang mendapatkan ASI eksklusif gizi baik yaitu 83,70% (indikator IMT/U). Balita yang mendapatkan ASI eksklusif memiliki status gizi normal lebih sedikit yaitu Terdapat 68,48% (indikator CIAF).

Kesimpulan : Cakupan pemberian ASI eksklusif di Kapanewon Samigaluh masih dibawah target resentra Kabupaten Kulon Progo yaitu 76,68%. Riwayat pemberian ASI eksklusif selama 6 bulan belum tentu menjamin status gizi balita usia 7-24 bulan di Kapanewon Samigaluh Kabupaten Kulon Progo berdasarkan indeks BB/U, PB/U, BB/PB, IMT/U dan CIAF.

Kata Kunci : ASI eksklusif, Status Gizi, CIAF, Kapanewon Samigaluh, Kabupaten Kulon Progo

Description of Exclusive Breastfeeding Practices and Nutritional Status for Toddlers Aged 7-24 Months in Samigaluh District, Kulon Progo Regency

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ABSTRACT

Background: Improper exclusive breastfeeding can affect the nutritional status of children. Samigaluh District has a prevalence of underweight (BB/U) status as many as 147 (11.93%) toddlers, *stunting* (TB/U) as many as 181 (14.69%) toddlers, malnutrition (BB/TB <-2 SD to -3 SD) as many as 67 (5.43%) toddlers and malnutrition (BB/TB <-3 SD) as many as 2 (0.16%) toddlers. The coverage of exclusive breastfeeding in Samigaluh District in 2022 is 76.68%.

Objective: To find out the description of exclusive breastfeeding and nutritional status of toddlers aged 7-24 months in Samigaluh District, Kulon Progo Regency.

Method: Descriptive research with *a cross sectional design*. The research was carried out in 7 sub-districts in Samigaluh District in September-November 2023. The number of samples of 125 toddlers aged 7-24 months was taken by purposive sampling. The variables studied were the history of exclusive breastfeeding and nutritional status. Data analysis uses univariate analysis and subsequently uses tendency analysis (cross-tabulation).

Results: Toddlers who received exclusive breast milk were 73.6%. Most of the toddlers who received exclusive breastfeeding had a good nutritional status of 79.35% (BB/U indikator). Toddlers who are exclusively breastfed tend to have a short and very short nutritional status (*stunting*) which is 27.18% (PB/U indikator). Most of the toddlers who received exclusive breastfeeding had a good nutritional status, which was 82.61% (BB/PB indikator). Most of the toddlers who get exclusive breastfeeding with good nutrition are 83.70% (BMI/U indikator). Toddlers who received exclusive breastfeeding had less normal nutritional status, namely 68.48% (CIAF indikator).

Conclusion: The coverage of exclusive breastfeeding in Samigaluh District is still below the target of the Kulon Progo Regency center, which is 76.68%. The history of exclusive breastfeeding for 6 months does not necessarily guarantee the nutritional status of toddlers aged 7-24 months in Samigaluh District, Kulon Progo Regency based on the BB/U, PB/U, BB/PB, IMT/U and CIAF indexes.

Keywords: Exclusive breastfeeding, Nutritional status, CIAF, Samigaluh District, Kulon Progo Regency