

THE RELATIONSHIP OF GIVING EXCLUSIVE BREASTFEEDING AND WEANING FOOD WITH NUTRITIONAL STATUS IN TODDLER AGE 24-36 MONTHS IN GIRIPURWO GIRIMULYO KULON PROGO

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ABSTRACT

Background: The malnutrition problem in children under five was a major problem in Indonesia. Malnutrition became a public health problem in an area if the prevalence was above 10%. Based on the results of the Nutrition Status Assessment in 2018 the prevalence of malnutrition in Giripurwo Village was 15%. It made Giripurwo village as one of the areas that experienced the most nutritional problems. One factor that could affect nutritional status was the intake. A person's nutritional status was a representation of what they consume. Children aged 4-24 months received adequate nutrition from breast milk and complementary foods.

Objective: To determine the relationship of exclusive breastfeeding and complementary breastfeeding with nutritional status in children aged 24-36 months in Giripurwo Village.

Method: Observational analytic with cross-sectional design. The research subjects were mothers and children in Giripurwo Village. The total sample of 58 respondents was taken by purposive sampling technique. Univariate and bivariate data analysis that used the chi-square test.

Results: Based on the results of the univariate analysis, the results showed that most respondents were exclusively breastfed, most respondents of the complementary food practice were incompatible and most respondents were of normal nutritional status. Based on the results of the bivariate analysis, the results showed that there was a relationship between exclusive breastfeeding and the nutritional status of children ($p = 0.005$) and there was no relationship between the practised of complementary feeding with child nutritional status ($p = 0.978$).

Conclusion: The factor that related to the nutritional status of children in the village of Giripurwo was exclusive breastfeeding.

Keywords: Exclusive Breastfeeding, Weaning Food, Nutritional Status

HUBUNGAN PEMBERIAN ASI EKSKLUSIF DAN MAKANAN
PENDAMPING ASI DENGAN STATUS GIZI PADA ANAK USIA 24-36
BULAN DI DESA GIRIPURWO KECAMATAN GIRIMULYO KABUPATEN
KULON PROGO

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ABSTRAK

Latar Belakang: Masalah gizi kurang dan gizi buruk pada balita masih menjadi masalah utama di Indonesia. Gizi kurang sebagai masalah kesehatan masyarakat di suatu wilayah apabila prevalensinya diatas 10%. Berdasarkan hasil Penilaian Status Gizi tahun 2018 prevalensi gizi kurang di Desa Giripurwo sebesar 15%. Desa Giripurwo sebagai wilayah yang paling banyak terjadi masalah gizi. Salah satu faktor yang dapat mempengaruhi status gizi adalah asupan. Status gizi seseorang merupakan gambaran apa yang dikonsumsi. Anak usia 4-24 bulan memperoleh kecukupan gizinya dari Air Susu Ibu dan Makanan Pendamping ASI.
Tujuan: Mengetahui hubungan pemberian ASI eksklusif dan makanan pendamping ASI dengan status gizi pada anak usia 24-36 bulan di Desa Giripurwo.

Metode: Analitik observasional dengan desain *cross sectional*. Subyek penelitian adalah ibu dan anaknya di Desa Giripurwo. Jumlah sampel sebanyak 58 responden diambil dengan teknik *purposive sampling*. Analisis data secara univariat dan bivariat menggunakan uji *chi-square*.

Hasil: Berdasarkan hasil analisis *univariat* diperoleh hasil yaitu, sebagian besar responden berstatus ASI eksklusif, sebagian besar responden praktik pemberian makanan pendamping ASI tidak sesuai dan sebagian besar responden berstatus gizi normal. Berdasarkan hasil analisis *bivariat* diperoleh hasil yaitu ada hubungan antara pemberian ASI eksklusif dengan status gizi anak ($p=0.005$) dan tidak ada hubungan antara praktik pemberian makanan pendamping ASI dengan status gizi anak ($p=0.978$).

Kesimpulan: Faktor yang berhubungan dengan status gizi anak di Desa Giripurwo adalah pemberian ASI Eksklusif.

Kata Kunci: ASI Eksklusif, MPASI, Status Gizi