

**GAMBARAN RIWAYAT PEMBERIAN ASI EKSKLUSIF DAN STATUS
GIZI BAYI USIA 7-9 BULAN DI WILAYAH KERJA PUSKESMAS
MOYUDAN SLEMAN YOGYAKARTA**

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ABSTRAK

Latar Belakang : Status gizi merupakan salah satu tolak ukur untuk menilai pertumbuhan dan perkembangan bayi. Banyak faktor yang dapat mempengaruhi status gizi bayi, diantaranya pemberian ASI eksklusif. ASI merupakan makanan yang terbaik bagi bayi pada 6 bulan pertama kehidupannya. Semua kebutuhan gizi yaitu protein, karbohidrat, lemak, vitamin dan mineral sudah tercukupi dari ASI. Sehingga WHO sejak 2001 merekomendasikan agar bayi mendapat ASI Eksklusif sampai umur 6 bulan.

Tujuan : Penelitian ini bertujuan untuk mengetahui gambaran riwayat pemberian ASI eksklusif dan status gizi bayi usia 7-9 bulan di wilayah kerja Puskesmas Moyudan, Sleman, Yogyakarta.

Metode : Jenis penelitian yang dilakukan adalah observasional dengan rancangan cross sectional. Subjek penelitian adalah total random sampling, yaitu semua bayi usia 7-9 bulan di wilayah kerja Puskesmas Moyudan, Sleman, Yogyakarta terhitung dari bulan Maret hingga Mei 2018. Data identitas orang tua dan bayi diperoleh melalui wawancara dengan menggunakan kuesioner, sedangkan data status gizi bayi diperoleh dengan melakukan pengukuran BB/U menggunakan *baby scale* dan PB/U menggunakan *infantometer*.

Hasil : Hasil penelitian status pemberian ASI menunjukkan sebanyak 50 bayi (66,7%) dari 75 bayi memiliki riwayat pemberian ASI secara eksklusif. Status gizi bayi yang diberi ASI Eksklusif berdasarkan indeks BB/U semua berstatus gizi baik, indeks PB/U sebanyak 43 bayi (86%) berstatus gizi normal, dan berdasarkan indeks BB/PB sebanyak 49 bayi (98%) berstatus gizi normal.

Kesimpulan : Kesimpulan penelitian ini yaitu sebagian besar bayi (66,7%) memiliki riwayat pemberian ASI eksklusif. Berdasarkan indeks BB/U sebagian besar bayi berstatus gizi baik, PB/U gizi normal dan BB/PB gizi normal.

Kata Kunci : ASI eksklusif, Status gizi, Pertumbuhan bayi

DESCRIPTION OF EXCLUSIVE ASSEMBLY AND NUTRITIONAL STATUS OF INFANT AGE 7-9 MONTH IN PUSKESMAS WORKING REGION MOYUDAN SLEMAN YOGYAKARTA

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ABSTRACT

Background: Nutritional status is one of the benchmarks to assess infant growth and development. Many factors can affect the infant nutritional status, including exclusive breastfeeding. Breast milk is the best food for babies in the first 6 months of life. All the nutritional needs of proteins, carbohydrates, fats, vitamins and minerals are fulfilled from breast milk. So WHO since 2001 recommends that infant get Exclusive Breast Milk until the age of 6 months.

Purpose: This study aims to find out the description of the history of exclusive breastfeeding and nutritional status of infants aged 7-9 months in the working area of Puskesmas Moyudan, Sleman, Yogyakarta.

Method: The type of research conducted was observational with cross sectional design. The research subjects were total random sampling, ie all infant aged 7-9 months in the working area of Puskesmas Moyudan, Sleman, Yogyakarta from March to May 2018. Parent and infant identity data was obtained through interviews using questionnaires, while data on infant nutritional status obtained by measuring BB / U using baby scale and PB / U using infantometer.

Results: The results of breastfeeding status studies showed that 50 infants (66.7%) of 75 infants had a history of exclusive breastfeeding. Nutritional status of infants exclusively breastfed based on the index of BB / U all have good nutritional status, PB / U index of 43 babies (86%) normal nutritional status, and based on index BB / PB as many as 49 babies (98%) normal nutritional status.

Conclusion: The conclusion of this study is that most infants (66.7%) have a history of exclusive breastfeeding. Based on index of BB / U most of the babies have good nutritional status, normal nutritional PB / U and normal BB / PB nutrition.

Keywords: exclusive breastfeeding, nutritional status, infant growth