

**DETERMINE UNDERWEIGHT IN CHILDREN AGE 7-24 MONTHS
BASED ON GIVING STATUS EXCLUSIVE ASI
IN THE WORK AREA PONJONG II HEALTH CENTER**

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ABSTRACT

Background: Underweight in toddlers can be caused by various factors, one of which is exclusive breastfeeding. Exclusive breastfeeding plays an important role in the formation of nutritional status in toddlers. Providing exclusive breastfeeding to toddlers ensures they receive adequate and appropriate nutrition. Toddlers who do not receive exclusive breastfeeding are at risk of poor nutritional intake, which may result in underweight conditions.

Objective: To identify the determinants of underweight among children aged 7–24 months based on exclusive breastfeeding status in the working area of Ponjong II Public Health Center.

Methods: This study employed a case-control design with a retrospective approach. The study population consisted of all children aged 7–24 months at Ponjong II Public Health Center in 2024, totaling 346 children as of February 2025. A minimum sample size of 35 cases and 75 controls was selected using purposive sampling. Case and control groups were selected based on inclusion and exclusion criteria. The research instrument used was a data collection form. Data analysis was conducted using univariate analysis, chi-square test, and logistic regression analysis.

Results: There was a significant relationship between exclusive breastfeeding (p -value = 0.05), maternal education (p -value = 0.002), maternal occupation (p -value = 0.015), and child's gender (p -value = 0.035) with underweight status. Children who were not exclusively breastfed were 3.301 times more likely to be underweight compared to those who received exclusive breastfeeding. The most dominant factor influencing underweight status was maternal education (p -value = 0.002).

Conclusion: Exclusive breastfeeding is associated with the incidence of underweight in children.

Keywords: Breastfeeding, Toddlers, Underweight

**DETERMINAN *UNDERWEIGHT* PADA ANAK UMUR 7-24 BULAN
BERDASARKAN STATUS PEMBERIAN ASI EKSKLUSIF
DI WILAYAH KERJA PUSKESMAS PONJONG II**

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ABSTRAK

Latar Belakang: *Underweight* pada balita dapat disebabkan oleh berbagai faktor, salah satunya adalah pemberian ASI eksklusif. Pemberian ASI eksklusif memiliki peranan penting dalam pembentukan status gizi pada balita. Pemberian ASI eksklusif pada balita dapat memberikan nutrisi yang tepat dan cukup. Di mana bila balita yang tidak mendapatkan ASI eksklusif akan berdampak pada pemenuhan gizi balita tersebut.

Tujuan: Mengetahui determinan *underweight* pada anak umur 7-24 bulan berdasarkan status pemberian ASI eksklusif di wilayah kerja Puskesmas Ponjong II.

Metode: Desain penelitian yang digunakan adalah *case control* dengan pendekatan retrospektif. Populasi studi yang digunakan dalam penelitian ini adalah seluruh anak umur 7-24 bulan di Puskesmas Ponjong II tahun 2024 sebanyak 346 anak pada Februari 2025 dengan jumlah sampel minimal 35 kelompok kasus dan 75 kelompok kontrol dengan teknik *purposive sampling*. Pemilihan kelompok kasus dan kontrol menggunakan kriteria inklusi dan eksklusi. Instrument penelitian yang digunakan adalah form pengumpulan data. Analisis data menggunakan analisis univariat, *chi square*, dan uji regresi logistik.

Hasil: Ada hubungan pemberian ASI eksklusif ($p\text{-value} = 0.05$), pendidikan ibu ($p\text{-value} = 0.002$), pekerjaan ibu ($p\text{-value} = 0.015$), dan jenis kelamin ($p\text{-value} = 0.035$) dengan kejadian *underweight*. Ada hubungan antara pemberian ASI eksklusif dengan kejadian *underweight*, balita yang tidak diberikan ASI eksklusif 3.301 kali berisiko mengalami *underweight* dibandingkan dengan balita yang diberikan ASI eksklusif. Faktor yang paling dominan memiliki pengaruh terhadap kejadian *underweight* adalah pendidikan ibu dengan $p\text{-value} 0,002$.

Kesimpulan: Pemberian ASI eksklusif berhubungan dengan kejadian *underweight*.

Kata Kunci: ASI, Balita, *Underweight*