

**PENGARUH CAKUPAN PEMBERIAN AIR SUSU IBU EKSKLUSIF
TERHADAP TUMBUH KEMBANG BAYI USIA 7-12 BULAN DI
PUSKESMAS TANJUNG PINANG KOTA JAMBI**

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ABSTRACT

The Effect of Exclusive breastfeeding Coverage towards Infant Growth and Development at aged 7-12 Months at Puskesmas Tanjung Pinang Jambi City

Breast milk is the standard and most ideal nutrition to support optimal health, growth, and development of the baby. The preferred method of breastfeeding is exclusively where breast milk is given from birth to 6 months of age without any complementary feeding. Breastfeeding itself has many benefits such as the baby can get a better immune system, form bonding between mother and baby, and one of the most important benefits is baby can achieve optimal growth and development. Therefore, this research was performed at UPTD Puskesmas Tanjung Pinang Kota Jambi to find out the prevalence of breastfeeding infant and the effect of exclusive breastfeeding to infant growth and development in infants aged 7-12 months. This research is using cross sectional method and Non Probability sampling technique type consecutive sampling. This research was performed from December 2017 – January 2018 to 195 respondents which are 130 (66,7%) of infants got exclusive breastfeeding and 65 (33,3%) of infants got non exclusive breastfeeding. In this research, infants who got exclusive breastfeeding and were found had normal growth based on Zscore BB/U are 100%, based on Zscore PB/Uare 98,5%, and based on Zscore BB/PB are 91,5% and also babies who had normal development are 93,8%. In this research, there was a correlation between exclusive breastfeeding to infants growth ($p = 0,000$) and development ($p = 0,000$) at aged 7-12 months.

Keywords: exclusive breastfeeding, Growth and development, 7-12 months old infant

ABSTRAK

Pengaruh Cakupan Pemberian Air Susu Ibu Eksklusif Terhadap Tumbuh Kembang Bayi Usia 7-12 Bulan di Puskesmas Tanjung Pinang Kota Jambi

ASI merupakan nutrisi standar dan paling ideal untuk menunjang kesehatan, pertumbuhan, dan perkembangan bayi secara optimal. Metode pemberian ASI yang dianjurkan yaitu secara eksklusif dimana ASI diberikan sejak bayi lahir sampai bayi berusia 6 bulan tanpa diberikan makanan pendamping ASI apapun. Pemberian ASI sendiri memiliki banyak manfaat seperti bayi dapat memperoleh sistem imun yang lebih baik, membentuk *bonding* antara ibu dan bayinya, dan salah satu manfaat yang paling penting yaitu bayi dapat mencapai tumbuh kembang yang optimal. Oleh karena itu, maka dilakukan penelitian di UPTD Puskesmas Tanjung Pinang Kota Jambi untuk mengetahui prevalensi bayi yang memperoleh ASI dan pengaruh pemberian ASI eksklusif terhadap tumbuh kembang bayi usia 7-12 bulan. Penelitian ini menggunakan desain studi *cross*

sectional dan menggunakan teknik *Non Probability Sampling* jenis *consecutive sampling*. Penelitian dilakukan mulai dari bulan Desember 2017 – Januari 2018 terhadap 195 responden dan didapatkan sebanyak 130 (66,7%) bayi mendapatkan ASI eksklusif dan 65 (33,3%) bayi mendapatkan ASI non eksklusif. Pada penelitian didapatkan bayi yang mendapatkan ASI eksklusif yang pertumbuhannya normal berdasarkan *Zscore* BB/U sebanyak 100%, berdasarkan *Zscore* PB/U sebanyak 98,5%, dan berdasarkan *Zscore* BB/PB sebanyak 91,5% serta yang perkembangannya normal sebanyak 93,8%. Pada penelitian ini, didapatkan hubungan bermakna antara pengaruh cakupan pemberian ASI eksklusif terhadap tumbuh ($p = 0,000$) kembang ($p = 0,000$) bayi usia 7-12 bulan.

Kata kunci: ASI eksklusif, tumbuh kembang, bayi usia 7-12 bulan