

**INSTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA
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**HUBUNGAN RIWAYAT PEMBERIAN ASI DENGAN BERAT BADAN PADA
BAYI 6-12 BULAN DI WILAYAH KERJA PUSKESMAS CIWARINGIN**

xii + 85 Halaman, 10 Tabel, 2 Bagan, 15 Lampiran.

ABSTRAK

Air Susu ibu (ASI) merupakan makanan yang paling ideal bagi bayi. ASI mengandung semua unsur zat gizi yang dibutuhkan untuk pertumbuhan dan perkembangan bayi serta mencukupi sampai bayi usia 6 bulan. Kenaikan berat badan pada bayi yang menerima ASI eksklusif terbanyak adalah berkisar antara 4.100-5.000 gram yaitu sebesar 60%. Sedangkan kenaikan berat badan pada bayi yang tidak diberikan ASI Eksklusif terbanyak adalah berkisar antara 5.100-6.000 gram yaitu 60%.

Tujuan penelitian ini untuk mengetahui hubungan riwayat pemberian ASI dengan berat badan pada bayi 6-12 bulan di wilayah kerja Puskesmas Ciwaringin. Jenis penelitian ini kuantitatif menggunakan metode deskriptif korelasional dengan pendekatan cross sectional. Populasi dalam penelitian ini adalah seluruh ibu yang mempunyai bayi berusia 6-12 bulan, jumlah sampel 78 responden teknik menggunakan probability sampling dengan simple random sampling dan menggunakan uji *chi square*. Tempat penelitian di wilayah kerja Puskesmas Ciwaringin selama bulan juni 2023

Hasil penelitian didapatkan dari 78 responden, 43 responden dengan ASI eksklusif berat badan normal sebanyak 34 responden, berat badan sangat kurang 4 responden, berat badan kurang 4 responden, risiko berat badan lebih 1 responden dan 35 dengan Non ASI eksklusif berat badan normal 24 responden, berat badan sangat kurang 0 responden, berat badan kurang 0 responden, risiko berat badan lebih 11 responden. Hasil uji *chi-square* didapatkan $p\text{-value } 0,001 < 0,05$ maka $H_0 =$ ditolak yang artinya ada hubungan antara pemberian ASI dengan berat badan pada bayi 6-12 bulan di wilayah kerja Puskesmas Ciwaringin. Bagi ibu yang mempunyai bayi agar memberikan ASI eksklusif pada bayi usia <6 bulan dan menghindari pemberian makanan pendamping lain untuk memenuhi nutrisi bayi agar pertumbuhan bayi dapat dicapai dengan optimal.

**Kata kunci : Pemberian ASI Eksklusif, Berat badan
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**THE RELATIONSHIP BETWEEN HISTORY OF BREASTFEEDING AND
INFANT WEIGHT 6-12 MONTHS IN THE WORKING AREA OF THE
CIWARINGIN PUBLIC HEALTH CENTER**

xii + 85 Pages, 10 Tables, 2 Charts, 15 Attachments.

ABSTRACT

Breast milk is the most ideal food for infants. Breast milk contains all the nutrients needed for the growth and development of the baby and is sufficient until the baby is 6 months old. The most weight gain in infants who receive exclusive breastfeeding is between 4,100-5,000 grams, which is 60%. While the most weight gain in infants who were not given exclusive breastfeeding was in the range of 5,100-6,000 grams, namely 60%.

The purpose of this study was to determine the relationship between history of breastfeeding and weight in infants aged 6-12 months in the working area of the Ciwaringin Health Center. This type of research was quantitative using a correlational descriptive method with a cross sectional approach. The population in this study were all mothers who had babies aged 6-12 months, the sample size was 78 respondents using probability sampling technique with simple random sampling and using the chi square test.

The research location is in the working area of the Ciwaringin Health Center during June 2023. The results of the study were obtained from 78 respondents, 43 respondents with normal weight exclusive breastfeeding as many as 34 respondents, 4 respondents very underweight, 4 respondents underweight, 1 respondent at risk of overweight and 35 with non-exclusive breastfeeding normal weight 24 respondents, very underweight 0 respondents, underweight 0 respondents, risk of over weight 11 respondents. The results of the chi-square test obtained a p-value of $0.001 < 0.05$, so $H_0 =$ rejected, which means that there is a relationship between breastfeeding and body weight in infants 6-12 months in the working area of the Ciwaringin Health Center. For mothers who have babies to give exclusive breastfeeding to babies aged < 6 months and avoid giving other complementary foods to meet the baby's nutrition so that the baby's growth can be achieved optimally.

Keywords : breastfeeding, body weight

Bibliography: 23 (2015-2022)