

ABSTRAK

PERTUMBUHAN BALITA BERDASARKAN PEMBERIAN ASI EKSKLUSIF DAN KONSUMSI GIZI SEIMBANG PADA BALITA UMUR 12-59 BULAN DI DESA BELUK WILAYAH PUSKESMAS BELIK KABUPATEN PEMALANG

Silvia Puspitawati¹, Agustin Syamsianah²

^{1,2,3}Program Studi SI Gizi Fakultas Ilmu Keperawatan dan Kesehatan
Universitas Muhammadiyah Semarang

Masalah gizi terjadi di setiap siklus kehidupan, dimulai sejak dalam kandungan (janin), bayi, anak, dewasa dan usia lanjut. Penelitian ini bertujuan untuk menganalisis pertumbuhan balita berdasarkan pemberian ASI Eksklusif dan konsumsi gizi seimbang pada balita umur 12-59 bulan di Wilayah Puskesmas Belik Kecamatan Belik Kabupaten Pemalang.

Penelitian ini merupakan penelitian analitik dengan disain *cross sectional*. *Populasi penelitian ini adalah* seluruh balita umur 12-59 bulan sejumlah 599 balita dan sampel berjumlah 69 balita, dengan Teknik sampling yang digunakan *Proportional Random Sampling*. Pengumpulan data pertumbuhan balita dilakukan dengan penimbangan berat badan selama 3 bulan dengan menggunakan KMS, data pemberian ASI Eksklusif dilakukan dengan metode wawancara menggunakan Instrumen kuesioner sedangkan konsumsi gizi seimbang dilakukan dengan wawancara menggunakan Instrumen form SemiQuantitative Food Frequency. Data dianalisis dengan uji Chi square.

Hasil penelitian menunjukkan bahwa pertumbuhan balita yang naik sebesar 38 (55,1%) dan tidak naik 31 (44,9%), pemberian ASI Eksklusif 26 (37,7%) dan tidak ASI Eksklusif 43 (62,3%), konsumsi energi defisit 18 (26,1%), dan tidak defisit 51 (73,9%), konsumsi protein yang defisit 9 (13%) dan tidak defisit 60 (87%). Secara statistik menunjukkan bahwa tidak ada hubungan pertumbuhan balita berdasarkan pemberian ASI Eksklusif ($p = 0,734$), tidak ada hubungan Pertumbuhan balita berdasarkan konsumsi energi ($p = 0,250$), dan tidak ada hubungan pertumbuhan balita berdasarkan konsumsi protein ($p = 0,453$).

Kata kunci : Pertumbuhan Balita, Pemberian ASI Eksklusif, Konsumsi Gizi seimbang.

ABSTRACT

GROWTH INFLUENCES BASED ON EXCLUSIVE ASSEMBLY AND NUTRITIONAL CONSUMPTION OF SEXBANG IN THE AGE 12-59 MONTHS IN THE VILLAGE REGION BUSINESS PUSKESMAS BELIK DISTRICT PEMALANG

Silvia Puspitawati¹, Agustin Syamsianah²

Nutrition Science Study Program The Faculty of Nursing and Health
University of Muhammadiyah Semarang

Nutrition problems occur in every life cycle, beginning in the womb (fetus), infant, child, adult and old age. This study aims to analyze the growth of toddlers based on Exclusive breastfeeding and balanced nutritional intake in children aged 12-59 months in Belik District Belik District Belal District Pemalang.

This research is an analytic research with cross sectional design. The population of this study were all children under five years old between 12-59 months and 599 children under five years old and the samples were 69 children under five years old. The sampling technique used was Proportional Random Sampling. The data collection of underfive growth was done by weighing weight for 3 months using KMS, Exclusive breastfeeding data was done by interview method using questionnaire instrument while balanced nutrition consumption is done by interview using Semi Quantitative Food Frequency form instrument. Data were analyzed by Chi square test.

The results showed that the growth of infants increased by 38 (55.1%) and did not rise 31 (44,9%), Exclusive breast feeding 26 (37,7%) and not exclusive breast milk 43 (62,3%), consumption energy deficit 18 (26,1%), and not deficit 51 (73,9%), protein consumption deficit 9 (13%) and not deficit 60 (87%). Statistically shows that there is no relation of toddler growth based on exclusive breastfeeding ($p = 0,734$), no relation of toddler growth based on energy consumption ($p = 0,250$), and no growth relationship of toddler based on protein consumption ($p = 0,453$).

Keywords: Growth of Underfives, Exclusive Breastfeeding, Balanced Nutrition Consumption.