

ABSTRAK

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Pengaruh Pemberian Asi Eksklusif Terhadap Status Kesehatan Bayi Usia 6-11 Bulan Di Wilayah Kerja Puskesmas Banjarejo
xv + 70 Halaman + 7 Tabel + 9 Lampiran

Cakupan ASI Eksklusif di Indonesia masih menjadi persoalan yang belum terselesaikan. ASI Eksklusif merupakan aspek yang penting utamanya dalam menunjang tumbuh kembang bayi. Ketidakoptimalan pemberian ASI Eksklusif dan angka kesakitan pada bayi, diantaranya batuk, pilek, demam, diare, serta infeksi saluran pernapasan akut (ISPA) masih tergolong tinggi. Kondisi tersebut mengindikasikan adanya problematika Kesehatan yang berkorelasi dengan optimalisasi pemberian ASI Eksklusif. Maka dilakukanlah penelitian ini bertujuan untuk mengetahui pengaruh pemberian ASI eksklusif terhadap status kesehatan bayi usia 6–11 bulan di wilayah kerja UPTD Puskesmas Banjarejo Kota Madiun. Jenis penelitian ini adalah kuantitatif analitik observasional dengan cross sectional. Populasi penelitian ini sejumlah 123 responden ibu dengan bayi usia 6–11 bulan besar sampel 57 responden secara purposive sampling. Proses pengumpulan data dilakukan dengan wawancara terstruktur. Data dianalisis secara univariat dan bivariat dengan uji Chi-Square pada tingkat signifikansi $\alpha = 0,05$. Hasil penelitian menunjukkan Sebagian besar bayi tanpa ASI Eksklusif berstatus Kesehatan buruk dan sebaliknya. Analisis Chi-Square menunjukkan nilai $p\text{-value} = 0,000 (<0,05)$. Berdasarkan penelitian dapat disimpulkan bahwa ASI Eksklusif berhubungan signifikan dengan status Kesehatan bayi usia 6-11 bulan. Peningkatan pemberian ASI Eksklusif menjadi upaya meningkatkan angka cakupan ASI eksklusif sebesar 80%, sehingga dapat meningkatkan status kesehatan bayi, mencegah stunting, serta mendukung terwujudnya sumber daya manusia yang sehat dan berkualitas.

Kata kunci: ASI Eksklusif, Status Kesehatan Bayi, Bayi Usia 6–11 Bulan.

Daftar bacaan: 6 buku (2016-2024)

ABSTRACT

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The Effect of Exclusive Breastfeeding on the Health Status of Infants Aged 6–11 Months in the Banjarejo Community Health Center Working Area

xv+ 70 Pages + 7 Tables + 9 Appendices

The coverage of exclusive breastfeeding in Indonesia is still an unresolved issue. Exclusive breastfeeding is an important aspect, especially in supporting the growth and development of babies. The suboptimal provision of exclusive breastfeeding and the rate of illnesses in babies, such as coughs, colds, fever, diarrhea, and acute respiratory infections (ARI), are still relatively high. This situation indicates health problems that are related to the optimization of exclusive breastfeeding. Therefore, this study was conducted to find out the effect of exclusive breastfeeding on the health status of babies aged 6–11 months in the working area of the Banjarejo Public Health Center, Madiun City. This research is an observational analytical quantitative study with a cross-sectional design. The results showed that most infants who did not receive exclusive breastfeeding had poor health status, whereas most infants who received exclusive breastfeeding had good health status. The Chi-Square test showed a p-value of 0.000 (<0.05). The study population consisted of 123 mothers with babies aged 6–11 months, with a sample size of 57 respondents selected through purposive sampling. Data collection was conducted using structured interviews. The data were analyzed univariately and bivariate with the Chi-Square test at a significance level of $\alpha = 0.05$. The results showed that most babies who were not exclusively breastfed had poor health status, and vice versa. The Chi-Square analysis showed a p-value = 0.000 (<0.05). Based on the study, it can be concluded that exclusive breastfeeding is significantly related to the health status of babies aged 6–11 months. Increasing exclusive breastfeeding is an effort to raise the exclusive breastfeeding coverage to 80%, which can improve baby health status, prevent stunting, and support the development of healthy and quality human resources.

Keywords: Exclusive breastfeeding, infant health status, infants aged 6–11 months.

References: 6 books (2016-2024)