

ABSTRAK

Bayi merupakan usia tingkat perkembangan yang sangat cepat sehingga membutuhkan nutrisi. Asupan nutrisi yang paling baik untuk menunjang perkembangan bayi yaitu pemberian ASI Eksklusif. Menurut data Profil Kesehatan RI capaian ASI Eksklusif di Indonesia hanya mencapai 54,0% dan didapatkan data angka gangguan perkembangan pada bayi sekitar 13% - 18%. Tujuan penelitian ini untuk mengetahui Hubungan Riwayat Pemberian ASI Eksklusif dengan Perkembangan Bayi Usia 6-12 Bulan di Posyandu Loa Puskesmas Paseh.

Penelitian ini menggunakan desain *korelatif* dengan pendekatan *cross sectional*. Populasinya yaitu ibu dan bayi usia 6-12 bulan sebanyak 60 orang. Teknik menggunakan *total sampling*. Instrumen penelitian menggunakan kuesioner Pemberian ASI Eksklusif dan lembar KPSP. Analisis dilakukan menggunakan presentase dengan uji *chi-square*.

Hasil penelitian menunjukkan sebagian besar bayi yang diberi ASI Eksklusif yaitu (61,7%) lalu bayi dengan perkembangan sesuai yaitu (53,3%). Hasil uji statistik diperoleh nilai ($p\text{-value} = 0,003 < 0,05$) yang berarti ada hubungan antara riwayat pemberian ASI eksklusif dengan perkembangan bayi usia 6-12 bulan. Selain itu bayi yang diberi ASI Eksklusif tetapi mengalami perkembangan meragukan hal ini dikarenakan kurangnya stimulasi dari ibu, cara meningkatkannya yaitu dengan cara memberikan stimulasi secara dini. Adanya hubungan antara bayi yang diberi ASI Eksklusif dan non eksklusif sehingga disarankan tenaga kesehatan khususnya pihak Puskesmas untuk dapat memberikan informasi kepada ibu tentang pentingnya pemberian ASI Eksklusif terhadap perkembangan bayi.

Kata kunci : ASI Eksklusif, Bayi Usia 6-12 Bulan, Perkembangan Bayi.

Sumber : 5 buku (2015-2020)

12 Jurnal (2014-2021)

8 Website (2015-2020)

ABSTRACT

Babies are a very fast developmental age that requires nutrition. The best nutritional intake to support infant development is exclusive breastfeeding. According to data from the Health Profile of the Republic of Indonesia, the achievement of exclusive breastfeeding in Indonesia only reached 54.0% and data on developmental disorders in infants was found to be around 13% - 18%. The purpose of this study was to determine the relationship between history of exclusive breastfeeding and the development of infants aged 6-12 months at Posyandu Loa Puskesmas Paseh.

This study uses a correlative design with a cross sectional approach. The population is mothers and babies aged 6-12 months as many as 60 people. The technique uses total sampling. The research instrument used the Exclusive Breastfeeding Questionnaire and the KPSP sheet. The analysis was performed using percentages with the chi-square test.

The results showed that most of the infants who were exclusively breastfed were (61.7%) then infants with appropriate development were (53.3%). The results of statistical tests obtained a value ($p\text{-value} = 0.003 < 0.05$) which means that there is a relationship between a history of exclusive breastfeeding and the development of infants aged 6-12 months. In addition, babies who are exclusively breastfed but experience dubious development are due to the lack of stimulation from the mother, the way to increase it is by providing early stimulation. There is a relationship between exclusive and non-exclusive breastfeeding, so it is recommended that health workers, especially the Puskesmas, can provide information to mothers about the importance of exclusive breastfeeding for infant development.

Keywords: Exclusive Breastfeeding, Infants Age 6-12 Months, Infant Development.

Source: 5 books (2015-2020)

12 Journals (2014-2021)

8 Websites (2015-2020)