

ABSTRAK

Stunting suatu gangguan pertumbuhan yang terjadi pada anak di awal kehidupan, gangguan ini menyebabkan kerusakan yang bersifat permanen. Stunting akan terjadi sejak anak ada di dalam kandungan ibu, akan tampak ketika memasuki usia balita. Salah satu yang menyebabkan stunting pada balita yaitu pemberian ASI secara Eksklusif, karena ASI sangat dibutuhkan dalam masa pertumbuhan bayi agar kebutuhan gizinya terpenuhi.

Tujuan dari penelitian ini untuk mengetahui hubungan antara pemberian ASI Eksklusif dengan kejadian stunting pada balita usia 6-59 bulan.

Desain yang digunakan Literature Review dengan pendekatan Systematic. Populasi yang didapatkan 2060 jurnal melalui database Google Scholar, terdapat 4 jurnal nasional dengan menggunakan teknik *purposive sampling* untuk menentukan kriteria inklusi dan eksklusi. Analisa data yang digunakan metode PICO (*Population/Problem, Intervention, Comparison, Outcome*).

Hasil yang didapatkan menggunakan instrument uji *kelayakan Duffy's Research Appraisal Checklist Approach*, terdapat 4 jurnal kategori Superior Paper (skor 205-306). Berdasarkan analisa jurnal balita yang tidak diberikan ASI Eksklusif berpeluang 61 kali lipat mengalami stunting dan pada usia 24-36 bulan memiliki hubungan yang kuat antara pemberian ASI Eksklusif dengan kejadian stunting. ASI merupakan asupan gizi yang sesuai dengan kebutuhan yang membantu pertumbuhan, perkembangan anak. Anak yang tidak diberikan ASI dengan cukup akan menyebabkan kejadian stunting.

Saran bagi peneliti selanjutnya pemberian ASI Eksklusif diharapkan dapat menjadi bahan referensi untuk penelitian keperawatan dan melakukan penelitian langsung kepada balita usia 24-36 bulan karena pada usia inilah anak sangat beresiko terhadap stunting.

Kata Kunci: ASI Eksklusif, Balita, Stunting.

Sumber : 15 jurnal (2010-2020).

21 buku (2010-2019).

6 website (2011-2018).

ABSTRACT

Stunting is a growth disorder that occurs in children early in life, this disorder causes permanent damage. Stunting will occur since the child is in the mother's womb, it will appear at the age of five. One of the causes of stunting in toddlers is giving exclusive breastfeeding, because breast milk is very much needed during the baby's growth period so that its nutritional needs are met.

The purpose of this study was to determine the relationship between offering exclusive breastfeeding and the incidence of stunting in toddlers aged 6-59 months.

The design used in the Literature Review is a systematic approach. The population obtained by 2060 journals through the Google Scholar database, there are 4 national journals using purposive sampling technique to determine inclusion and exclusion criteria. Data analysis used the PICO method (Population / Problem, Intervention, Comparison, Results).

The results obtained using the Duffy's Research Appraisal Checklist Approach due diligence instrument, there are 4 journals in the category of Superior Papers (score 205-306). Based on the journal analysis, toddlers who are not given exclusive breastfeeding are 61 times more likely to experience stunting and at the age of 24-36 months have a strong relationship between offering exclusive breastfeeding and the incidence of stunting. Breast milk is nutritional intake in accordance with the needs that help the growth and development of children. Children who are not given enough breast milk will cause stunting.

Suggestions for further researchers to offer exclusive breastfeeding are expected to be a reference for nursing research and direct research on toddlers aged 24-36 months because this is the age children are very at risk of stunting.

Keywords: *Exclusive Breastfeeding, Stunted, Under five children*

Source: *15 journals (2010-2020).*

21books (2010-2019).

6 website (2011-2018).