INTISARI

HUBUNGAN PEMBERIAN MAKANAN PENDAMPING ASI DENGAN PERTUMBUHAN BERAT BADAN BAYI USIA 6-12 BULAN DI DESA SAMBIROTO, PRACIMANTORO, WONOGIRI

Siti Kotimah [1], Dhani Setya Arumawati [2], Ahmad Syamsul Bahri [3]

Latar belakang : Kasus gizi buruk yang disebabkan oleh kekurangan konsumsi pangan dan mutu gizi yang dikonsumsi keluarga merupakan salah satu faktor yang mempengaruhi pertumbuhan bayi selain pendidikan ibu, pekerjaan ibu, serta pengetahuan ibu. Faktor ini sangat menentukan karena pemberian makanan yang meliputi kualitas dan kuantitas makanan, jadwal pemberian makan anak sangat berperan dalam mengatur konsumsi makanan anak. Sebagian besar kejadian kurang gizi dapat dihindari apabila mempunyai cukup pengetahuan tentang cara pemeliharaan gizi dan mengatur makanan anak.

Tujuan penelitian : Tujuan penelitian ini adalah untuk mengetahui hubungan pemberian makanan pendamping ASI dengan pertumbuhan berat badan bayi usia 6-12 bulan di Desa Sambiroto, Pracimantoro, Wonogiri.

Metode penelitian : Penelitian ini merupakan penelitian kuantitatif deskriptif korelasional dan menggunakan pendekatan penelitian metode *cross sectional* dan *retrospektif*. Sampel responden yang menjadi subyek penelitian adalah 40 pasang ibu dan bayinya yang berusia 6-12 bulan. Pengambilan data menggunakan kuesioner, timbangan dan KMS (Kartu Menuju Sehat), analisa data dengan menggunakan uji Korelasi *Spearman Rank (ρ)*.

Hasil Penelitian : Hasil penelitian menunjukkan pemberian makanan pendamping ASI kategori baik yaitu sebanyak 20 ibu (50%), dan pertumbuhan berat badan bayi mengalami kenaikan sebanyak 30 bayi (75%). Dari hasil analisis diketahui bahwa terdapat hubungan yang bermakna dan signifikan antara pemberian makanan pendamping ASI dengan pertumbuhan berat badan bayi usia 6-12 bulan di Desa Sambiroto. Hal ini terbukti dengan berdasarkan hasil analisis Korelasi *Spearman Rank (ρ)* diperoleh korelasi antara pemberian makanan pendamping ASI dengan pertumbuhan berat badan bayi sebesar -0,419 dengan taraf signifikansi sebesar 0,05 diketahui nilai (P) 0.007 maka $P < 0.05$, dengan demikian jika pemberian makanan baik maka pertumbuhan berat badan semakin naik.

Simpulan : Berdasarkan penelitian yang telah dilakukan di Desa Sambiroto, Pracimantoro, Wonogiri diketahui bahwa terdapat hubungan yang bermakna dan signifikan antara pemberian makanan pendamping ASI dengan pertumbuhan berat badan bayi. Hal ini terbukti dengan hasil analisis Korelasi *Spearman Rank (ρ)* sebesar -0,419, dengan taraf signifikansi sebesar 0,05 diketahui nilai (P) 0.007 maka $P < 0.05$.

Kata kunci : *pemberian makanan pendamping ASI, pertumbuhan berat badan bayi.*

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ABSTRACT

THE RELATIONSHIP BETWEEN GIVING COMPLEMENTARY FOOD OF BREAST MILK AND GROWING INFANTS' WEIGHT AT THE PERIOD   FROM 6 – 12 MONTHS OF AGE IN SAMBIROTO, PRACIMANTORO, WONOGIRI

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The Background of The Study: *the problem of malnutrition which is caused by the inadequate food consumption and the nutritional quality, which consumed by the family, is one of the factors that affect the growing infant other than mother's education, mother's occupation, and mother's knowledge. This factor is crucial because it should be adequate, meaning that the complementary foods should be given in amounts, frequency, and consistency foods to cover the nutritional needs of the child. Most of the malnutrition can be avoided if the household has good knowledge about how to manage the nutritional needs and the food of the child.*

The Objective of The Study: *the objective of the study is to know the relationship between giving complementary food of breast milk and growing infants weight at the period from 6 – 12 months of age in Sambiroto, Pracimantoro, Wonogiri.*

The Method of The Study: *the study is considered as correlation quantitative descriptive. It applies cross sectional and retrospective approach. There are 40 mothers and their infants at the period from 6 – 12 months of age as the respondents sampling. The technique of collecting data uses questionnaire, weigh scale, and KMS (kartu menuju sehat). The technique of analyzing data applies Spearman Rank (p) correlation test.*

The Result of The Study: *the result of the study shows that giving complementary food of the good breast milk category is 20 mothers (50%), and the change of infants' weight grows significantly 30 infants (75%). Based on the result of analysis, it is known that there is significant relationship between giving complementary food of breast milk and growing infants' weight at the period from 6 – 12 months of age in Sambiroto, Pracimantoro, Wonogiri. Proven that the result of the analysis of spearman rank (p) correlation test shows the correlation between giving complementary food of breast milk and growing infants' weight is -0,419 with degree significant around 0,05 known the score (P) 0.007 so P < 0.05, as a result if giving complementary food is adequate, the change of infants' weight will increase significantly.*

Conclusion: *based on the research conducted in Sambiroto, Pracimantoro, Wonogiri, it is known that there is relation between giving complementary food of the breast milk and growing infants' weight significantly. This is proven by the result of Spearman Rank (ρ) correlation around -0,419 with degree significant around 0,05 known the score (P) 0.007 so P < 0.05.*

Keywords: *giving complementary food of the breast milk, growing infants' weight.*