

## INTISARI

### HUBUNGAN TINGKAT PENGETAHUAN IBU TENTANG PEMBERIAN ASI EKSKLUSIF DENGAN PERTUMBUHAN DAN PERKEMBANGAN BAYI UMUR 3-9 BULAN DI 2 POSYANDU WILAYAH KERJA PUSKESMAS KARANGMALANG

Tanti Susilowati<sup>1</sup>, Fitri Budi Astuti<sup>2</sup>, Syafiq<sup>3</sup>

**Latar belakang:** Pemberian ASI selama 6 bulan dikenal sebagai ASI EKSKLUSIF dan diatur dalam PP No.33 tahun 2012 Pasal 6. Rangsangan yang optimal diperoleh pada saat proses pemberian ASI. ASI terbukti secara ilmiah menjadi makanan terbaik bagi bayi karena ASI ialah makanan alamiah berupa cairan dengan kandungan gizi yang cukup dan sesuai dengan kebutuhan bayi sehingga tumbuh kembangnya dapat berjalan optimal. Pemberian ASI pada bayi sangatlah penting sejak bayi lahir hingga 6 bulan tanpa tambahan makanan atau susu formula lainnya. Hasil studi pendahuluan di Puskesmas Karangmalang Kabupaten Sragen didapatkan bayi yang mendapatkan ASI eksklusif sebanyak 75,6% sedangkan melalui wawancara di Posyandu Puro, Karangmalang didapat 70% ibu yang kurang tahu tentang pemberian ASI eksklusif serta berdasarkan wawancara ibu/pengasuh anak didapat 4 dari 10 bayi didapat 1 bayi terjadi penyimpangan dan 2 bayi didapat meragukan dalam perkembangannya. Artinya 30% bayi mengalami gangguan perkembangan dan tidak mendapatkan ASI eksklusif dari ibunya.

**Tujuan:** Penelitian ini adalah untuk mengetahui adanya pengaruh tingkat pengetahuan ibu tentang pemberian ASI Eksklusif dengan tumbuh kembang bayi umur 3-9 bulan.

**Metode:** Desain penelitian adalah penelitian *non-eksperimen* dengan pendekatan *cross sectional*. Populasi penelitian ini adalah 30 bayi yang tercatat dalam kunjungan di 2 Posyandu Puskesmas Karangmalang. Teknik sampling menggunakan *sampling jenuh*. Didapatkan besar sampel 30 responden dan menggunakan uji korelasi *Chi Square*

**Hasil:** uji statistik didapat nilai *chi square* hitung  $>$  *chi square* tabel pada taraf kesalahan 5% ( $\alpha < 0,05$ ,  $df 1$ ) yaitu pada pertumbuhan bayi sebesar  $26,133 > 3,841$  nilai probabilitas yaitu  $0,000 < 0,05$ . Selain itu pada perkembangan bayi sebesar  $19,200 > 3,841$  dan juga didapat nilai probabilitas yaitu  $0,000 < 0,05$ , yang berarti ada pengaruh tingkat pengetahuan ibu tentang pemberian asi eksklusif dengan tumbuh kembang bayi usia 3-9 bulan di 2 posyandu wilayah kerja Puskesmas Karangmalang.

**Kata Kunci :** Pengetahuan ASI Eksklusif, tumbuh kembang bayi umur 3-9 bulan

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<sup>1</sup> Mahasiswa Ilmu Keperawatan Universitas Sahid Surakarta, 2015

<sup>2</sup> Dosen Ilmu Keperawatan Universitas Sahid Surakarta, 2015

<sup>3</sup> Dosen Ilmu Keperawatan Universitas Sahid Surakarta, 2015

## ABSTRACT

### **THE CORRELATION BETWEEN MOTHER'S KNOWLEDGE LEVEL OF EXCLUSIVE BREAST FEEDING AND GROWTH AND DEVELOPMENT OF INFANTS AGED 3 – 9 MONTHS IN TWO INTEGRATED HEALTH POSTS OF THE WORKING REGION OF COMMUNITY HEALTH CENTER OF KARANGMALANG**

Tanti Susilowati<sup>1</sup>, Fitri Budi Astuti<sup>2</sup>, Syafiq<sup>3</sup>

**Background:** Breast feeding for 6 months is known as Exclusive Breast Feeding as regulated in Article 6 of Governmental Regulation Number: 33 of 2012. The optimal stimuli are gained during the breast feeding process. The Breast feeding is scientifically proven as the best food for infants as it is natural liquid food that contains nutrition which is adequate and required by infants so that their growth and development are optimal. The breast feeding's to baby is very important since their births until 6 months old without supplementary food or other formula milks. The result of preliminary research conducted in Community Health Center of Karangmalang, Sragen Regency show that there were 75.6% of the infants who were given exclusive breast feeding. The result of interview to 10 mothers at Integrated Health Post of Puro shows that 70% of the mothers had less knowledge on the exclusive breast feeding. In addition, and the result shows that that 30% of the infants suffered from development disorders and did not get exclusive breast feeding from their mothers.

**Objective:** The objective of this research is to investigate the effect of the mother's knowledge level of exclusive breast feeding on the growth and development of infants aged 3-9 months.

**Method:** This research used the non-experimental research method with the cross-sectional approach. The samples of research were taken by using the total sampling technique. They consisted of 29 respondents. The data of research were analyzed by using the correlation analysis of Chi Square test.

**Result:** The statistical test shows that the value of chi square *count* is greater than that of chi square *table* at the error level of 5% ( $\alpha < 0.05$ ,  $df = 1$ ); the value of the growth of infants = 26.133 and the value of the development of infants = 19.200 are greater than 3.841, and the value of probability = 0.000 is smaller than 0.05. Thus, there is an correlation between the mother's knowledge level of exclusive breast feeding and the growth and development of infants aged 3-9 months in two integrated health posts of the working region of Community Health Center of Karangmalang.

**Keywords:** Knowledge of Exclusive breast feeding, growth and development of infants aged 3-9 months

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<sup>1</sup> Student of the Study Program of Nursing Science, Sahid University of Surakarta 2015

<sup>2</sup> Lecturer of the Study Program of Nursing Science, Sahid University of Surakarta 2015

<sup>3</sup> Lecturer of the Study Program of Nursing Science, Sahid University of Surakarta 2015