

ABSTRAK

Prastiwi, May Shinta. 2014. Perbedaan status gizi dan perkembangan antara balita yang mendapat ASI eksklusif dan non ASI eksklusif (Studi kasus balita usia 18-24 bulan di Puskesmas Kedungkandang Kota Malang). Tugas Akhir, Program Studi Ilmu Gizi Fakultas Kedokteran Universitas Brawijaya. Pembimbing: (1) Dr. dr. Sri Andarini, M.Kes (2) Catur Saptaning. SGz. MPH

Tumbuh kembang anak berlangsung secara teratur, saling berkaitan dan berkesinambungan yang dimulai sejak konsepsi sampai dewasa. Menyusui eksklusif dapat mendukung tumbuh kembang secara optimal. Prevalensi menyusui eksklusif di Puskesmas Kedungkandang, Kecamatan Kedungkandang, Kota Malang masih rendah yaitu 4,6%, sedangkan prevalensi gizi kurang 8,2%, dan perkembangan anak yang meragukan 5,2%. Penelitian ini bertujuan untuk mengetahui perbedaan status gizi dan perkembangan antara balita yang mendapat ASI eksklusif dan non ASI eksklusif. Penelitian bersifat *observasional analitik* dengan pendekatan *cross sectional* dilakukan pada 64 balita usia 18-24 bulan, penilaian status gizi menggunakan pengukuran antropometri (BB dan TB) sedangkan pengukuran status perkembangan menggunakan kuisioner KPSP (Kuisioner Pra Skrining Perkembangan). Hasil penelitian ini menunjukkan bahwa balita yang mempunyai riwayat pemberian ASI eksklusif berstatus gizi kurang 6,2% (BB/U) dan 3,1% tergolong pendek (TB/U), sedangkan balita yang mempunyai riwayat pemberian non ASI eksklusif berstatus gizi kurang 18,2% (BB/U) dan 12,5% tergolong pendek (TB/U). Perkembangan balita tergolong meragukan 6,2% (ASI Eksklusif) dan 9,3% (non ASI Eksklusif). Berdasarkan hasil uji statistik *independent t-test* (indek BB/TB dan indeks TB/U) dan *mann-whitney test* (indeks BB/U dan status perkembangan) diperoleh $p > 0.05$. Kesimpulan dari penelitian ini adalah tidak terdapat perbedaan yang signifikan antara status gizi dengan riwayat pemberian ASI maupun perkembangan balita dengan riwayat ASI.

Kata kunci : Status gizi, Status perkembangan, ASI Eksklusif, Balita 18-24 bulan

ABSTRACT

Prastiwi, May Shinta., 2014. The Difference between Nutritional and Developmental Status of Exclusive Breastfeeding and Non-exclusive Breastfeeding upon Infants (case study of children aged 18-24 months in Kedungkandang Health Center, Malang). Final Assignment, Nutrition Science Program, Medical Faculty of Brawijaya University. Supervisor: (1) Dr. dr. Sri Andarini, M.Kes (2) CaturSaptaning. S.Gz. MPH

Basically, the child's growing has have a regularly, inter-related and sustainability which started since its conception to adulthood. Exclusive breastfeeding is able to support optimal growth and development. The prevalence of exclusive breastfeeding at Kedungkandang Health Center, Malang, was still low at 4.6%, while 8.2% were malnutrition, and child development dubious at 5.2%. The aim was to determine the difference between the nutritional and development status of exclusive breastfeeding and non-exclusive breastfeeding. Research is observational analytic with cross sectional, performed on 64 toddlers ages 18-24 months. The assessment of nutritional status by anthropometric measurements (weight and height) while measuring developmental status using a questionnaire KPSP (Pre Screening Questionnaire Development). The results of this study exposed that toddlers who had exclusive breastfeeding history had 6.2% malnutrition (WAZ), 3.1% stunted (HAZ), whereas toddlers who historically approved non-exclusive breastfeeding exposed of malnutrition 18.2% (WAZ), 12.5% stunted (HAZ). Development of toddlers classified as doubtful 6.2% (exclusive breastfeeding) and 9.3% (non-exclusive breastfeeding). Based on the results of statistical tests independent t-test (index WHZ and HAZ) and the Mann-Whitney test (index WAZ and developmental status) acquired $p > 0.05$. The conclusion of this study is that there is no significant difference between nutritional status with history of breast feeding, as well as the developmental status of a toddler with history of breastfeeding.

Keywords: nutritional status, developmental status, exclusive breastfeeding, infants aged 18-24 months