

## ABSTRAK

### **GAMBARAN PEMBERIAN ASI EKSKLUSIF DAN STATUS GIZI PADA BALITA DI PUSKESMAS BALONGSARI SURABAYA**

Usia balita merupakan periode keemasan dalam masa pertumbuhan. Dengan gizi yang baik maka balita dapat berkembang sesuai dengan kebutuhan di masa pertumbuhannya. Salah satu penentu pertumbuhan balita adalah diberikannya ASI Eksklusif yang merupakan makanan yang terbaik bagi bayi dan harus diberikan selama 2 tahun. Tujuan dalam penelitian ini adalah untuk mengetahui gambaran status ASI Eksklusif dan status gizi pada balita. Penelitian ini menggunakan metode *Deskriptif* yang hanya melakukan pengamatan tanpa memberikan intervensi kepada responden. Pengambilan sampel sebanyak 60 responden diambil dengan teknik *Proportional random sampling*. Penelitian ini diperoleh hasil Karakteristik responden hasil penelitian umur responden diketahui bahwa dari 60 responden ibu yang mempunyai anak umur 2-5 tahun di Puskesmas Balongsari adalah ibu dengan umur 20-30 tahun sebanyak 45 responden dengan persentasi 65%, dan umur 31-40 tahun sebanyak 15 responden dengan persentasi 35%. Berdasarkan hasil penelitian pekerjaan responden diketahui bahwa dari 60 responden yang bekerja sebanyak 17 dengan persentasi 21,3% sedangkan ibu rumah tangga sebanyak 43 ibu dengan persentasi 78,8%. Berdasarkan hasil penelitian Berat Badan lahir diketahui bahwa bayi lahir dengan Berat Badan rendah sebanyak 21 bayi dengan persentasisebanyak 35% sedangkan bayi lahir dengan Berat Badan Normal sebanyak 39 dengan persentasi 65% . Berdasarkan hasil penelitian pemberian ASI Eksklusif bayi lahir di Puskesmas Balongsari sebanyak 47 bayi dengan persentasi 76% sedangkan tidak ASI Eksklusif sebesar 13 bayi dengan persentasi 24%. Berdasarkan hasil penelitian tinggi badan menurut umur bayi yang normal 59 dengan prosentasi 99% sedangkan *stunting* dengan prosentasi 1%. Berdasarkan hasil penelitian hubungan Berat Badan dengan ASI Eksklusif diketahui bahwa bayi berat badan lahir < 2500gr ASI Eksklusif sebanyak 18 bayi yang tidak ASI Eksklusif sebanyak 8 bayi sedangkan bayi berat badan lahir  $\geq$  2500gr ASI Eksklusif sebanyak 22 bayi yang tidak ASI Eksklusif sebanyak 12 bayi. Saran bagi peneliti selanjutnya yaitu lebih pro-aktif lagi dalam meningkatkan pemberian penyuluhan tentang status gizi pada balita maupun anak.

Kata Kunci : *ASI Eksklusif, karakteristik ibu, status gizi*

## ABSTRACT

### DESCRIPTION OF EXCLUSIVE ASSOCIATION AND NUTRITION STATUS IN BALONGSARI HEALTH CENTER SURABAYA

The age of a toddler is a golden period in the growth period. With good nutrition, toddlers can develop according to their needs during their growth. One determinant of toddler growth is the provision of exclusive breastfeeding which is the best food for babies and must be given for 2 years. The objective in this study was to determine the description of the status of exclusive breastfeeding and nutritional status in infants. This study uses Descriptive methods that only make observations without giving intervention to respondents. Sampling of 60 respondents was taken by the Proportional random sampling technique. The results of this study obtained the characteristics of respondents from the age of respondents, it is known that out of 60 mothers respondents who have children aged 2-5 years in Balongsari Health Center are mothers aged 20-30 years as many as 45 respondents with a percentage of 65%, and aged 31-40 years as many as 15 respondents with a percentage of 35%. Based on the results of the work research of respondents it is known that of the 60 respondents who worked as many as 17 with a percentage of 21.3% while housewives as many as 43 thousand with a percentage of 78.8%. Based on the results of birth weight research, it was found that babies born with low body weight were 21 babies with a percentage of 35%, while babies born with normal body weight were 39 with a percentage of 65%. Based on the results of research on exclusive breastfeeding, babies born at Balongsari Community Health Center were 47 babies with a percentage of 76%, while exclusive breastfeeding was 13 babies with a percentage of 24%. Based on the results of height research according to normal age of 59 with a percentage of 99% and 1 percentage with 1% percentage. Based on the results of the study of the relationship between Body Weight and Exclusive Breastfeeding it is known that babies born weight <2500gr Exclusive ASI as many as 18 babies who are not exclusive ASI as many as 8 babies while babies born weight  $\geq$  2500gr Exclusive ASI as many as 22 babies who are not exclusive ASI as many as 12 babies. Suggestions for further researchers are more pro-active in increasing the provision of counseling on nutritional status in infants and children.

Keywords: *Exclusive breastfeeding, maternal characteristics, nutritional status*