

# HUBUNGAN ASI EKSKLUSIF, MP-ASI, PENYAKIT INFEKSI DENGAN KEJADIAN WASTING PADA BALITA DI DESA KUKUSAN PUSKESMAS KENDIT KABUPATEN SITUBONDO

Rany Dwi Yuliana Putri

Program Studi Diploma 3 Gizi, Politeknik Kesehatan Kementerian Kesehatan Surabaya

e-mail : ranyputri0707@gmail.com

## ABSTRAK

**Latar Belakang,** *wasting* adalah kekurangan gizi bersifat akut diperoleh dari pengukuran BB/PB atau BB/TB dengan ambang batas atau z-skor  $< -2$  SD dari standar pertumbuhan. Berdasarkan data e-PPGBM Februari 2023, prevalensi *wasting* di Puskesmas Kendit sebesar 14,31%. Pada penimbangan bulan Oktober 2023, Desa Kukusan memiliki prevalensi balita *wasting* tertinggi sebesar 29%. **Tujuan Penelitian,** untuk mengetahui hubungan pemberian ASI, MP-ASI, penyakit infeksi dengan kejadian *wasting* pada balita di Desa Kukusan Puskesmas Kendit. **Metode Penelitian,** jenis penelitian yang digunakan adalah penelitian analitik dengan desain *cross-sectional*. Jumlah sampel sebesar 51 balita dengan teknik pengambilan *simple random sampling*. Uji statistik yang digunakan adalah uji korelasi *rank spearman*. **Hasil Penelitian,** tidak ada hubungan antara pemberian ASI dengan kejadian *wasting* ( $p\text{-value} = 0,105$ ). Ada hubungan antara praktik pemberian MP-ASI dengan kejadian *wasting* ( $p\text{-value} = 0,000$ ). Ada hubungan antara asupan zat gizi dengan kejadian *wasting*, asupan energi ( $p\text{-value} = 0,000$ ), asupan protein ( $p\text{-value} = 0,000$ ), asupan lemak ( $p\text{-value} = 0,002$ ), dan asupan karbohidrat ( $p\text{-value} = 0,025$ ). Ada hubungan antara penyakit infeksi dengan kejadian *wasting* ( $p\text{-value} = 0,001$ ). **Kesimpulan,** tidak ada hubungan antara ASI eksklusif dengan kejadian *wasting* pada balita di Desa Kukusan Puskesmas Kendit Kabupaten Situbondo. Ada hubungan antara praktik pemberian MP-ASI, asupan zat gizi, dan penyakit infeksi dengan kejadian *wasting* pada balita di Desa Kukusan Puskesmas Kendit Kabupaten Situbondo. **Saran,** ibu balita aktif dalam kegiatan penyuluhan atau pemberian edukasi yang diadakan oleh pihak puskesmas dengan menggunakan media yang mudah dipahami.

*Kata Kunci : Wasting, ASI Eksklusif, Pemberian MP-ASI, Penyakit Infeksi*

**THE RELATIONSHIP BETWEEN EXCLUSIVE BREASTFEEDING,  
COMPLEMENTARY FEEDING, INFECTIOUS DISEASE WITH  
WASTING AMONG TODDLERS IN KUKUSAN VILLAGE,  
PUSKESMAS KENDIT, SITUBONDO REGENCY**

**Rany Dwi Yuliana Putri**

*Diploma 3 Nutrition Study Program, Health Polytechnic Ministry of Health Surabaya*

e-mail : ranyputri0707@gmail.com

**ABSTRACT**

**Background**, wasting is acute nutritional deficiency obtained from measuring BB/PB or BB/TB with a threshold or z-score  $< -2$  SD from the growth standard. Based on e-PPGBM February 2023, the prevalence of wasting at Puskesmas Kendit was 14.31%. Based on integrated services post, October 2023, Kukusan Village had the highest prevalence of wasting at 29%. **Research Objective**, to determine the relationship between breastfeeding, complementary feeding, infectious diseases with wasting among toddlers in Kukusan Village, Puskesmas Kendit. **Research Method**, the type of research is analytical with a cross-sectional design. The sample size is 51 toddlers using a simple random sampling. The statistical test used is the spearman rank correlation. **Research results** show that there is no relationship between breastfeeding with wasting (p-value = 0.105). There is a relationship between complementary feeding with wasting (p-value = 0.000). There is a relationship between nutrient intake with wasting, energy intake (p-value = 0.000), protein intake (p-value = 0.000), fat intake (p-value = 0.002), and carbohydrate intake (p-value = 0.025) . There is a relationship between infectious diseases with wasting (p-value = 0.001). **Conclusion**, there is no relationship between exclusive breastfeeding with wasting among toddlers in Kukusan Village, Puskesmas Kendit, Situbondo Regency. There is a relationship between the complementary feeding practices, nutritional intake, and infectious diseases with wasting among toddlers in Kukusan Village, Puskesmas Kendit, Situbondo Regency. **Suggestions**, mothers of toddlers are active in outreach activities or providing education held by puskesmas using several media that are easy to understand.

**Keywords:** Wasting, Exclusive Breastfeeding, Complementary Feeding, Infectious Diseases