

ABSTRAK

HUBUNGAN PEMBERIAN ASI EKSKLUSIF DENGAN STATUS GIZI BAYI USIA 6-12 BULAN BERDASARKAN INDEKS BB/U DI WILAYAH KERJA PUSKESMAS SADANANYA KABUPATEN CIAMIS TAHUN 2026

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Cakupan ASI eksklusif di Indonesia masih berada di bawah target nasional yaitu 80%, begitupun di Kabupaten Ciamis khususnya di wilayah Puskesmas Sadananya berada di urutan ke 2 terendah setelah Puskesmas Pamarican. Dan rendahnya pemberian ASI eksklusif dapat berdampak pada kondisi kesehatanpun bayi termasuk status gizi bayi. Tujuan dari penelitian ini untuk mengetahui hubungan pemberian ASI Eksklusif dengan status gizi bayi usia 6-12 bulan berdasarkan indeks BB/U di Puskesmas Sadananya. Penelitian ini adalah penelitian kuantitatif dengan desain cross-sectional dan total responden sebanyak 75 responden. Data pemberian ASI eksklusif dikumpulkan melalui wawancara pada ibu bayi dan data status gizi bayi yang dikumpulkan melalui pengukuran antropometri diukur pada waktu yang bersamaan atau satu waktu (point time approach). Variabel Independen (bebas) dalam penelitian ini adalah Asi Eksklusif sedangkan variabel dependen (terikat) yaitu status gizi bayi (BB/U). Uji statistik menggunakan uji Chi-Square. Hasil penelitian menunjukkan nilai $p = 0,001$ ($p < 0,05$), sehingga dapat disimpulkan bahwa di wilayah kerja Puskesmas Sadananya tahun 2026 terdapat hubungan yang bermakna antara pemberian ASI eksklusif dengan status gizi bayi usia 6–12 bulan berdasarkan indeks BB/U. Sehingga perlu peningkatan cakupan ASI Eksklusif untuk menunjang status gizi pada bayi.

Kata kunci : Asi Eksklusif, Status Gizi Bayi, Usia 6–12 bulan

ABSTRACT

THE RELATIONSHIP BETWEEN EXCLUSIVE BREASTFEEDING AND THE NUTRITIONAL STATUS OF INFANTS AGED 6–12 MONTHS BASED ON THE WEIGHT-FOR-AGE INDEX IN THE SERVICE AREA OF THE SADANANYA COMMUNITY HEALTH CENTER, CIAMIS REGENCY, IN 2026

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The rate of exclusive breastfeeding in Indonesia remains below the national target of 80%; this is also the case in Ciamis Regency, particularly in the Sadananya Community Health Center (Puskesmas) service area, which ranks second lowest after the Pamarican Community Health Center. Low rates of exclusive breastfeeding can impact infants' health, including their nutritional status. The objective of this study is to determine the relationship between exclusive breastfeeding and the nutritional status of infants aged 6–12 months based on the weight-for-age index at the Sadananya Community Health Center. This is a quantitative study with a cross-sectional design. Data on exclusive breastfeeding were collected through interviews with the infants' mothers as respondents, while data on the infants' nutritional status were collected through anthropometric measurements taken at the same time (point-in-time approach). The independent variable in this study was exclusive breastfeeding, while the dependent variable was the infants' nutritional status (weight-for-age). The Chi-Square test was used for statistical analysis. The results showed a p-value of 0.001 ($p < 0.05$), leading to the conclusion that in the service area of the Sadananya Community Health Center in 2026, there was a significant association between exclusive breastfeeding and the nutritional status of infants aged 6–12 months, as measured by the weight-for-age index.

Keywords: Exclusive Breastfeeding, Infant Nutritional Statu, Ages 6-12 monts