

ABSTRAK

Nama : Dian Widiyanti Mukaromah (1102019061)
Program Studi : Kedokteran
Judul : Pengaruh Pemberian ASI Eksklusif dan ASI Non Eksklusif terhadap Pertumbuhan Bayi 0-12 Bulan Di RS Yarsi Jakarta Dan Tinjauannya Menurut Islam.

Latar Belakang: Pertumbuhan adalah bertambahnya ukuran dan jumlah sel serta jaringan interselular, berarti bertambahnya ukuran fisik dan struktur tubuh sebagian atau keseluruhan, sehingga dapat diukur dengan satuan panjang dan berat (Kemenkes RI, 2014). Pertumbuhan dipengaruhi oleh berbagai faktor yaitu, faktor genetik, faktor lingkungan, faktor internal, faktor post natal, faktor pre natal, dan faktor nutrisi. Nutrisi terbaik bayi pada 6 bulan pertama kehidupannya adalah ASI. Pemberian ASI eksklusif dari sejak lahir sampai usia 6 bulan direkomendasikan oleh WHO dan UNICEF (WHO, 2020). Penelitian di Meksiko menunjukkan bahwa 12,3% anak-anak berusia 6-35 bulan mengalami stunting disebabkan oleh kurangnya pemberian ASI. Oleh karena itu, penting untuk mengetahui hubungan pemberian ASI terhadap pertumbuhan bayi usia 0-12 bulan dari pandangan kedokteran dan Islam.

Metodologi: Penelitian ini bersifat observasional dengan pendekatan *cross sectional*. Populasi penelitian ini yaitu anak usia 0-12 bulan di Rumah Sakit YARSI Jakarta. Analisis data dilakukan secara analisis bivariat. Pengolahan data menggunakan alat bantu program *Statistical Product and Service Solution* (SPSS).

Hasil: Hasil menunjukkan dari 51 anak bahwa anak yang mendapatkan ASI eksklusif yakni sebanyak 27 orang atau 52.9% dan hanya 24 orang atau 47.1% yang memberikan ASI non eksklusif. Berdasarkan hasil uji statistik menggunakan *uji Chi Square* terdapat hubungan bermakna antara status gizi baik dan status gizi kurang dengan *p value* 0.03. Sedangkan tidak terdapat hubungan bermakna antara pemberian ASI eksklusif dengan pertumbuhan anak usia 0-12 bulan di Rumah Sakit YARSI Jakarta antara pertumbuhan status gizi baik, buruk, resiko lebih, lebih, obesitas, dan lingkaran kepala.

Kesimpulan: Adanya hubungan signifikan antara pemberian ASI eksklusif dan ASI non eksklusif terhadap status gizi baik dan kurang bayi usia 0-12 bulan di Rumah Sakit YARSI Jakarta, serta adanya perintah Allah SWT pada para Ibu untuk menyusui bayinya.

Kata Kunci: Bayi 0-12 bulan, ASI eksklusif, ASI non eksklusif, Pertumbuhan, islam

ABSTRACT

Name : Dian Widiанти Mukaromah (1102019061)
Study Program : Medicine
Title : *The Effect of Exclusive Breastfeeding and Non-Exclusive Breastfeeding on the Growth of Infants 0-12 Months At Yarsi Hospital Jakarta And Its Review According To Islam.*

Background: Growth is an increase in the size and number of cells and intercellular tissue, meaning an increase in physical size and body structure in part or in whole, so that it can be measured in units of length and weight (Kemenkes RI, 2014). Growth is influenced by various factors, namely, genetic factors, environmental factors, internal factors, post-natal factors, pre-natal factors, and nutritional factors. The best nutrition for babies in the first 6 months of life is breast milk. Exclusive breastfeeding from birth to 6 months of age is recommended by WHO and UNICEF (WHO, 2020). Research in Mexico showed that 12.3% of children aged 6-35 months experienced stunting due to lack of breastfeeding. Therefore, it is important to know the relationship between breastfeeding and the growth of infants aged 0-12 months from a medical and Islamic point of view.

Methods: This study is an observational study with a cross sectional approach. The population of this study were children aged 0-12 months at YARSI Hospital Jakarta. Data analysis was performed by bivariate analysis. Data processing using Statistical Product and Service Solution (SPSS) program tools.

Results: The results showed from 51 children that children who received exclusive breastfeeding were 27 people or 52.9% and only 24 people or 47.1% gave non-exclusive breastfeeding. Based on the results of statistical tests using the Chi Square test, there is a significant relationship between good nutritional status and poor nutritional status with a p value of 0.03. Meanwhile, there is no significant relationship between exclusive breastfeeding and the growth of children aged 0-12 months at YARSI Hospital Jakarta between the growth of good nutritional status, poor nutritional status, more risk, obesity, and head circumference.

Conclusion: There is a significant relationship between exclusive breastfeeding and non-exclusive breastfeeding on the nutritional status of infants aged 0-12 months at YARSI Hospital, Jakarta, as well as the command of Allah SWT to mothers to breastfeed their babies.

Keywords: Infants 0-12 months, exclusive breastfeeding, non-exclusive breastfeeding, Growth, Islam