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## **HUBUNGAN PEMBERIAN ASI EKSKLUSIF DAN KETEPATAN PEMBERIAN MP-ASI TERHADAP KEJADIAN STUNTING PADA BALITA USIA 6-23 BULAN DI KECAMATAN BANSARI KABUPATEN TEMANGGUNG**

### **ABSTRAK**

**Latar Belakang :** ASI eksklusif memberikan efek proteksi dengan meningkatkan status gizi balita. MP-ASI yang tidak adekuat berpengaruh pada kekurangan gizi dan menyebabkan keterlambatan perkembangan dan penurunan imun tubuh. Tujuan penelitian untuk mengetahui hubungan pemberian ASI eksklusif dan ketepatan pemberian MP-ASI terhadap kejadian *stunting* pada balita usia 6-23 bulan di Kecamatan Bansari.

**Metode :** desain penelitian yang digunakan observasional analitik dengan pendekatan *cross sectional*. Penelitian dilakukan di Kecamatan Bansari dengan sampel sebanyak 85 balita pada bulan Juni 2023. Variabel bebas yang digunakan ASI eksklusif dan MP-ASI sedangkan variabel terikat *stunting*. Pengambilan data dengan pengamatan, kuesioner dan pengukuran antropometri. Instrumen yang digunakan kuesioner karakteristik, ASI eksklusif, MP-ASI, dan form recall. Analisis data menggunakan *Chi Square* ( $\alpha = 0,05$ ).

**Hasil :** prevalensi *stunting* pada balita usia 6-23 bulan di Kecamatan Bansari sebesar 25,9%. Balita di Kecamatan Bansari yang tidak mendapatkan ASI eksklusif sebesar 37,6%. Balita di Kecamatan Bansari yang diberikan MP-ASI secara tidak tepat sebesar 62,4%. Hasil uji analisis tidak terdapat hubungan pemberian ASI eksklusif terhadap kejadian *stunting* pada balita usia 6-23 bulan di Kecamatan Bansari ( $p = 0,518$ ) dan tidak terdapat hubungan ketepatan pemberian MP-ASI terhadap kejadian *stunting* pada balita usia 6-23 bulan di Kecamatan Bansari ( $p = 0,718$ ).

**Simpulan :** tidak terdapat hubungan pemberian ASI eksklusif terhadap kejadian *stunting* pada balita usia 6-23 bulan di Kecamatan Bansari dan tidak terdapat hubungan ketepatan MP-ASI terhadap kejadian *stunting* pada balita usia 6-23 bulan di Kecamatan Bansari.

**Kata Kunci :** ASI eksklusif, MP-ASI, *stunting*, Balita

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## **THE RELATIONSHIP BETWEEN EXCLUSIVE BREASTFEEDING AND THE ACCURACY OF GIVING MP-ASI ON STUNTING INCIDENCE IN TODDLERS AGED 6-23 MONTHS IN BANSARI DISTRICT, TEMANGGUNG REGENCY**

### **ABSTRACT**

**Background:** Exclusive breastfeeding provides a protective effect by improving the nutritional status of toddlers. Inadequate MP-ASI has an effect on malnutrition and causes developmental delays and decreased immune system. The aim of the study was to determine the relationship between exclusive breastfeeding and the appropriateness of complementary feeding to the incidence of stunting in toddlers aged 6-23 months in Bansari District.

**Methods:** the research design used was analytic observational with a cross sectional approach. The research was conducted in Bansari District with a sample of 85 toddlers in June 2023. The independent variables used were exclusive breastfeeding and MP-ASI while the dependent variable was stunting. Data collection by observation, questionnaires and anthropometric measurements. The instruments used were characteristic questionnaires, exclusive breastfeeding, MP-ASI, and recall forms. Data analysis used *Chi square* ( $\alpha = 0.05$ ).

**Results:** The prevalence of stunting in toddlers aged 6-23 months in Bansari District is 25.9%. Toddlers in Bansari District who do not get exclusive breastfeeding are 37.6%. Toddlers in Bansari District who were given MP-ASI inappropriately amounted to 62.4%. The results of the analysis test, namely that there is no relationship between exclusive breastfeeding and the incidence of stunting in toddlers aged 6-23 months in Bansari District ( $p = 0.518$ ) and there is no relationship between the accuracy of giving MP-ASI to the incidence of stunting in toddlers aged 6-23 months in the District Bansari ( $p = 0.718$ ).

**Conclusion:** there is no relationship between exclusive breastfeeding and the incidence of stunting in toddlers aged 6-23 months in Bansari District and there is no relationship between the accuracy of MP-ASI and the incidence of stunting in children aged 6-23 months in Bansari District.

**Keywords:** exclusive breastfeeding, MP-ASI, stunting, toddlers