

ABSTRAK

Latar belakang: Angka cakupan pemberian ASI eksklusif di Indonesia pada 2021 hanya sebesar 56,9%, cakupan ini telah mengalami penurunan sebanyak 9,16% dari tahun sebelumnya dan masih belum memenuhi target SPM nasional sebesar 80%. Rendahnya cakupan ASI eksklusif dapat berdampak pada timbulnya masalah perkembangan, dimana sebanyak 7,51% anak di Indonesia masih mengalami masalah dalam perkembangannya.

Tujuan: Mengetahui hubungan antara praktik menyusui dengan status perkembangan bayi usia 0-6 bulan beserta faktor-faktor lain yang mempengaruhi perkembangan bayi.

Metode: Merupakan penelitian observasional analitik dengan pendekatan belah lintang (*cross-sectional*) dengan menggunakan data dari penelitian 1.000 HPK FK UNDIP. Sampel berupa 110 bayi usia 0-6 bulan di 14 puskesmas kota Semarang.

Hasil: Hasil analisis bivariat pada 110 sampel didapatkan hubungan yang bermakna antara praktik menyusui dengan status perkembangan bayi usia 0-6 bulan ($p = 0,026$), sedangkan faktor perancu seperti frekuensi menyusui, durasi menyusui, pendidikan Ibu, pekerjaan Ibu, dan riwayat sakit bayi tidak memiliki hubungan yang bermakna dengan status perkembangan bayi usia 0-6 bulan.

Kesimpulan: Terdapat hubungan yang bermakna antara praktik menyusui dengan status perkembangan bayi usia 0-6 bulan.

Kata kunci: Praktik menyusui, ASI eksklusif, Perkembangan bayi, Frekuensi menyusui, Durasi menyusui, karakteristik Ibu, riwayat sakit.

ABSTRACT

Background: *The coverage rate of Indonesia's exclusive breastfeeding in 2021 is only 56.9%, this coverage has decreased by 9.16% from the previous year and still does not meet the national SPM target of 80%. The low coverage of exclusive breastfeeding can lead to an impact on the emergence of developmental problems, in which as many as 7.51% of children in Indonesia still experience problems in their development.*

Aim: *To acknowledge the relationships between breastfeeding practices and the developmental statuses of infants aged 0-6 months along with any other factors that influence the infant development.*

Method: *The method used is an analytic observational study with a cross-sectional approach (cross-sectional) using data from a study of 1,000 HPK FK UNDIP. The samples consist of 110 infants aged 0-6 months from 14 Puskesmas in Semarang.*

Results: *The results of bivariate analysis on 110 samples show a significant relationship between breastfeeding practices and the developmental statuses of infants aged 0-6 months ($p = 0.026$) and The practice of exclusive breastfeeding can improve the developmental status of infants aged 0-6 months ($r = 0.475$), while confounding factors such as frequency of breastfeeding, duration of breastfeeding, mother's education, mother's occupations, and history of illness have no significant relationships with the developmental statuses of infants aged 0-6 months.*

Conclusion: *There is a significant relationship between breastfeeding practices and the development status of infants aged 0-6 months.*

Keywords: *Breastfeeding practices, exclusive breastfeeding, baby development, frequency of breastfeeding, duration of breastfeeding, mother's characteristics, history of illness.*