

Hubungan Paritas dan Jenis Persalinan dengan Riwayat Pemberian ASI Eksklusif pada Balita Stunting

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ABSTRAK

Latar belakang : Stunting adalah permasalahan gizi yang persentase angka kejadiannya masih tergolong tinggi. ASI eksklusif berkontribusi memenuhi kebutuhan asupan gizi bayi, yang berefek pada tumbuh kembang serta imunitas tubuh bayi. Balita yang mengalami stunting cenderung tidak menerima ASI eksklusif. Faktor yang mempengaruhi terlaksananya pemberian ASI eksklusif adalah paritas dan jenis persalinan.

Tujuan : Untuk mengetahui hubungan paritas dan jenis persalinan dengan riwayat pemberian ASI eksklusif pada balita stunting

Metode : Penelitian ini termasuk penelitian *cross sectional*. Subjek penelitian adalah 50 ibu dengan balita stunting di wilayah Kota Semarang. Data yang diambil berupa riwayat pemberian ASI Eksklusif, paritas, jenis persalinan, usia ibu, pekerjaan, dan pendidikan. Analisis dilakukan dengan uji *fisher exact* untuk mengetahui hubungan antar variabel.

Hasil : Sejumlah 13 ibu (26,0%) tidak memberikan ASI eksklusif, 34 ibu (68,0%) seorang multipara, 20 ibu (40,0%) melahirkan secara *caesar*, 16 ibu (32,0%) usia berisiko, 36 ibu (72,0%) tidak bekerja, dan 14 ibu (28,0%) berpendidikan rendah. Terdapat hubungan paritas dengan pemberian ASI eksklusif ($p=0,002$), sedangkan jenis persalinan, usia, pendidikan, dan pekerjaan tidak berhubungan dengan pemberian ASI eksklusif.

Kesimpulan : Terdapat hubungan yang signifikan antara paritas dan riwayat pemberian ASI eksklusif pada balita. Tidak ada hubungan antara jenis persalinan normal dan persalinan *caesar* dengan pemberian ASI eksklusif pada balita.

Kata kunci : ASI eksklusif, paritas, jenis persalinan

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Relationship Between Parity and Type of Delivery with Exclusive Breastfeeding History in Stunted Toddlers

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ABSTRACT

Background : Stunting is a nutritional problems whose incidence rate is still relatively high. Exclusive breastfeeding contributes to the fulfillment of infant nutritional intake, which have an effect on growth and development and immunity. Toddlers who are stunted tend not to receive exclusive breastfeeding. Factors that influence the implementation of exclusive breastfeeding are parity and type of delivery.

Objectives : To analyze relationship between parity and type of deliver with the history of exclusive breastfeeding in stunted toddlers.

Methods : This study is cross sectional study. The research subjects were 50 mothers with stunted toddlers in the Semarang City area. Data collected included exclusive breastfeeding history, parity, type of delivery, mother's age, occupation, and education. The analysis was conducted with the fisher exact test to determine the relationship between variables.

Result : A total of 13 mothers (26,0%) did not provide exclusive breastfeeding, 34 mothers (68,0%) were multiparous, 20 mothers (40,0%) gave birth by caesarean section, 16 mothers (32,0%) were at risk age, 36 mothers (72,0%) did not work, and 14 mothers (28,0%) had low education. There was a relationship between parity and exclusive breastfeeding ($p=0,002$), while type of delivery, age, occupation, and education were not associated with exclusive breastfeeding

Conclusions : There was a significant association between parity and exclusive breastfeeding. There is no association between normal delivery and caesarean delivery and exclusive breastfeeding history.

Keywords : exclusive breastfeeding, parity, type of delivery

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