

Hubungan Riwayat ASI Eksklusif dan MP-ASI dengan Kejadian Diare pada Balita Usia 6-24 Bulan di Posyandu Seruni Jomblang

Ardyah Permata Garini¹, Aryu Candra¹, Mursid Tri Susilo¹, Nurmasari Widyastuti¹

Korespondensi: ardyah.permata@gmail.com

ABSTRAK

Latar Belakang: Berdasarkan data nasional, diare merupakan penyebab utama kematian balita, terutama usia 6–24 bulan. Salah satu faktor risiko diare meliputi tidak diberikannya ASI eksklusif dan MP-ASI yang tidak tepat.

Tujuan: Mengetahui keterkaitan riwayat ASI eksklusif dan MP-ASI dengan kejadian diare pada balita usia 6–24 bulan di Posyandu Seruni Jomblang

Metode: Penelitian observasional dengan desain *cross sectional*, serta sampel sebanyak 56 balita (*total sampling*). Variabel yang diambil adalah riwayat ASI eksklusif, pemberian MP-ASI (usia awal, frekuensi, porsi, tekstur, cara pemberian) dan asupan seng serta vitamin A. Uji bivariat menggunakan *chi square* dan uji multivariat menggunakan regresi logistik ganda dengan signifikansi $p < 0,05$.

Hasil: Prevalensi diare kategori sering 55,4%, tidak ASI eksklusif 51,8%, pemberian MP-ASI tepat (usia awal 50%, frekuensi 51,8%, porsi 66,1%, tekstur 67,9%), dan cara pemberian tidak tepat 57,1%. Uji bivariat menunjukkan terdapat hubungan antara riwayat ASI eksklusif ($p=0,008$), usia awal MP-ASI ($p=0,016$), frekuensi MP-ASI ($p=0,029$), porsi MP-ASI ($p=0,048$), tekstur MP-ASI ($p=0,020$), cara pemberian MP-ASI ($p=0,020$), dan asupan seng ($p=0,025$) dengan kejadian diare. Uji multivariat menunjukkan bahwa riwayat tidak ASI eksklusif dan pemberian MP-ASI (usia awal, frekuensi, porsi, tekstur dan cara pemberian) yang tidak tepat berhubungan dengan kejadian diare sering.

Simpulan: Terdapat hubungan riwayat ASI eksklusif dan pemberian MP-ASI (usia awal, frekuensi, porsi, tekstur dan cara pemberian) dengan kejadian diare.

Kata Kunci: Diare, ASI eksklusif, MP-ASI, balita

¹Departemen Ilmu Gizi, Fakultas Kedokteran, Universitas Diponegoro, Semarang

The Association Between Exclusive Breastfeeding History and Complementary Feeding with the Incidence of Diarrhea Among Children Aged 6–24 Months at Posyandu Seruni Jomblang

Ardyah Permata Garini¹, Aryu Candra¹, Mursid Tri Susilo¹, Nurmasari Widyastuti¹

Correspondence: ardyah.permata@gmail.com

ABSTRACT

Backgrounds: Based on national data, diarrhea remains a leading cause of mortality in toddlers aged 6–24 months, primarily due to the absence of exclusive breastfeeding and inappropriate complementary feeding practices.

Objective: To analyze the association between exclusive breastfeeding history and complementary feeding practices with diarrhea incidence in toddlers aged 6–24 months at Posyandu Seruni, Jomblang.

Methods: Observational study with a cross-sectional design on 56 toddlers (total sampling). Variables included exclusive breastfeeding, complementary feeding (timing, frequency, portion, texture, method), and zinc and vitamin A intake. Chi-square was used for bivariate analysis, and multiple logistic regression for multivariate analysis ($p < 0.05$).

Results: Frequent diarrhea was found in 55.4% of children, with 51.8% not exclusively breastfed. Appropriate complementary feeding was observed in timing (50%), frequency (51.8%), portion (66.1%), and texture (67.9%), while 57.1% had inappropriate feeding methods. Bivariate analysis showed significant associations between diarrhea and exclusive breastfeeding ($p=0.008$), timing ($p=0.016$), frequency ($p=0.029$), portion ($p=0.048$), texture ($p=0.020$), feeding method ($p=0.020$), and zinc intake ($p=0.025$). Multivariate analysis revealed that lack of exclusive breastfeeding and inappropriate complementary feeding were linked to frequent diarrhea.

Conclusion: There is an association between a history of exclusive breastfeeding and complementary feeding practices (in terms of initiation age, frequency, portion, texture, and feeding method) with the incidence of diarrhea.

Keywords: Diarrhea, exclusive breastfeeding, complementary feeding, children

¹Nutrition Science Departement, Medical Faculty of Diponegoro University, Semarang