

ABSTRACT

Background: The prevalence of stunting in Botung Village reaches 26.7%, exceeding the national average of 21.5%, with 40.0% of infants having body weight below the green line of the Child Health Card (KMS). The low coverage of exclusive breastfeeding due to prelacteal feeding practices is a major risk factor. Lactation management is a key intervention in supporting optimal growth of infants aged 0–6 months. **Objective:** To analyze the effect of lactation management implementation on infant growth, including body weight (BW), body length (BL), and head circumference (HC) in Botung Village. **Methods:** This was a quantitative study with a pretest–posttest control group design. The population consisted of 65 infants aged 0–6 months, with a sample of 64 infants selected using total sampling technique. The sample was divided into an experimental group (n=32), which received lactation management interventions in the form of education, assistance, and breastfeeding technique practice from February to April 2026, and a control group (n=32), which received routine care. Data were collected through direct anthropometric measurements using calibrated infant scales, an infantometer, and a non-elastic measuring tape. Data analysis included the Shapiro–Wilk test (normality), Paired T-Test (within-group changes), and Independent T-Test (between-group differences) at $\alpha = 0.05$. **Results:** The experimental group showed an average increase of 1,263 grams in BW, 5.4 cm in BL, and 2.7 cm in HC, which were significantly higher compared to the control group (BW +423 g, BL +2.1 cm, HC +1.2 cm). The Independent T-Test showed $p = 0.000$ ($p < 0.05$) for all three indicators. **Conclusion:** The implementation of lactation management has a significant effect on improving the growth of infants aged 0–6 months in Botung Village. This intervention has the potential to be an effective strategy in preventing stunting in rural areas where prelacteal feeding practices are still prevalent.

Keywords: Management; lactation; infant growth

ABSTRAK

Latar Belakang: Prevalensi stunting di Desa Botung mencapai 26,7%, melampaui rata-rata nasional 21,5%, dengan 40,0% bayi memiliki berat badan di bawah garis hijau KMS. Rendahnya cakupan ASI eksklusif akibat praktik pemberian makanan prelakteal menjadi faktor risiko utama. Manajemen laktasi merupakan intervensi kunci dalam mendukung pertumbuhan optimal bayi usia 0–6 bulan. **Tujuan:** Menganalisis pengaruh penerapan manajemen laktasi terhadap pertumbuhan bayi meliputi berat badan (BB), panjang badan (PB), dan lingkar kepala (LK) di Desa Botung. **Metode:** Penelitian kuantitatif dengan desain pretest-posttest control group. Populasi adalah 65 bayi usia 0–6 bulan, dan sampel berjumlah 64 bayi yang dipilih menggunakan teknik total sampling, terbagi dalam kelompok eksperimen (n=32) yang mendapat intervensi manajemen laktasi berupa edukasi, pendampingan, dan praktik teknik menyusui selama Februari–April 2026, serta kelompok kontrol (n=32) yang mendapat perawatan rutin. Pengumpulan data dilakukan melalui pengukuran antropometri langsung menggunakan timbangan bayi terkalibrasi, infantometer, dan pita ukur nonelastis. Analisis data menggunakan uji Shapiro-Wilk (normalitas), Paired T-Test (perubahan dalam kelompok), dan Independent T-Test (perbedaan antar kelompok) pada $\alpha = 0,05$. **Hasil:** Kelompok eksperimen menunjukkan kenaikan BB rata-rata 1.263 gram, PB 5,4 cm, dan LK 2,7 cm, secara signifikan lebih besar dibandingkan kelompok kontrol (BB +423 g, PB +2,1 cm, LK +1,2 cm). Uji Independent T-Test menunjukkan $p = 0,000$ ($p < 0,05$) untuk ketiga indikator. **Kesimpulan:** Penerapan manajemen laktasi berpengaruh signifikan terhadap peningkatan pertumbuhan bayi usia 0–6 bulan di Desa Botung. Intervensi ini berpotensi menjadi strategi efektif dalam pencegahan stunting di wilayah pedesaan yang masih menghadapi praktik prelakteal.

Kata kunci: Manajemen; laktasi; Pertumbuhan bayi