

**PENGARUH PRMBERIAN MAKANAN PENDMPING ASI (MP-ASI)
DINI TERHADAP KEJADIAN KONSTIPASI BAYI USIA 2-6 BULAN
DI KLINIK INA GURKY KEC.PANCUR BATU, KAB,DELI SERDANG
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ABSTRAK

ASI adalah sumber nutrisi terbaik yang dibutuhkan anak-anak antara usia 0 dan 6 bulan, ASI eksklusif sangat penting dalam menurunkan morbiditas dan mortalitas anak. karena memiliki sifat imunologi, anti infeksi, imunologi, dan enzim. Kesehatan dan kelangsungan hidup bayi sangat terbantu dengan pemberian ASI . Sesuai dengan rekomendasi dari UNICEF dan WHO, bayi baru lahir hanya boleh disusui selama enam bulan pertama kehidupannya sebelum menerima makanan tambahan Di Indonesia, ketersediaan Mp Asi bervariasi dan meningkat selama tiga tahun terakhir. Tingkat pemberian makanan tambahan dini adalah 61,5% pada 2011, 36,6% pada 2012, dan 45,7% pada 2013.*Konstipasi* merupakan salah satu efek samping dari pemberian makanan pendamping ASI. *Konstipasi* yang dapat terjadi ketika seorang ibu memberi makan bayinya alih-alih ASI, menyebabkan masalah pencernaan dan dehidrasi pada bayi baru lahir. Severe constipation is possible if not appropriately addressed. The goal of this study was to see how supplemental feeding affected the prevalence of constipation in babies aged 2 to 6 months at the Ina Gurky Clinic in Kec. Pancurbatu Kab, Deli Serdang in 2022. Metode yang digunakan yaitu penelitian Survei *Analitik* dengan pendekatan *Cross Sectional*. Hasil uji *chi-square* diperoleh nilai *p-value* 0,000 ($p < \alpha$ (0,000 < 0,05) sehingga *hipotesis* diterima artinya terdapat pengaruh Pemberian Makanan Pendamping Asi (MP-ASI) dini terhadap kejadian Konstipasi bayi Usia 2-6 bulan Di Klinik Ina Gurky Kec. Pancur Batu, Kab. Deli Serdang Tahun 2022. Diharapkan dengan adanya Penelitian ini dapat mengingatkan kepada ibu bahwa Pemberian makanan pendamping asi dini dapat mengakibatkan kejadian *konstipasi* pada bayi.

Kata kunci :Air Susu Ibu,Makanan Pendamping ASI,*Konstipasi*

***THE EFFECT OF EARLY SUPPLEMENTARY FEEDING (MP-ASI)
ON THE EVENT OF CONSTIPATION IN BABIES AGED 2-6
MONTHS AT INA GURKY CLINIC, KEC. PANCUR BATU,
KAB.DELI SERDANG IN 2022***

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ABSTRACT

Breast milk is the best source of nutrition needed by children between the ages of 0 and 6 months, exclusive breastfeeding is very important in reducing child morbidity and mortality. because it has immunological, anti-infective, immunological, and enzyme properties. The health and survival of babies is greatly helped by breastfeeding. In accordance with the recommendations of UNICEF and WHO, newborns should only be breastfed for the first six months of life before receiving additional food. In Indonesia, the availability of breast milk has varied and increased over the past three years. The rate of early complementary feeding was 61.5% in 2011, 36.6% in 2012, and 45.7% in 2013. Constipation is one of the side effects of complementary feeding. Constipation that can occur when a mother feeds her baby instead of breast milk, causes digestive problems and dehydration in the newborn. Severe constipation is possible if not appropriately addressed. The goal of this study was to see how supplemental feeding affected the prevalence of constipation in babies aged 2 to 6 months at the Ina Gurky Clinic in Kec. Pancurbatu Kab, Deli Serdang in 2022. The method of research used is Analytical Survey research with a Cross Sectional approach. The results of the chi-square test obtained a p-value of 0.000 ($p < \alpha$ ($0.000 < 0.05$)) so that the hypothesis is accepted, meaning that there is a relationship between early complementary feeding (MP-ASI) on the incidence of constipation in infants aged 2-6 months at the Ina Clinic. Gurky Pancur Batu Sub-district, Deli Serdang Regency in 2022. It is hoped that this research can remind mothers that early breastfeeding can lead to constipation in baby

Key words: *Mother's Milk, Complementary Foods for Breastfeeding, Constipation*