

**THE RELATIONSHIP BETWEEN BABY LED WEANING METHOD WITH  
CHOKING IN INFANTS AGED 6 MONTHS TO 1 YEAR IN**

**PRATAMA MARI BERASTAGI CLINIC**

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**ABSTRACT**

*According to the World Health Organization (WHO) in 2018, there were 17,537 cases of choking, most often occurring in children aged 18-36 months. The cause of choking in this case was 59.5% due to food, 31.4% choking due to foreign objects and 9.1% the cause of choking was unknown. Baby Led Weaning (BLW) is a way of introducing complementary foods to breast milk or solid food to infants aged 6 months or more by eating them themselves. The aim of this research is to determine the relationship between the led weaning method and the incidence of choking in infants. The research method is a quasi-experimental design with one group before carrying out the baby led weaning method (pretest) and after carrying out the baby led weaning method (posttest) and the control group. The number of samples is 36 infants aged 6-12 months. The results of the statistical test obtained knowledge and attitudes of p value 0.000 ( $p < 0.05$ ) which means that there was significant effectiveness before being given the baby led weaning method and after being given the baby led weaning method. Data analysis found that before carrying out the baby led weaning method, the majority had no effect as many as 26 babies (72.7%), and a minority with an influence as many as 10 babies (27.2%). After being given the Baby Led Weaning Method there was an influence with the majority having an influence of 34 babies (94.4%) and a minority of 2 babies (5.5%). From the results above there is a relationship between the baby led weaning method and choking incidents. Researchers' suggestions through this method can increase mother's insight*

*Keywords: Baby Led Weaning; Choking*

**HUBUNGAN METODE *BABY LED WEANING* DENGAN KEJADIAN TERSEDAK  
(*CHOCKING*) PADA BAYI UMUR 6 BULAN SAMPAI  
1 TAHUN DIKLINIK PRATAMA MARI BERASTAGI  
TAHUN 2022**

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**ABSTRAK**

Menurut *World Health Organization* (WHO) pada tahun 2018, terdapat 17.537 kasus tersedak paling sering terjadi pada anak usia 18-36 bulan. Penyebab tersedak pada kasus ini 59,5% karena makanan, 31,4% tersedak karena benda asing dan 9,1% penyebab tersedak tidak di ketahui. *Baby Led Weaning* (BLW) merupakan cara memperkenalkan makanan pendamping ASI atau makanan padat pada bayi usia 6 bulan atau lebih dengan cara memakannya sendiri. Tujuan penelitian mengetahui hubungan metode led weaning terhadap kejadian tersedak pada bayi. Metode penelitian dengan desain quasi eksperiment dengan one group sebelum melakukan metode baby led weaning (pretest) dan sesudah melakukan metode baby led weaning (posttest) dan group kontrol. Jumlah sampel 36 orang bayi usia 6-12 bulan. Hasil uji statistik diperoleh pengetahuan dan sikap p value 0,000 ( $p < 0,05$ ) yang berarti ada efektifitas yang signifikan sebelum diberikan metode baby led weaning dan sesudah diberikan metode baby led weaning. Analisis data ditemukan pada bayi sebelum melakukan metode baby led weaning yang mayoritas tidak pengaruh sebanyak 26 bayi (72.7%), dan minoritas dengan ada pengaruh sebanyak 10 bayi (27.2%). Setelah di berikan Metode Baby Led Weaning terdapat pengaruh dengan mayoritas ada pengaruh sebanyak 34 bayi (94.4%) dan minoritas sebanyak 2 bayi (5.5%). Dari hasil diatas ada hubungan metode baby led weaning terhadap kejadian tersedak. Saran peneliti melalui metode ini dapat meningkatkan wawasan ibu

Kata Kunci : *Baby Led Weaning*; Tersedak