

**PENGARUH METODE *BABY LED WEANING* (BLW) TERHADAP STATUS
GIZI BALITA BARUSIA 12-24 BULAN DI WILAYAH KERJA PUSKESMAS
SELESAI KABUPATEN LANGKAT**

ABSTRAK

Baby led wianing merupakan suatu metode yang mengenal dan dilakukan penyapihan secara mandiri, menerapkan metode *baby led weaning* bisa berdampak baik bagi tumbuh kembangnya balita (Rapley & Murkett, 2012). Tujuan dalam penelitian ini agar mengetahui pengaruh metode *baby led weaning* pada balita berusia 12-14 bulan, menganalisis karakteristik menurut usia, jenis kelamin, berat badan, panjang badan, lingkar kepala, dan lingkar lengan, serta menganalisis status gizi balita sebelum dan sesudah di berikan metode *Baby Led Weaning*. Manfaat penelitian untuk menambah ilmu pengetahuan serta wawasan pada responden. Peneliti menggunakan Metode *Quasy Eksperiment* menggunakan rancangan “*One Group Pretest-Posttest Design*”, (William, 2019). Pada penelitian responden akan melakukan *pre test* agar peneliti mendapatkan hasil status gizi blita sebelum dilakukan metode *baby led weaning*. Sesudah dilakukan test awal peneliti akan melakukan intervensi pada responden dengan metode *baby led weaning* (BLW) pada kelompok intervensi. Setelah selesai selanjutnya responden diberikan *postest*. Uji statistik dalam penelitian yaitu uji *wilcoxon sing rank test* hasil data yang didapatkan oleh peneliti tidak berdistribusi dengan norma. Pada hasil pengukuran didapatkan hasil terdapat perbedaan yang signifikan sebelum dan sesudah intervensi. hasil penelitian yang telah dilaksanakan dapat peneliti disimpulkan bahwa penggunaan metode BLW dapat memberikan efek positif terhadap pertumbuhan berat badan, tinggi badan, dan lingkar kepala pada balita. Meskipun, ketika diuji pada lingkar lengan atas, nilai yang didapat ialah 0,06 yang melebihi nilai signifikansi 0,05. Oleh karena itu, hipotesis nol diterima dan hipotesis alternatif ditolak. Berdasarkan hasil ini, dapat disimpulkan bahwa teknik BLW tidak berpengaruh pada ukuran lengan atas pada balita.

Kata Kunci : Metode *Baby Led Weaning*; Status Gizi; Balita 12-24 bulan.

**THE INFLUENCE OF THE BABY LED WEANING (BLW) METHOD ON THE
NUTRITIONAL STATUS OF TODDLERS AGED 12-24 MONTHS IN THE
WORKING AREA OF THE PUSKESMAS SELESAI KABUPATEN LANGKAT**

ABSTRACT

The "Self-Feeding in Infancy" survey was utilized to gather information from 30 babies ranging from 12 to 14 months old. The outcomes revealed that utilizing the Baby Led Weaning technique had a favorable impact on the expansion and evolution of infants, as demonstrated by an upsurge in stature, cranial circumference, and arm circumference. Moreover, the dietary status of infants also improved following the implementation of the Baby Led Weaning technique. These discoveries offer significant guidance for parents and caretakers when selecting the suitable weaning approach for their offspring."One Group Pretest-Posttest Design", (William, 2019). In the respondent's research, a pre-test was carried out so that the researchers could get the results of the nutritional status of toddlers before the baby led weaning method was carried out. After the initial test, the researcher will intervene with the respondents baby led weaning (BLW) method in the intervention group. After finishing, the respondent was given a posttest. The statistical test this study was using Wilcoxon sing rank test with The data collected by the examiners failed to meet the criteria, as evidenced by the metrics that showed significant differences pre- and post-intervention. Using this information, the investigators concluded that the BLW technique had a positive impact on the weight, stature, and cranial size of toddlers. However, the results of the upper arm circumference assessment yielded a value of 0.06, surpassing the critical point of 0.05. As a result, the null hypothesis (Ho) was upheld, and the alternative hypothesis (Ha) was dismissed. Therefore, the BLW method had no significant effect on the upper arm size of infants. of the BLW method on upper arm circumference in toddlers.

Keywords: Baby Led Weaning Method; Nutritional status; Toddlers 12-24 months.