

PENGARUH METODE *BABY LED WEANING* TERHADAP KETERAMPILAN ORAL MOTOR PADA BAYI 6-12 BULAN DI WILAYAH KERJA UPTD PUSKESMAS LANGSA TIMUR

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ABSTRAK

Keterampilan oral motor bayi 6-12 bulan dapat dilakukan dengan memberikan stimulasi seperti *baby led weaning* yang merupakan metode kegiatan makan yang memperkenalkan makanan sehat keluarga yang sering dikonsumsi oleh keluarga dalam bentuk *finger food* dan memberi kesempatan kepada anak untuk makan sendiri sejak awal proses pengenalan makanan pendamping ASI. Penelitian ini bertujuan untuk mengetahui pengaruh metode *baby led weaning* terhadap keterampilan oral motor pada bayi 6-12 bulan di Wilayah Kerja UPTD Puskesmas Langsa Timur. Desain penelitian yang digunakan dalam penelitian ini adalah *Quasi Eksperimen* dengan pendekatan *one group pretest-posttest*. Populasi dalam penelitian ini adalah seluruh bayi usia 6-12 bulan di Wilayah Kerja Puskesmas Langsa Timur sebanyak 127 bayi. Jumlah sampel dalam penelitian ini adalah 15 bayi 6-12 bulan. Analisa data dilakukan secara univariat dan bivariat menggunakan uji *wilcoxon test*. Hasil penelitian menunjukkan bahwa keterampilan oral motor bayi usia 6-12 bulan sebelum diberikan metode *baby led weaning* adalah 6,6 dengan standar deviasi 0,737 dan *Convidence Interval* 5-8 dan sesudah diberikan metode *baby led weaning* adalah 7,4 dengan standar deviasi 0,516 dan *Convidence Interval* 7-8. Ada pengaruh *baby led weaning* terhadap keterampilan oral motor pada bayi 6-12 bulan dengan nilai *p-value* 0,004 ($p < 0,05$). Kesimpulan penelitian ini adalah ada pengaruh metode *baby led weaning* terhadap keterampilan oral motor pada bayi 6-12 bulan di Wilayah Kerja UPTD Puskesmas Langsa Timur. Diharapkan bagi orang tua yang memiliki balita usia 6-12 bulan untuk bisa menjadikan *baby led weaning* sebagai opsi metode pemberian MPASI untuk merangsang motorik anak, meningkatkan nafsu makan anak, melatih anak mengenali tekstur makanan, dan tetap harus di bawah pengawasan tenaga kesehatan yang kompeten.

Kata Kunci : *Baby Led Weaning*, Keterampilan Oral Motor, Bayi 6-12 Bulan

**THE EFFECT OF BABY LED WEANING METHOD ON SKILLS
MOTOR ORALITY IN BABIES 6-12 MONTHS IN WORK AREA
EAST LANGSA HEALTH CENTER UPTD**

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ABSTRACT

Oral motor skills for babies aged 6-12 months can be improved by providing stimulation such as baby-led weaning, which is a method of eating activities that introduces healthy family foods that are often consumed by families in the form of finger foods and gives children the opportunity to eat on their own from the start of the process of introducing complementary foods. breast milk. This study aims to determine the effect of the baby-led weaning method on oral motor skills in babies 6-12 months in the UPTD Working Area of the East Langsa Health Center. The research design used in this research is Quasi Experiment with a one group pretest-posttest approach. The population in this study was all 127 babies aged 6-12 months in the East Langsa Health Center Working Area. The number of samples in this study was 15 babies 6-12 months. Data analysis was carried out univariate and bivariate using the Wilcoxon test. The results of the study showed that the oral motor skills of babies aged 6-12 months before being given the baby led weaning method were 6.6 with a standard deviation of 0.737 and a Confidence Interval of 5-8 and after being given the baby led weaning method was 7.4 with a standard deviation of 0.516 and Confidence Intervals 7-8. There is an effect of baby-led weaning on oral motor skills in babies 6-12 months with a p-value of 0.004 ($p < 0.05$). The conclusion of this research is that there is an influence of the baby-led weaning method on oral motor skills in babies 6-12 months in the UPTD Working Area of the East Langsa Health Center. It is hoped that parents who have toddlers aged 6-12 months can use baby-led weaning as an option method for providing MPASI to stimulate children's motor skills, increase children's appetite, train children to recognize food textures, and must still be under the supervision of competent health workers.

Keywords: Baby Led Weaning, Oral Motor Skills, Babies 6-12 Months