

**HUBUNGAN METODE *BABY LED WEANING* DENGAN
KEJADIAN TERSEDAK (*CHOKING*) PADA BAYI USIA
6-12 BULAN DI PUSKESMAS BATANG PANE 2
PADANG LAWAS UTARA**

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ABSTRAK

Choking atau sering kali disebut dengan tersedak merupakan salah satu kasus kegawatdaruratan yang harus mendapatkan penanganan segera, keterlambatan dalam penanganan dapat menyebabkan kematian sehingga dibutuhkan metode *baby led weaning* agar dapat membangun pola makan yang sehat dan baik sedini mungkin. Penelitian ini bertujuan untuk mengetahui hubungan metode *baby led weaning* dengan kejadian tersedak (*choking*) pada bayi di Puskesmas Batang Pane 2 Padang Lawas Utara. Penelitian ini berjenis kuantitatif dengan jenis *deskriptif korelasi* menggunakan rancangan *cross sectional*. Populasi dalam penelitian ini adalah seluruh anak usia 6-12 bulan di Wilayah Kerja Puskesmas Batang Pane 2 Padang Lawas Utara sebanyak 256 orang. Teknik pengambilan sampel dalam penelitian ini menggunakan teknik *purposive sampling* sebanyak 72 responden. Analisa data dilakukan secara univariat dan bivariat menggunakan uji *chi square*. Hasil penelitian menunjukkan bahwa sebagian besar tidak tepat menerapkan metode *baby led weaning* sebanyak 51 responden (70,8%). Sebagian besar tidak tepat menerapkan metode *baby led weaning* sebanyak 51 responden (70,8%). Ada hubungan metode *baby led weaning* dengan kejadian tersedak (*choking*) pada bayi usia 6-12 bulan dengan nilai *p-value* 0,002 ($p < 0,05$). Kesimpulan penelitian ini adalah ada hubungan metode *baby led weaning* dengan kejadian tersedak (*choking*) pada bayi di Puskesmas Batang Pane 2 Padang Lawas Utara. Diharapkan bagi ibu yang memiliki balita usia 6-12 bulan untuk dapat menerapkan *baby led weaning* sehingga dapat digunakan 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*, Kejadian Tersedak, Bayi 6-12 Bulan

**THE RELATIONSHIP OF THE BABY LED WEANING METHOD WITH
CHOKING INCIDENTS IN AGE BABIES 6-12 MONTHS AT
BATANG PANE 2 HEALTH CENTER
NORTH PADANG LAWAS**

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ABSTRACT

Choking or often called choking is an emergency case that must receive immediate treatment. Delays in treatment can cause death, so a baby-led weaning method is needed in order to develop a healthy and good eating pattern as early as possible. This study aims to determine the relationship between the baby-led weaning method and the incidence of choking in babies at the Batang Pane 2 North Padang Lawas Community Health Center. This research is quantitative with a descriptive correlation type using a cross sectional design. The population in this study was all 256 children aged 6-12 months in the Batang Pane 2 North Padang Lawas Community Health Center Working Area. The sampling technique in this research used a purposive sampling technique of 72 respondents. Data analysis was carried out univariate and bivariate using the chi square test. The research results showed that the majority of them did not apply the baby-led weaning method appropriately, as many as 51 respondents (70.8%). Most of them did not apply the baby led weaning method correctly, as many as 51 respondents (70.8%). There is a relationship between the baby-led weaning method and the incidence of choking in babies aged 6-12 months with a p-value of 0.002 ($p < 0.05$). The conclusion of this research is that there is a relationship between the baby-led weaning method and the incidence of choking in babies at the Batang Pane 2 North Padang Lawas Community Health Center. It is hoped that mothers who have toddlers aged 6-12 months can apply baby led weaning so that it can be used 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 qualified health workers. competent.

Keywords: *Baby Led Weaning, Choking Incidents, Babies 6-12 Months*