

HUBUNGAN PEMBERIAN SUSU FORMULA DENGAN BERAT BADAN LEBIH (KEGEMUKAN) PADA BAYI USIA 6 BULAN DI KLINIK EVI MEDIKA PEKANBARU

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ABSTRAK

Kegemukan merupakan keadaan yang menunjukkan ketidakseimbangan antara tinggi dan berat badan akibat jaringan lemak didalam tubuh sehingga terjadi kelebihan berat badan yang melampaui ukuran ideal. Penelitian ini bertujuan untuk mengetahui apakah ada hubungan pemberian susu formula dengan berat badan lebih (kegemukan) pada bayi usia 6 bulan di Klinik Evi Medika Pekanbaru. Penelitian ini adalah penelitian kuantitatif dengan jenis *deskriptif korelasi* menggunakan rancangan *cross sectional*. Populasi dalam penelitian ini adalah seluruh bayi usia 6 bulan di Klinik Evi Medika Pekanbaru sebanyak 105 orang. Sampel penelitian yang digunakan sebanyak 51 responden dengan teknik *purposive sampling*. Analisa data dilakukan secara univariat dan bivariat menggunakan uji *chi square*. Hasil penelitian menunjukkan bahwa sebagian besar responden memberikan susu formula pada bayi usia 6 bulan sebanyak 29 responden (56,9%). Sebagian besar responden memiliki bayi usia 6 bulan dengan berat badan normal sebanyak 26 responden (51%) dan dengan berat badan lebih (kegemukan) sebanyak 25 responden (49%). Ada hubungan pemberian susu formula dengan berat badan lebih (kegemukan) pada bayi usia 6 bulan dengan *p-value* 0,002 ($p < 0,05$). Diharapkan bagi Klinik Evi Medika Pekanbaru untuk selalu memberikan pemahaman kepada masyarakat secara berkesinambungan melalui penyuluhan tentang perilaku sehat terutama bagi bayi mengenai keseimbangan nutrisi dan asupan gizi sehingga dapat mencegah terjadinya kegemukan.

Kata Kunci : Susu Formula, Kegemukan, Bayi Usia 6 Bulan

**RELATIONSHIP BETWEEN FORMULA MILK FEEDING AND
OVERWEIGHT (OBESITY) IN 6-MONTH-OLD INFANTS
AT EVI MEDIKA CLINIC PEKANBARU**

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ABSTRACT

Obesity is a condition that shows an imbalance between height and weight due to fat tissue in the body, resulting in excess weight that exceeds the ideal size. This study aims to determine whether there is a relationship between giving formula milk and excess weight (obesity) in 6-month-old infants at the Evi Medika Clinic, Pekanbaru. This study is a quantitative study with a descriptive correlation type using a cross-sectional design. The population in this study were all 6-month-old infants at the Evi Medika Clinic, Pekanbaru, totaling 105 people. The research sample used was 51 respondents with a purposive sampling technique. Data analysis was carried out univariately and bivariately using the chi square test. The results showed that most respondents gave formula milk to 6-month-old infants as many as 29 respondents (56.9%). Most respondents had 6-month-old infants with normal weight as many as 26 respondents (51%) and with excess weight (obesity) as many as 25 respondents (49%). There is a relationship between giving formula milk and overweight (obesity) in 6-month-old babies with a p-value of 0.002 ($p < 0.05$). It is expected that the Evi Medika Pekanbaru Clinic will always provide understanding to the community continuously through counseling on healthy behavior, especially for babies, regarding nutritional balance and nutritional intake so that obesity can be prevented.

Keywords : Formula Milk, Obesity, 6 Month Old Baby