

HUBUNGAN INISIASI MENYUSUI DINI DAN ASI EKSKLUSIF DENGAN KEJADIAN *WASTING* 6-24 BULAN DI WILAYAH KERJA UPTD PUSKESMAS LANGSA KOTA

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ABSTRAK

Latar belakang: *Wasting* pada anak khususnya balita merupakan permasalahan krusial di seluruh dunia dan secara tidak langsung mengakibatkan defisiensi zat gizi yang akan berefek pada kesehatan pertumbuhan, penyakit atau infeksi, dan kecerdasan intelektual anak. **Tujuan:** Penelitian ini bertujuan untuk mengetahui hubungan inisiasi menyusui dini dan ASI Eksklusif dengan kejadian *wasting* 6-24 bulan di Wilayah Kerja UPTD Puskesmas Langsa Kota. **Metode:** Desain penelitian ini menggunakan jenis *analytic* yang bersifat *cross sectional*. Populasi penelitian ini adalah seluruh ibu yang memiliki bayi usia 6-24 bulan sebanyak 130 orang. Sampel penelitian yang digunakan sebanyak 56 responden dengan teknik *purposive sampling*. Analisa data dilakukan secara univariat dan bivariat menggunakan uji *chi square*. **Hasil:** Hasil penelitian menunjukkan bahwa ada hubungan inisiasi menyusui dini dengan kejadian *wasting* 6-24 bulan dengan *p-value* 0,045 ($p < 0,05$) dan ada hubungan pemberian ASI eksklusif dengan kejadian *wasting* 6-24 bulan dengan *p-value* 0,041 ($p < 0,05$). **Kesimpulan:** Ada hubungan inisiasi menyusui dini dan ASI Eksklusif dengan kejadian *wasting* 6-24 bulan di Wilayah Kerja UPTD Puskesmas Langsa Kota.

Kata Kunci : Inisiasi Menyusui Dini, ASI Eksklusif, *Wasting*

**RELATIONSHIP BETWEEN EARLY BREASTFEEDING INITIATION AND
EXCLUSIVE BREASTFEEDING WITH THE INCIDENCE OF WASTING
6-24 MONTHS IN THE WORK AREA OF UPTD PUSKESMAS
LANGSA KOTA**

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ABSTRACT

Background: Wasting in children, especially toddlers, is a crucial problem worldwide and indirectly causes nutritional deficiencies that will affect the health of growth, disease or infection, and intellectual intelligence of children. **Objective:** This study aims to determine the relationship between early initiation of breastfeeding and exclusive breastfeeding with the incidence of wasting 6-24 months in the Working Area of UPTD Langsa City Health Center. **Method:** This study design uses an analytic type that is cross-sectional. The population of this study were all mothers who had babies aged 6-24 months totaling 130 people. The research sample used was 56 respondents with a purposive sampling technique. Data analysis was carried out univariately and bivariately using the chi square test. **Results:** The results of the study showed that there was a relationship between early initiation of breastfeeding with the incidence of wasting 6-24 months with a p-value of 0.045 ($p < 0.05$) and there was a relationship between exclusive breastfeeding with the incidence of wasting 6-24 months with a p-value of 0.041 ($p < 0.05$). **Conclusion:** There is a relationship between early initiation of breastfeeding and exclusive breastfeeding with the incidence of wasting at 6-24 months in the Working Area of UPTD Langsa City Health Center.

Keywords : *Early Initiation of Breastfeeding, Exclusive Breastfeeding, Wasting*