

**THE RELATIONSHIP OF THE INCIDENT OF OBESITY AND EARLY
PROVIDING MPASI TO BABIES AT THE JULI PUSKEMAS JULI
DISTRICT, BIREUEN DISTRICT**

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Background: Childhood obesity is defined as excessive accumulation of body fat, which can trigger various diseases. Exclusive breastfeeding is very important to prevent babies from gaining weight too quickly. **Research Objective:** To determine the relationship between obesity and early complementary feeding in infants. **Research Method:** This study uses an analytical approach with a cross-sectional study type. The sample in this study were respondents who met the established criteria. Sampling in this study used accidental sampling, a sample of 42 respondents. **Research Results:** The majority of respondents were aged > 18 - 24 months, namely 14 respondents (33.33%) and were male, namely 25 respondents (59.52%). The majority of infants' weight was in the normal category, namely 41 respondents (97.62%). The majority of early complementary feeding was not given, namely 22 respondents (52.35%). Statistical analysis using Chi-square test obtained a value of $p (0.300) > \alpha (0.05)$, so there was no significant relationship between the provision of early complementary foods and the incidence of obesity in infants. **Conclusion:** There is no relationship between the incidence of obesity and the provision of early complementary foods. **Suggestion:** By increasing the knowledge of mothers about complementary foods through collaboration between educators and health institutions, it is expected to improve the quality of infant nutrition and support their optimal growth and development. In order for mothers to provide the best food for their babies, midwives need to be more active in providing information and education about complementary foods. That way, babies can grow and develop optimally.

Keywords: Obesity; Complementary feeding for early breast milk.

HUBUNGAN KEJADIAN OBESITAS DENGAN PEMBERIAN MPASI DINI PADA BAYI DI PUSKEMAS JULI KECAMATAN JULI KABUPATEN BIREUEN

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Latar Belakang : Kegemukan paada anak didefinisikan sebagai penumpukan lemak tubuh yang berlebihan, sehingga dapat memicu berbagai penyakit. Pemberian ASI eksklusif sangat penting unntuk mencegah bayi mengalami kenaikan berat badan yangnng terlalu cepat. **Tujuan Penelitian :** Mengetahui hubungan kejadian obesitas deengan pemberian makkanan pendamping ASI dini paada bayi. **Metode Penelitian :** Penelitian ini menggunakan pendekatan analitik deengan jenis penelitian potong lintang (*cross-sectional*). Sampel dalam penelitian ini adalah responden yangnng sesuai kriteria yang ditetapkan. Pengambilan sampel paada penelitian ini menggunakan *accidental sampling*, sampel berjumlah 42 responden. **Hasil Penelitian :** Responden mayoritas berumur > 18 – 24 bulan, yaitu 14 responden (33,33%) dan berjenis kelamin laki-laki, yaitu 25 responden (59,52%). Berat badan bayi mayoritas berada paada kategori normal, yaitu 41 responden (97,62%). Pemberian makkanan pendampin ASI dini mayoritas berada paada tidak memberikan, yaitu 22 responden (52,35%). Analisis statistik menggunakan *Chi-square test* didapat nilai $p (0,300) > \alpha (0,05)$, makka tidak ditemukan hubungan yangnng signifikan antara pemberian makkanan pendamping ASI dini deengan kejadian obesitas paada bayi. **Kesimpulan :** Tidak ada hubungan kejadian obesitas deengan pemberian makkanan pendamping ASI dini. **Saran :** Deengan meningkatkan pengetahuan para ibu tentang makkanan pendamping ASI melalui kerjasama antara tenaga pengajar dan institusi kesehatan, diharapkan dapat meningkatkan kualitas gizi bayi dan mendukung tumbuh kembangnya secara optimal. Agar ibu-ibu dapat memberikan makkanan terbaik unntuk bayi mereka, bidan perlu lebih aktif memberikan informasi dan edukasi tentang makkanan pendamping ASI. Deengan begitu, bayi dapat tumbuh kembang deengan optimal.

Kata Kunci : Obesitas; MP ASI dini.