

PERBEDAAN PENINGKATAN BERAT BADAN BAYI USIA 6 BULAN ANTARA YANG MENDAPAT ASI EKSKLUSIF DAN SUSU FORMULA DI WILAYAH KERJA PUSKESMAS BA'A KECAMATAN LOBALAIN KABUPATEN ROTE NDAO

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ASI (Air Susu Ibu) adalah makanan bernutrisi dan berenergi tinggi, yang mudah dicerna serta memiliki kandungan yang dapat membantu penyerapan nutrisi. Sedangkan pemberian susu formula pada bayi mempunyai banyak resiko termasuk kelebihan berat badan. Penelitian ini bertujuan untuk mengetahui perbedaan peningkatan berat badan bayi usia 6 bulan antara yang mendapat ASI eksklusif dan susu formula di Posyandu Wilayah Kerja Puskesmas Ba'a Kecamatan Lobalain Kabupaten Rote Ndao. Data yang digunakan pada penelitian ini adalah data hasil penimbangan di KMS. Data dianalisa dengan menggunakan statistik deskriptif dan disajikan dalam bentuk tabel frekuensi distribusi. Adanya perbedaan peningkatan berat badan bayi usia 6 bulan antara yang mendapat ASI eksklusif dan susu formula diuji dengan menggunakan uji t independent. Hasil yang diperoleh menunjukkan bahwa bayi yang diberi ASI eksklusif cenderung tidak mengalami kelebihan berat badan dengan rata-rata penambahan BB mencapai 717.2 gram/bulan pada usia 0-3 bulan dan usia 4-6 bulan mencapai 666.67 gram/bulan, sedangkan bayi yang diberi susu formula cenderung lebih banyak yang mengalami kelebihan berat badan dengan rata-rata penambahan BB mencapai 1007 gram/bulan pada usia 0-3 bulan dan usia 4-6 bulan mencapai 819.3 gram/bulan. Dari hasil uji t independen menunjukkan bahwa terdapat perbedaan peningkatan berat badan bayi usia 6 bulan antara yang mendapat ASI eksklusif dan susu formula di wilayah kerja Puskesmas Ba'a Kecamatan Lobalain Kabupaten Rote ndao ($p < 0.05$). Kesimpulan penelitian ini adalah rata-rata penambahan berat badan bayi mulai usia 0-3 bulan dan usia 4-6 bulan antara bayi usia 6-8 bulan yang diberi susu formula lebih tinggi daripada bayi yang diberi ASI eksklusif

ASI (Mother's Milk) is a nutritious food with high energy, which is easily to digest and have the content which can help the absorption process of the nutrient. While, the feeding of the formula milk to the babies have a lot of risks including the over weight. The purpose of this research is to find out the difference of the weight increase between the babies under the age of 6 months who are fed with exclusive ASI (Mother's Milk) and the babies under the age of 6 months who are fed with the formula milk in the working area of the Ba'a Puskesmas (local government clinic) in the Lobalain Sub-District of the Rote Ndao Regency. The data used on this research were the data obtained from the results of weighing in KMS. Those data were analyzed by using statistical descriptive and presented by distribution frequent table. The differences of the weight increase between the babies under the age of 6 months who are fed with exclusive ASI (Mother's Milk) and the babies under the age of 6 months who are fed with the formula milk were then tested by using the independent t-test. The results showed that the babies who are fed with exclusive ASI

(Mother's Milk) tend not to have over weight risks with the average of the weight increase reached 717.2 gram on the age of 0–3 months and the weight increase reached 666.67 gram on the age of 4-6 months, while most of the babies who are fed with the formula tend to have the risks of over weight with the average of the weight increase reached 1,007 gram on the age of 0-3 months and on the age of 4-6 months, the average of the weight increase reached 819.3 gram. The results of the independent t-test, there were the difference of the weight increase between the babies under the age of 6 months who are fed with exclusive ASI (Mother's Milk) and the babies under the age of 6 months who are fed with the formula milk in the working area of the Ba'a Puskesmas (local government clinic) in the Lobalain Sub-District of the Rote Ndao Regency ($p < 0.05$). The conclusions are that the average weight increase on the babies starting from the age of 0-3 months and on the age of 4-6 months, the babies under the age of 6-8 months who are fed with the formula milk are many more than the babies who are fed with the Exclusive ASI (Mother's Milk).