

HUBUNGAN STATUS GIZI DAN PEMBERIAN ASI EKSKLUSIF DENGAN PENURUNAN BERAT BADAN PADA IBU POST PARTUM DI UPTD PUSKESMAS KESUGIHAN I

Corelation Nutritional Status And Exclusive Breastfeeding With Weight Loss In Post Partum Women At UPTD Puskesmas Kesugihan I

Fadilah Eka Rahmawati¹, Evy Apriani², Resti Ikhdha Samsiyah³

Al-Irsyad University Cilacap
Jl.Cerme No.24, Sidanegara, Cilacap

ABSTRAK

Post partum merupakan masa dimana seorang ibu telah melahirkan bayinya kurang lebih selama 6 minggu sejak bayi lahir sampai organ-organ reproduksi kembali ke keadaan normal. Kebutuhan gizi pada masa post partum terutama pada saat menyusui akan meningkat sebanyak 25%. Memberikan ASI Eksklusif dapat berpengaruh untuk menurunkan berat badan ibu post partum. Tujuan penelitian untuk mengetahui hubungan status gizi dan pemberian ASI Eksklusif pada ibu post partum di UPTD Puskesmas Kesugihan 1. Penelitian ini merupakan jenis penelitian kuantitatif dengan desain korelasi metode dekriptif analitik dengan pendekatan studi *time series*. Uji statistik menggunakan uji *Rank Spearman*. Hasil univariat ibu postpartum memiliki status gizi normal sebanyak (59,3%), pemberian ASI Eksklusif kepada anaknya sebanyak (81,5%) mengalami penurunan berat badan pada ibu post partum sebanyak (74,1%). Tidak terdapat hubungan status gizi dengan penurunan berat badan pada ibu post partum di UPTD Puskesmas Kesugihan 1 (*p value*: 0,451>0,05). Terdapat hubungan pemberian ASI Eksklusif dengan penurunan berat badan pada ibu post partum di UPTD Puskesmas Kesugihan 1 (*p value*: 0,005<0,05)

Kata Kunci : Status Gizi, Pemberian ASI Eksklusif, Penurunan Berat Badan

ABSTRACT

Post partum is the period when a mother has given birth to her baby for approximately 6 weeks from the time the baby is born until the reproductive organs return to their normal state. Nutritional needs during the post partum period, especially during breastfeeding, will increase by 25%. Providing exclusive breast milk can have an effect on reducing post partum maternal weight. The aim of the research is to determine the relationship between nutritional status and exclusive breastfeeding in post partum mothers at the UPTD of Kesugihan Community Health Center 1. This research is a type of quantitative research with a correlation design, analytical descriptive method with a time series study approach. Statistical tests use the Spearman Rank test. The univariate results of postpartum mothers had normal nutritional status (59.3%), giving exclusive breast milk to their children (81.5%) experienced weight loss in post partum mothers as much as (74.1%). There was no relationship between nutritional status and weight loss in post partum mothers at the UPTD of Kesugihan 1 Health Center (*p value*: 0.451>0.05). There is a relationship between exclusive breastfeeding and weight loss in post partum mothers at the UPTD Health Center Kesugihan 1 (*p value*: 0.005<0.05)

Keywords: Nutritional Status, Exclusive Breastfeeding, Weight Loss

