

HUBUNGAN POLA MAKAN IBU MENYUSUI DAN FREKUENSI PEMBERIAN ASI TERHADAP STATUS GIZI BAYI 0-6 BULAN DI WILAYAH KERJA PUSKESMAS PASUNGGAN KABUPATEN HULU SUNGAI SELATAN TAHUN 2019

RELATIONSHIP OF BREASTFEEDING PATTERNS AND FREQUENCY OF BREASTFEEDING TOWARDS NUTRITIONAL STATUS OF BABIES 0-6 MONTHS IN THE WORKING AREA OF PUSKESMAS PASUNGGAN UPSTREAM SOUTH RIVER IN 2019.

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ABSTRACT

Diet is one of the determinants of a mother's success in breastfeeding. So that mothers who are breastfeeding need to eat foods with balanced nutrition and breast milk can affect the nutritional status of the baby, because breast milk is the only food for the baby. The results of the national prevalence of malnourished and malnourished children under five was 17.7%, compared to 2013, which was 19.8%. The purpose of this study was to analyze the relationship between the dietary pattern of breastfeeding mothers and the frequency of breastfeeding on the nutritional status of babies 0-6 months in the work area of Puskesmas Pasungkan. This study is an observational study with a cross sectional design. The dependent variable in this study was the nutritional status of infants 0-6 months, while the independent variables were the diet of breastfeeding mothers and the frequency of breastfeeding. The data analysis technique used Chi Square statistical analysis. This study was conducted on 52 respondents of breastfeeding mothers and babies 0-6 months. Based on statistical tests on several variables using the Chi Square test, it shows that the diet of breastfeeding mothers is $P = 0.311$, which means that there is no significant relationship with the nutritional status of infants 0-6 months in the working area of Puskesmas Pasung while the frequency of breastfeeding is $P = 0.000$, which This means that there is a significant relationship with the nutritional status of infants 0-6 months in the working area of Puskesmas Pasungka

Key words: Breastfeeding mother's diet, breastfeeding frequency, nutritional status