

Nama : Najwa Aurellia Purman
NIM : 1032221075
Judul : Hubungan Riwayat Pemberian ASI Eksklusif Dengan Kejadian Stunting Pada Bayi 6-23 Bulan Di Puskesmas Kecamatan Makasar

ABSTRAK

Latar belakang: Stunting merupakan masalah gizi kronis yang menghambat pertumbuhan dan perkembangan anak secara optimal. Kondisi ini disebabkan oleh kekurangan gizi jangka panjang, salah satunya akibat asupan gizi yang tidak adekuat, termasuk praktik pemberian ASI eksklusif yang belum optimal. **Tujuan:** Mengetahui hubungan antara riwayat pemberian ASI eksklusif dengan kejadian stunting pada bayi usia 6–23 bulan. **Metode:** Penelitian analitik observasional dengan pendekatan cross-sectional pada 148 bayi usia 6–23 bulan yang dipilih melalui random sampling. Data riwayat ASI eksklusif dikumpulkan menggunakan kuesioner dan data stunting diperoleh melalui pengukuran PB/U. Penelitian dilakukan di 19 Posyandu wilayah kerja Puskesmas Kecamatan Makasar pada bulan Desember 2025. **Hasil:** Sebanyak 53,4% bayi menerima ASI eksklusif dan 77% tidak mengalami stunting. Bayi yang mendapatkan ASI eksklusif memiliki proporsi tidak stunting sebesar 91,1%. Terdapat hubungan signifikan antara riwayat ASI eksklusif dengan kejadian stunting ($p\text{-value} = 0,000$), dengan OR 6,612 yang menunjukkan bayi yang memperoleh ASI eksklusif berpeluang lebih besar untuk tidak mengalami stunting. **Kesimpulan:** Ibu diharapkan memberikan ASI eksklusif selama 6 bulan pertama tanpa makanan atau minuman tambahan selain ASI kecuali obat dan vitamin sesuai indikasi medis, serta memperhatikan posisi dan perlekatan yang tepat sebagai upaya pencegahan stunting sejak dini.

Kata Kunci : ASI Eksklusif, Bayi 6-23 Bulan, Stunting.
Daftar Pustaka : 91 (2015-2025)

Name : Najwa Aurellia Purman
NIM : 1032221075
Title : **The Relationship Between Exclusive Breastfeeding History and Stunting Incidence in Infants Aged 6-23 Months at the Makasar District Health Center**

ABSTRACT

Background: Stunting is a chronic nutritional problem that hinders optimal growth and development in children. This condition is caused by long-term malnutrition, one of which is due to inadequate nutritional intake, including suboptimal exclusive breastfeeding practices. **Objective:** To determine the relationship between a history of exclusive breastfeeding and the incidence of stunting in infants aged 6–23 months. **Objective:** To determine the relationship between a history of exclusive breastfeeding and the incidence of stunting in infants aged 6–23 months. **Method:** An observational analytical study with a cross-sectional approach was conducted on 148 infants aged 6–23 months selected through random sampling. Data on exclusive breastfeeding history was collected using a questionnaire, and stunting data was obtained through height-for-age measurements. The study was conducted at 19 Posyandu (integrated health service posts) in the working area of the Makasar District Health Center in December 2025. **Results:** A total of 53.4% of infants received exclusive breastfeeding, and 77% did not experience stunting. Infants who received exclusive breastfeeding had a proportion of 91.1% who were not stunted. There was a significant relationship between exclusive breastfeeding history and the incidence of stunting ($p\text{-value} = 0.000$), with an OR of 6.612, indicating that infants who received exclusive breastfeeding were more likely to not be stunted. **Conclusion:** Mothers are encouraged to provide exclusive breastfeeding for the first 6 months without any additional food or drinks other than breast milk, except for medications and vitamins as medically indicated, and to pay attention to proper positioning and latching as an early prevention measure against stunting.

Keywords : Exclusive Breastfeeding, Infants 6-23 Months, Stunting.
References : 91 (2015-2025)