

ABSTRACT

Background: *Mother's Milk is the standard and most ideal nutrition to support optimal health, growth and development of children. Exclusive breastfeeding is breastfeeding for babies aged 0 months to 6 months. Exclusive breastfeeding will create an attachment between mother and child that is established so that the relationship is not interrupted and can affect the child's mental-emotional development. Problems of mental emotional deviation that are not resolved will have a negative impact on children's development, especially on the maturation of their character and this will result in emotional disturbances. Based on this background, researchers wanted to know the history of exclusive breastfeeding on the emotional mental development of children aged 36-48 months in the working area of the Talang Banjar Health Center, Jambi City.*

Objective: *This study aims to find the relationship between a history of exclusive breastfeeding and mental emotional development of children aged 36-48 months in the working area of the Talang Banjar Health Center, Jambi City.*

Method: *This type of research is an observational analytic study with a cross-sectional approach and taking primary data. The number of research samples is: 144 people, samples taken using accidental sampling technique with inclusion and exclusion criteria. The instruments used were the breastfeeding history questionnaire and the Mental Emotional Questionnaire (KMME) early detection form. Data analysis used the Chi Square test.*

Result: *Exclusive breastfeeding found that 79 children (54.9%) were exclusively breastfeed, and 65 children (45.1%) were not exclusively breastfed. Children who do not experience emotional or mental health problems are normal, namely 84 children (58.3%) and children who are likely to experience emotional mental health problems are as many as 60 children (41.7%). The results of the Chi Square test showed that there was a significant relationship between exclusive breastfeeding and mental emotional development in children aged 36-48 months with $P < 0,001$.*

Conclusion: *There is a significant relationship between exclusive breastfeeding and emotional mental development in children aged 36-48 months in the working area of the Talang Banjar Health Center, Jambi City.*

Keywords: *Children, Exclusive Breastfeeding, Mental Emotional Development*

ABSTRAK

Latar Belakang: Air Susu Ibu (ASI) merupakan nutrisi standar dan paling ideal untuk menunjang kesehatan, pertumbuhan dan perkembangan anak secara optimal. ASI Eksklusif adalah pemberian ASI kepada bayi yang berusia 0 bulan sampai dengan 6 bulan. Pemberian ASI eksklusif akan menimbulkan kelekatan antara ibu dan anak yang terjalin sehingga hubungan tersebut tidak terputus dan dapat mempengaruhi perkembangan mental emosional anak. Masalah penyimpangan mental emosional yang tidak diselesaikan akan memberikan dampak negatif terhadap perkembangan anak terutama terhadap pematangan karakternya dan hal ini akan mengakibatkan terjadinya gangguan emosional. Berdasarkan latar belakang, peneliti ingin mengetahui riwayat pemberian ASI Eksklusif terhadap perkembangan mental emosional anak 36-48 bulan di wilayah kerja Puskesmas Talang Banjar Kota Jambi.

Tujuan: Penelitian ini bertujuan untuk mencari hubungan riwayat pemberian ASI eksklusif terhadap perkembangan mental emosional anak usia 36-48 bulan di wilayah kerja Puskesmas Talang Banjar Kota Jambi.

Metode: Jenis penelitian ini merupakan penelitian analitik observasional dengan pendekatan *cross sectional* dan mengambil data primer. Jumlah sampel penelitian sebanyak: 144 orang, sampel yang diambil menggunakan teknik *accidental sampling* dengan kriteria inklusi dan eksklusi. Instrumen yang digunakan yaitu kuesioner riwayat ASI dan formulir deteksi dini Kuesioner Masalah Mental Emosional (KMME). Analisis data menggunakan uji *Chi Square*.

Hasil: Pemberian ASI Eksklusif didapatkan sebanyak 79 anak (54,9%) diberi ASI Eksklusif dan sebanyak 65 orang anak (45,1%) tidak diberi ASI Eksklusif. Anak yang tidak mengalami masalah mental emosional atau normal, yaitu 84 anak (58,3%) dan anak yang kemungkinan mengalami masalah kesehatan mental emosional adalah sebanyak 60 anak (41,7%). Hasil uji *Chi Square* menunjukkan ada hubungan yang bermakna antara pemberian ASI eksklusif terhadap perkembangan mental emosional pada anak usia 36-48 bulan dengan $P < 0,001$.

Kesimpulan: Terdapat hubungan yang bermakna antara pemberian ASI eksklusif terhadap perkembangan mental emosional pada anak usia 36-48 bulan di wilayah kerja Puskesmas Talang Banjar Kota Jambi.

Kata Kunci: Anak 36-48 bulan, ASI Eksklusif, Perkembangan mental emosional