ABSTRACT

Background: *Nutritional status is a condition resulting from a balance between nutritional intake from food and the body's nutritional needs. Newborn babies up to 6 months old can have their nutritional needs met by exclusive breast milk. One of the factors that can influence a baby's nutritional status is the quality and quantity of breast milk production which is influenced by the mother's nutritional intake and the frequency of breastfeeding the baby.*

Objective: *To determine the association of maternal nutritional intake and breastfeeding frequency on the nutritional status of babies aged 3-6 months.*

Methods: *There is no relationship between maternal nutritional intake and infant nutritional status based on BB/PB and BB/U, but there is a relationship between maternal nutritional intake and infant nutritional status based on PB/U. There is no relationship between breastfeeding frequency and babies' nutritional status based on BB/PB, BB/U, and PB/U.*

Result: *Most of the research subjects were early adulthood (65.6%), higher education (92.5%), not working (89.2%), multiparous parity (57%), maternal nutritional status was obesity I (37.6%), maternal nutritional intake is insufficient (54.8%), adequate breastfeeding frequency (97.8), baby's nutritional status based on BB/PB is good nutrition (75.3%), based on BB/U normal weight (88.2%) and based on normal PB/U (81.7%). The results of the Chi-Square test used to assess maternal nutritional intake on the nutritional status of the baby based on BB/PB obtained a p-value of 0.982 (>0.005), based on BB/U p-value 0.768 (>0.005) and based on PB/U p-value 0.353 (<0.005). The Fisher's Exact test results, which assessed breastfeeding frequency on the nutritional status of babies based on BB/PB, BB/U, and PB/U, obtained a p-value of 1.000 (>0.005).*

Conclusion: *There is no relationship between maternal nutritional intake and infant nutritional status based on BW/PB and BW/U, but there is a relationship between maternal nutritional intake and infant nutritional status based on PB/U. There is no relationship between the frequency of breastfeeding and the nutritional status of babies based on BB/PB, BB/U and PB/U.*

Keywords: *Nutritional status of babies, maternal nutritional intake, frequency of breastfeeding.*

ABSTRAK

Latar Belakang: Status gizi merupakan keadaan yang diakibatkan oleh keseimbangan antara asupan gizi dari makanan dengan kebutuhan zat gizi yang dibutuhkan oleh tubuh. Bayi baru lahir hingga berusia 6 bulan kebutuhan nutrisinya dapat dipenuhi oleh ASI Eksklusif. Salah satu faktor yang dapat memengaruhi status gizi bayi adalah kualitas dan kuantitas produksi ASI yang dipengaruhi oleh asupan gizi ibu serta frekuensi menyusui bayi.

Tujuan Penelitian: Penelitian ini bertujuan untuk mengetahui apakah terdapat hubungan asupan gizi ibu dan frekuensi menyusui terhadap status gizi bayi usia 3-6 bulan.

Metode: Jenis penelitian yang digunakan adalah penelitian kuantitatif yang bersifat analitik dengan pendekatan *cross sectional* dan terdapat 93 responden ibu menyusui yang mempunyai bayi 3-6 bulan sebagai subjek penelitian. Penilaian asupan makanan menggunakan *Food Recall* 2x24, pengukuran frekuensi menyusui menggunakan kuesioner serta penilaian status gizi bayi menggunakan standar pertumbuhan anak WHO berdasarkan BB/PB, BB/U dan PB/U.

Hasil: Sebagian besar subjek penelitian berusia dewasa awal (65,6%), Pendidikan tinggi (92,5%), tidak bekerja (89,2%), paritas multipara (57%), status gizi ibu obesitas I (37,6%), asupan gizi ibu kurang (54,8%), frekuensi menyusui cukup (97,8), status gizi bayi berdasarkan BB/PB gizi baik (75,3%), berdasarkan BB/U berat badan normal (88,2%) dan berdasarkan PB/U normal (81,7%). Hasil uji *Chi-Square* yang digunakan untuk menilai asupan gizi ibu terhadap status gizi bayi berdasarkan BB/PB didapatkan *p-value* 0,982 (>0,005), berdasarkan BB/U *p-value* 0,768 (>0,005) dan berdasarkan PB/U *p-value* 0,353 (<0,005). Hasil uji *Fisher's Exact* yang digunakan untuk menilai frekuensi menyusui terhadap status gizi bayi berdasarkan BB/PB, BB/U dan PB/U didapatkan *p-value* 1,000 (>0,005).

Kesimpulan: Tidak terdapat hubungan asupan gizi ibu terhadap status gizi bayi berdasarkan BB/PB dan BB/U namun terdapat hubungan asupan gizi ibu terhadap status gizi bayi berdasarkan PB/U. Tidak terdapat hubungan frekuensi menyusui terhadap status gizi bayi berdasarkan BB/PB, BB/U dan PB/U.

Kata kunci: Status gizi bayi, asupan energi, frekuensi menyusui.