

ABSTRACT

Background : During pregnancy, fat reserves increased to serve as an energy source for both pregnant and breastfeeding mothers. During lactation, energy requirements rose and were fulfilled through these fat stores, potentially affecting both fat mass and muscle mass. This study aimed to compare the body composition of mothers who breastfed exclusively and those who did not.

Methods : This was a cross-sectional study employing an analytical observational approach. A total of 106 participants were selected using purposive sampling, with 53 subjects assigned to each group. Data were collected through informed consent forms, respondent characteristic questionnaires, and measurements of fat and muscle mass. The Fisher-Freeman-Halton test was used to analyze differences in proportions between the groups.

Results : The study involved 106 respondents, with 53 in each group. Among exclusively breastfeeding mothers, the majority were aged 26–35 years (60.4%), had completed high school education (54.7%), were unemployed (94.3%), and were multiparous (54.7%). Similarly, most non-exclusively breastfeeding mothers were also aged 26–35 years (64.2%), had completed high school (56.6%), were unemployed (73.6%), and were primiparous (47.2%). The most common body composition in the exclusive breastfeeding group was obese fat mass (39.6%) and normal muscle mass (45.3%), whereas in the non-exclusive breastfeeding group, obese fat mass (35.8%) and high muscle mass (50.9%) were more prevalent. Statistical analysis showed no significant differences between the groups, with *P*-values of 0.686 for fat mass and 0.159 for muscle mass.

Conclusion : Both exclusively and non-exclusively breastfeeding mothers tended to have fat mass categorized as obese. However, non-exclusively breastfeeding mothers had a higher proportion of high muscle mass.

Keywords : Exclusive Breastfeeding, Body Composition, Breastfeeding Mother

ABSTRAK

Latar Belakang : Selama kehamilan, terjadi peningkatan cadangan lemak sebagai energi bagi ibu hamil dan menyusui. Saat menyusui, kebutuhan energi meningkat dan diperoleh dari cadangan lemak tubuh, yang dapat memengaruhi massa lemak dan massa otot. Penelitian ini bertujuan untuk membandingkan komposisi tubuh antara ibu menyusui secara eksklusif dan tidak eksklusif.

Metode : Penelitian ini merupakan penelitian *cross-sectional* dengan sifat analitik observasional. Teknik pengambilan sampel adalah *purposive sampling* pada 106 subjek penelitian dengan 53 subjek penelitian pada tiap kelompok. Data penelitian didapatkan dengan pengisian persetujuan responden, kuisioner karakteristik responden dan pengukuran massa lemak dan massa otot tubuh responden. Analisis data dilakukan menggunakan uji Fisher-Freeman-Halton untuk mengetahui perbedaan proporsi antara kelompok.

Hasil Penelitian : Penelitian ini memiliki 106 subjek penelitian dengan 53 subjek penelitian pada tiap kelompok. Karakteristik responden menunjukkan mayoritas subjek yang menyusui secara eksklusif berada dalam rentang usia 26-35 tahun (60,4%), berpendidikan terakhir SMA (54,7%), tidak bekerja (94,3%), dan multipara (54,7%). Sementara, subjek yang tidak menyusui secara eksklusif sebagian besar juga berusia 26-35 tahun (64,2%), berpendidikan SMA (56,6%), tidak bekerja (73,6%), dan primipara (47,2%). Massa lemak obesitas (39,6%) & massa otot normal (45,3%) pada subjek yang menyusui secara eksklusif dan massa lemak obesitas (35,8%) dan massa otot tinggi (50,9%) pada subjek yang tidak menyusui secara eksklusif. Setelah dilakukan uji statistik uji *Fisher Freeman Halton*, didapatkan nilai $P = 0,686$ pada massa lemak dan nilai $P = 0,159$ pada massa otot.

Kesimpulan : Ibu yang menyusui, baik secara eksklusif maupun tidak eksklusif, cenderung memiliki massa lemak dalam kategori obesitas. Sementara itu, ibu yang tidak menyusui secara eksklusif memiliki proporsi massa otot tinggi yang lebih besar.

Kata Kunci : ASI Eksklusif, Komposisi Tubuh, Ibu Menyusui