

DIFFERENCES IN NUTRITIONAL STATUS OF BABIES AGED 7-8 MONTHS AFTER BEING GIVEN EXCLUSIVE BREAST MILK USING DIRECT EXPRESSION AND BREAST MILK METHODS IN THE MOJOLANGU COMMUNITY HEALTH CENTER AREA, MALANG CITY

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ABSTRACT

One of the things that must be done to fulfill nutritional requirements for babies is breastfeeding from the age of 0-6 months. There are two methods of giving breast milk to babies, namely the expressed method and the direct method. The aim of the research was to explain the differences in nutritional status of babies aged 7-8 months after being given exclusive breast milk using the expressed method and direct breast milk. Researchers used an observational analytical research design with a cross sectional study approach. Sampling in this study used a total sampling technique with a total sample of 32 respondents who were divided into groups providing breast milk using expressed and direct methods. The tests used include the Kolmogorov Smirnov normality test followed by the independent t-test. The results of the study showed that the nutritional status of babies aged 7-8 months after being given exclusive breast milk with giving the expressed method and breast milk directly leads to risk of overnutrition in the breast pumping group compared with the direct group (direct breastfeeding) on nutritional status assessment indicators based on BB/U (1.515 SD) and BMI/U (1.793 SD). The results of the study also showed there are significant differences found between the group breastfeeding using the expressed method and directly in the assessment of nutritional status based on BB/U ($p=0.002$) and BMI/U ($p=0.004$) but not by assessing nutritional status based on TB/U or PB/U. The method of exclusive breastfeeding is significantly related to the baby's normal weight. Apart from that, there is a significant difference in the nutritional status of babies between expressed and direct breastfeeding methods. Babies using the expressed method tend to be at risk of overnutrition. It is hoped that parents, especially mothers, will be able to provide exclusive breastfeeding to babies regardless of whether the method of providing exclusive breastfeeding, whether pre or immediately, is good considering that exclusive breastfeeding can increase the acceleration of the baby's growth and development and maintain the baby's normal nutritional status.

Keywords: exclusive breastfeeding, nutritional status