

ABSTRACT

JIHAN EKSIFA AMELIA, 2023. The Relationship of Exclusive Breastfeeding Patterns to the Growth of LBW Babies for 3 Months in the Working Area of the Arjuno Health Center. Advisor: Dr. Ir. Rr. Endang Sutjiati, M. Kes and Dr. Nur Rahman, STP., M.P., RD

Background: Malang City in 2020, the coverage of exclusive breastfeeding reaches 75.27%. According to the Central Statistics Agency (2020) if guided by the target coverage of breastfeeding in East Java, it is still classified as not fulfilling and achieving the set target of 77%. The problem of low birth weight babies in Indonesia is still classified as quite high. This can be seen based on the Research and Development Agency in Indonesia's 2020 health profile, the percentage of LBW cases between provinces is in the range of 7.2 - 16.8%. Research conducted by Suminaryang in Ngaliyan Subdistrict, Semarang in 2018 shows that there is a relationship between exclusive breastfeeding and increased baby weight.

Methods: The population in this study were all infants aged 0-3 months in the working area of the Arjuno Health Center. The sample in the study was according to the inclusion criteria, namely babies with low birth weight aged 0-3 months who were born normally, and mothers with LBW babies who were willing, and the exclusion criteria were babies with health problems or birth defects. The pattern of exclusive breastfeeding is an independent variable, while the dependent variable is the growth of babies 0-3 months in LBW babies. Growth standards use WHO standards, namely weight gain per month 700 – 900 g in males and 600 – 900 g in females, body length increases 2 cm per month in males and 1.5 cm in females/month. As well as an increase in head circumference in men 2-3 cm/month and 1.5-2.5 cm/month. Data processing using the univariate test was presented descriptively related to data on the characteristics of mothers and babies, infant growth including body weight, body length, and head circumference as well as data on patterns of exclusive breastfeeding. Statistical tests to analyze quantitative data were carried out using univariate and bivariate methods. Bivariate analysis was conducted to find out and analyze the relationship between the two variables. The relationship between the two variables was analyzed using the chi square test.

Results: Infants aged 0-3 months who are exclusively breastfed have normal growth. The average weight gain is 600 – 900 g/month, body length is 1.5 – 2 cm/month, and head circumference is 1.5 – 2 cm/month. In babies who do not get exclusive breastfeeding, their growth is slower and lower than babies who get exclusive breastfeeding. There is a significant relationship between the pattern of breastfeeding and the growth of infants aged 0-3 with a p value of 0.006.

Conclusion: There is a significant relationship between the pattern of breastfeeding and the growth of infants aged 0-3 months. In babies who are exclusively breastfed their growth increases faster to reach normal than babies who are exclusively breastfed.

Keywords: LBW Babies, Patterns of Exclusive Breastfeeding, Growth of LBW Babies