ABSTRACT

Differences between weight gain, growth, and frequency of sickness infants aged 6 months with exclusive breastfeeding and not exclusive breastfeeding

Cross Sectional Study at working area PHC Ngasem Kediri District

By: Nur Yeny Hidajaturokhmah S.Kep.,Ns

Exclusive breastfeeding in Indonesia as a major nutrient for the growth of children has been decreased. In fact there is a tendency to shift the use of formula milk than breastmilk in some communities. Previous studies have shown different results in preliminary studies. There is more weight gain in exclusively breastfed babies, other more weight gain in babies with not exclusive breastfeeding. Exclusively breastfed babies could mention one syllable and longer sick than babies who are not exclusively breastfed. The purpose of this study was to analyze the differences in weight gain, growth, and frequency of sick in 6 months old babies of exclusive breastfeeding and not exclusive breastfeeding at Ngasem public health center Kediri. This study with cross sectional design obtained 68 respondents who met the inclusion criteria of 83 babies of 6 months. Data were collected through interviews, observation, and questionnaires. Data were analyzed using Independent t-test, Wilcoxon Mann Whytney, and Chi Square. The results showed a significant difference between the mother's occupation (p = 0.024), milk production (p = 0.002) and the hygiene of mothers (p = 0.016) in exclusively breastfed and not exclusive breastfeeding babies. There is no difference in weight gain (0.285), there was no difference in the development, but there is a difference in language development between the two groups (0.002). There are differences in the frequency of sick between the two groups (0.012). Conclusion: Exclusive breastfeed babies had more weight gain, better language development, and rarely sick.

Keywords: breastfeeding, weight gain, development, and frequency of sick babies