

HUBUNGAN ANTARA STATUS GIZI IBU MENYUSUI DENGAN KECUKUPAN

ASI :Di Posyandu Desa Karangkedawang Kec. Sooko Kab. Mojokerto

NURUL PUJIASTUTI

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BREAST FEEDING; NUTRITION

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This study aims to analyze the relationship between the status of breastfeeding mothers with the adequacy of breastfeeding in the village Karangkedawang Posyandu Kec. Sooko Kab. Mojokerto. Free variables that are examined nutrition status of mothers breastfeeding measure Body Mass Index, arm circumference above and Hb level. While the dependent variable examined is the adequacy of breastfeeding. The adequacy of breastfeeding seen through the 3 indicators, namely the adequacy of sign breastfeeding, body weight baby suckle before and after the increase in and 1 month after the baby.

This research is analytical research with longitudinal design up (Cohort). Population of this research is that breastfeeding mothers have a baby aged 1-6 months and come in Posyandu Karangkedawang Village Kec. Sooko Kab. Mojokerto amounted to 73 people. Research sample is breastfeeding mothers who meet the criteria inklusi. Large sample is calculated using the formula and then be random. Large sample of 54 respondents. Data analysis techniques used to test the relationship between free variables and dependent variable is the Mann Whitney test.

Based on the results of test statistics with the Mann Whitney test on the 95% level of confidence between the nutritional status of breastfeeding mothers with the adequacy of breastfeeding showed a significant relationship ($p = 0.009$). This explains that breastfeeding mothers who have poor nutrition affects the adequacy milk product.

With the results of the research above, it is expected that the health through the Village Midwife / Polindes for more attention on the status of maternal nutrition on the nutritional needs of breastfeeding so that breastfeeding mothers can be improved by providing more counseling related to maternal nutrition and breastfeeding, such as the provision of vitamin tablets to the blood.

Keywords: nutritional status, mother suckle, breastfeeding