

## SUMMARY

This research used cross sectional study at Ngasem public health center Kediri from February to July 2015. The population is babies aged six months at Ngasem public health center Kediri as many as 89 babies, with purposive sampling technique reached 68 babies who met the inclusion criteria. Collecting data used questionnaire, interviews, and observations with a visit to the residents of the respondents.

The results showed difference in maternal employment ( $p = 0.024$ ), milk production ( $p = 0.002$ ) and the hygiene of mothers ( $p = 0.01$ ) in exclusively breastfed babies and not exclusively breastfed. In mothers with exclusively breastfed babies who almost all of them do not work, while the mother with not exclusively breastfed babies who with nearly half of them work. Many maternal milk production in exclusively breastfed babies support exclusive breastfeeding success. Hygiene mothers in exclusively breastfed babies group are mostly good, whereas in the group with no exclusively breastfed babies mostly had bad hygiene.

There is no difference in maternal age ( $p = 0.292$ ), maternal education (.832), household income (0.773), the type of child labor last (0.424), number of children ( $p = 0.328$ ), maternal stimulation (1,000), sex of the child (.649), the order of the child in the family ( $p = 0.654$ ), immunization status ( $p = 0.695$ ), rooming ( $p = 0.292$ ), environmental sanitation ( $p = 0.695$ ) with exclusive breastfeeding babies and not exclusive breastfeeding.

The average birth weight in exclusively breastfed babies is 3230.95 grams, while the group is not exclusively breastfed babies with average birth weight is 3145.74 grams. The average weight babies with exclusively breastfed when research is 7540.48 grams, while inexclusively breastfed babies with 7211.70 grams. The average weight gain of babies with exclusive breastfeeding is 4333.33 grams, while the group of babies with not exclusive breastfeeding have average weight gain for 4093.62 grams.

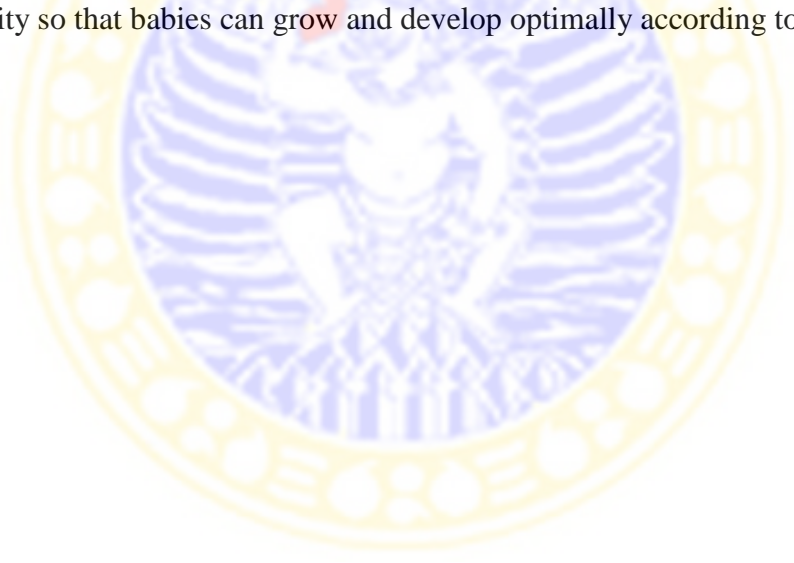
There is no difference in weight gain in babies with exclusive breastfeeding and not exclusive breastfeeding at Ngasem public health center Kediri Regency, statistical test results of Independent T-test, the significance value is 0.083 ( $\text{sig} > 0.05$ ). There is a tendency of exclusively breastfed babies with weight and weight gain of more than not exclusively breastfed babies.

Development in exclusive breastfeeding babies and not exclusive breastfeeding are all normal, as many as 68 respondents (100%). But with testing activities in each aspect of the development of gross motor, fine motor, language, and social independence showed different results. There is no difference in the development of gross motor, fine motor, and social independence between the two groups. But there are differences between the language development of exclusively breastfed babies group and not exclusive breastfeeding, with the results of statistical Wilcoxon Mann Whytney test, obtained  $p$  value 0.002 ( $< 0.05$ ). Exclusively breastfed babies have better language development compared to not exclusively breastfed babies.

The average frequency of sick in the group of babies with exclusive breastfeeding was 0.57 times, while in the group not exclusive breastfeeding on average 1.04 times. The average length of sick in babies with exclusive breastfeeding group was 2.52 days and inexclusive breastfeeding babies group have average length of sick 4.51 times. Not exclusively breastfed babies with more frequent and longer sick compared with exclusively breastfed babies.

There are differences in the frequency of sick babies with exclusive breastfeeding and not exclusive breastfeeding at Ngasem public health center Kediri district, the statistical Wilcoxon Mann Whytney test, so that the significance value of 0.012 (sig) <0.05. There is no difference in the time duration of sick in exclusive breastfeeding and inexclusive breastfeeding babies with the statistical Wilcoxon Mann Whytney test, p value = 0.058 (sig> 0.05)

Conclusions: There are differences in maternal employment, milk production, hygiene mother, language development, and the frequency of sick in exclusively breastfed and not exclusively breastfed babies. Expected mothers continue to give milk to the baby until the baby is 6 months old exclusively and continued until the age of 2 years old baby so the baby has an optimal weight growth, good development, especially the language development, and get a better immunity so that babies can grow and develop optimally according to age.



## 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 Hidajaturrokhmah 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