

**FAKULTAS KEDOKTERAN**

**UNIVERSITAS PEMBANGUNAN NASIONAL “VETERAN” JAKARTA**

**Skripsi, Januari 2024**

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**HUBUNGAN KADAR ENERGI DAN LEMAK DALAM ASI DENGAN STATUS GIZI ANAK USIA 0 – 6 BULAN DI WILAYAH KERJA PUSKESMAS BOJONG KABUPATEN BOGOR**

**ABSTRAK**

**Tujuan**

Seribu hari pertama kehidupan (1000 HPK) adalah masa emas dalam tumbuh kembang anak. Akan tetapi, pada masa ini pula anak-anak sangat rentan mengalami masalah gizi yang mampu mengganggu perkembangannya di kemudian hari. Sebagai sumber nutrisi pertama, air susu ibu (ASI) berkaitan erat dengan 1000 HPK, terutama pada enam bulan pertama setelah kelahiran. Penelitian ini bertujuan untuk mengetahui hubungan antara kadar energi dan lemak dalam ASI dengan status gizi anak usia 0 – 6 bulan.

**Metode**

Penelitian analitik observasional ini dirancang dengan desain studi *cross-sectional*. Populasi sampel adalah ibu dan anak (0 – 6 bulan) yang berdomisili di wilayah kerja Puskesmas Bojong, Kabupaten Bogor. Sampel dipilih menggunakan total sampling sebanyak 39 orang. Sampel ASI diperoleh melalui *pumping* dengan Medela Swing Single *breastpump*. Analisis data menggunakan uji *Chi-square*.

**Hasil**

Hasil penelitian menunjukkan terdapat hubungan antara kadar lemak dengan status gizi BB/U dan BB/PB (*p-value* sesuai indeks: BB/U: 0,034; PB/U: 0,610; dan BB/PB: 0,040) dan tidak terdapat hubungan antara kadar energi dengan status gizi (*p-value* sesuai indeks: BB/U: 0,440; PB/U: 0,308; dan BB/PB: 0,35).

**Kesimpulan**

Dapat disimpulkan bahwa kadar lemak ASI berhubungan dengan status gizi anak usia 0 – 6 dalam indeks BB/U dan BB/PB.

**Daftar Pustaka** : 85 (2012 – 2023)

**Kata Kunci** : ASI, Energi, Lemak, Status Gizi Anak

**FACULTY OF MEDICINE**

**UNIVERSITY PEMBANGUNAN NASIONAL “VETERAN” JAKARTA**

**Undergraduate Thesis, January 2024**

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**RELATION OF HUMAN MILK ENERGY AND FAT CONTENTS TOWARD  
NUTRITIONAL STATUS OF INFANTS (0 – 6 MONTHS) IN THE WORKING AREA  
OF PUSKESMAS BOJONG BOGOR REGENCY**

***ABSTRACT***

***Objective***

*The first thousand days of life (1000 HPK) is a golden period in child growth. However, it is the same period when children are most likely to experience nutritional problems that could interfere with their future growth. Nutritional fulfillment in 1000 HPK is closely related to breastfeeding, remarkably in the first six months after birth since it serves as the primary source of child nutrition. This study aimed to discover the relation between energy and fat content in breast milk and the nutritional status of infants aged 0-6 months.*

***Method***

*This was an observational analytical study with a cross sectional study design. The population chosen was mothers and children (0-6 months) who live in the Puskesmas Bojong working area. The sample was selected using a total sampling of 39 people. Breast milk samples were obtained through pumping with Medela Swing Single breastpump. Data analysis using Chi-square test to find the relation between the two variables.*

***Result***

*Result showed that there was a relation between fat content and nutritional status in WAZ and WHZ scale (p-value based on index: WAZ: 0,034; HAZ: 0,610; and WHZ: 0,040) and there was no relation between energy content and nutritional status (p-value based on index: WAZ: 0,440; HAZ: 0,308; and WHZ: 0,358).*

***Conclusion***

*Breast milk fat content is related to the nutritional status of infants aged 0-6 months by the WAZ and WHZ index.*

**References** : 85 (2012 – 2023)

**Keywords** : *Breast Feed, Human Milk Energy, Human Milk Fat, Nutritional Status*