

**POLITEKNIK KESEHATAN KEMENKES TANJUNGPUR**  
**JURUSAN KEBIDANAN**  
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**HUBUNGAN PEMBERIAN ASI EKSKLUSIF DENGAN BERAT BADAN  
BAYI USIA 0-6 BULAN DI DESA KOTA AGUNG KABUPATEN LAMPUNG  
UTARA TAHUN 2024**

xvii + 36 halaman + 9 tabel + 2 gambar + 2 lampiran

**RINGKASAN**

Rendahnya cakupan ASI eksklusif tentu dilatar belakangi oleh berbagai faktor yaitu faktor internal dan eksternal. Faktor internal yaitu meliputi rendahnya akan pengetahuan dan sikap ibu mengenai ASI eksklusif dan faktor eksternalnya meliputi kurangnya dukungan keluarga. hanya 52,5% atau setengah dari 2,3 juta bayi berusia kurang dari enam bulan yang mendapat ASI eksklusif di Indonesia. Data pencapaian ASI eksklusif di desa kota agung sebanyak 66.09%. Frekuensi, dan lama penyusuan bayi akan mempengaruhi kenaikan berat badan bayi karena di dalam ASI banyak kandungan yang bermanfaat bagi pertumbuhan bayi.

Penelitian ini bertujuan diketahui hubungan ASI eksklusif dengan berat badan bayi usia 0-6 bulan di Desa Kota Agung.

Jenis penelitian kuantitatif dengan rancangan *cross sectional*. Populasi dalam penelitian ini adalah seluruh bayi yang berusia 6-12 bulan di Desa Kota Agung Kabupaten Lampung Utara dengan sampel yang digunakan sebanyak 32 orang menggunakan teknik *populasi sampling*. Penelitian ini telah dilaksanakan di di Desa Kota Agung pada bulan Desember 2023-April 2024. Pengumpulan data menggunakan lembar observasi. Analisis data secara univariat dan bivariat (*uji chi square*).

Hasil penelitian diketahui dari 32 responden sebanyak (71,9%) responden memberikan ASI Eksklusif dan sebanyak (75,0%) bayi memiliki berat badan sesuai. Terdapat hubungan pemberian ASI eksklusif dengan berat badan bayi usia 0-6 bulan dengan nilai (*p-value* = 0,023). Saran tenaga medis, kader posyandu, agar dapat mendukung pemberian ASI eksklusif dengan edukasi saat ibu hamil sehingga pemberian asi eksklusif berhasil dan berat badan bayi normal.

Kata Kunci : Pemberian ASI Eksklusif, Berat badan, Bayi usia 0-6 bulan  
Kepustakaan : 27 (2018-2023)

TANJUNGPURBA MINISTERIAL POLYTECHNIC HEALTH POLYTECHNIC  
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*THE RELATIONSHIP BETWEEN EXCLUSIVE BREASTFEEDING AND THE  
WEIGHT OF INFANTS AGED 0-6 MONTHS IN THE VILLAGE OF  
KOTA AGUNG, NORTH LAMPUNG DISTRICT IN 2024*

*xvii + 36 pages + 9 tables + 2 figures + 2 attachments*

#### *ABSTRACT*

*The low coverage of exclusive breastfeeding is certainly motivated by various factors, namely internal and external factors. Internal factors include low knowledge and attitudes of mothers regarding exclusive breastfeeding and external factors include lack of family support. only 52.5% or half of the 2.3 million babies aged less than six months receive exclusive breast milk in Indonesia. Data on the achievement of exclusive breastfeeding in Kota Agung villages is 66.09%. The frequency and duration of breastfeeding will affect the baby's weight gain because breast milk contains many ingredients that are beneficial for the baby's growth*

*This study aims to determine the relationship between exclusive breastfeeding and the weight of infants aged 0-6 months in Kota Agung Village.*

*Type of quantitative research with cross sectional design. The population in this study were all infants aged 6-12 months in Kota Agung Village, North Lampung Regency with a sample of 32 people using population sampling technique. This research was conducted in Kota Agung Village in December 2024-April 2024. Data collection using a observasi sheet. Data analysis was univariate and bivariate (chi square test).*

*The results showed that of the 32 respondents, (71.9%) had exclusive breastfeeding coverage and (75.0%) had appropriate body weight. There is a relationship between exclusive breastfeeding and the weight of infants aged 0-6 months with a value ( $p$ -value = 0.023). Suggestions for medical personnel, posyandu cadres, in order to support exclusive breastfeeding shortly after the baby is born and provide direction and knowledge to pregnant and breastfeeding mothers.*

*Keywords: Exclusive Breastfeeding, Body weight, babies aged 0-6 months  
Literature: 27 (2018-2023)*