

**POLITEKNIK KESEHATAN KEMENKES TANJUNGPURUNING**  
**JURUSAN KEPERAWATAN PRODI KEPERAWATAN METRO**  
**SKRIPSI, JUNI 2025**

Lia Tri Wahyuni

Hubungan pemberian ASI Eksklusif dengan Kejadian Diare pada Balita Usia 12-24 Bulan di Puskesmas Yosomulyo

xiv + 44 halaman + 6 tabel + 4 gambar + 9 lampiran

**RINGKASAN**

Diare termasuk masalah kesehatan yang menjadi perhatian di Negara berkembang seperti Indonesia dan merupakan salah satu penyebab kematian anak, terutama anak di bawah lima tahun. Di Kota Metro Prevalensi kesakitan diare sebesar 21,84% tahun 2021, pada tahun 2022 angkanya tetap yaitu 21,84% dan pada tahun 2023 naik yaitu 24,6%. peningkatan 3 poin pada Incident Rate (IR) diare per 1000 jiwa perlu dievaluasi dan diwaspadai terkait peningkatan Incident Rate (IR). Angka penemuan kesakitan diare pada balita tertinggi diantara 11 puskesmas yang berada di Kota Metro tahun 2023 terdapat puskesmas Yosomulyo dari 921 balita terdapat 402 (43,6%) kasus. Perilaku yang dapat meningkatkan risiko terjadinya diare yaitu disebabkan pemberian ASI yang tidak Eksklusif. Penelitian ini bertujuan untuk mengetahui hubungan pemberian ASI Eksklusif dengan Kejadian Diare pada Balita Usia 12-24 Bulan di Puskesmas Yosomulyo.

Jenis penelitian ini kuantitatif dengan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah seluruh balita di Puskesmas Yosomulyo. Sampel adalah ibu yang memiliki balita usia 12-24 bulan di Puskesmas Yosomulyo yang berjumlah 93 responden. Tekni pengambilan sampel menggunakan *accidental sampling*. Pengambilan data menggunakan checklist dan wawancara. Analisis data univariat dan bivariat menggunakan uji *chi-square* dengan tingkat kepercayaan 95%.

Hasil penelitian frekuensi balita diare sebanyak 19,4% (18 balita), frekuensi balita ASI tidak Eksklusif sebanyak 32,3% (30 balita). Hasil analisis uji *chi-square* diperoleh  $p\text{-value} = 0,000$  ( $\alpha \leq 0,05$ ) artinya  $H_0$  ditolak dan  $H_a$  diterima.

Simpulan dari penelitian ini ada hubungan antara pemberian ASI Eksklusif dengan kejadian diare pada balita usia 12-24 bulan di Puskesmas Yosomulyo. Meningkatkan edukasi dan konseling yang berkelanjutan kepada ibu hamil dan menyusui mengenai manfaat dan teknik pemberian ASI Eksklusif yang benar, serta pentingnya ASI dalam pencegahan diare.

Kata kunci : ASI Eksklusif, Diare  
Daftar bacaan : 42 (2014-2024)

**POLYTECHNIC OF HEALTH TANJUNGPUR, MINISTRY OF  
HEALTH MIDWIFERY DEPARTMENT, MIDWIFERY STUDY  
PROGRAM METRO THESIS, JUNE 2025**

Lia Tri Wahyuni

The Relationship Between Exclusive Breastfeeding and the Incidence of Diarrhea  
in Toddlers Aged 12–24 Months at Yosomulyo Public Health Center

xiv + 44 pages + 6 tables + 4 figures + 9 appendices

**SUMMARY**

Diarrhea is a health problem that is a concern in developing countries like Indonesia and is one of the leading causes of child mortality, especially among children under five. In Metro City, the prevalence of diarrhea morbidity was 21.84% in 2021, remained at 21.84% in 2022, and increased to 24.6% in 2023. A 3-point increase in the Incident Rate (IR) of diarrhea per 1000 population needs to be evaluated and monitored regarding this increase. The highest number of diarrhea cases found in toddlers among the 11 community health centers (Puskesmas) in Metro City in 2023 was at Puskesmas Yosomulyo, where 402 (43.6%) of 921 toddlers had cases. Behaviors that can increase the risk of diarrhea include non-exclusive breastfeeding. This study aims to determine the relationship between exclusive breastfeeding and the incidence of diarrhea in toddlers aged 12-24 months at Puskesmas Yosomulyo.

This research is quantitative with a cross-sectional approach. The population in this study was all toddlers at Puskesmas Yosomulyo. The sample consisted of mothers with toddlers aged 12-24 months at Puskesmas Yosomulyo, totaling 93 respondents. Accidental sampling was used. Data collection was done using checklists and interviews. Univariate and bivariate data analyses were performed using the chi-square test.

The results of the study found that among 93 mothers with toddlers aged 12-24 months, 30 respondents who did not exclusively breastfeed had 19.4% (18 toddlers) experience diarrhea, while among 63 respondents who exclusively breastfed, 3.2% (2 toddlers) experienced diarrhea. The results of the chi-square test analysis showed a p-value of 0.000 ( $\alpha \leq 0.05$ ), meaning there is a relationship between exclusive breastfeeding and the incidence of diarrhea in toddlers aged 12-24 months at Puskesmas Yosomulyo.

The conclusion of this study is that there is a relationship between exclusive breastfeeding and the incidence of diarrhea in toddlers aged 12-24 months at Puskesmas Yosomulyo. It is recommended to enhance continuous education and counseling for pregnant and breastfeeding mothers regarding the benefits and correct techniques of exclusive breastfeeding, as well as the importance of breast milk in preventing diarrhea.

Keywords : Exclusive Breastfeeding, Diarrhea

Reading list : 39 (2014–2024)