

POLITEKNIK KESEHATAN KEMENKES TANJUNGPURUN  
JURUSAN KEBIDANAN  
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Weni Elyza

Hubungan Pemberian ASI Eksklusif dengan Berat Badan Bayi Usia 7-12 Bulan di Wilayah Kerja Puskesmas Sukadana Kabupaten Lampung Timur Tahun 2025  
xix + 65 halaman, 13 tabel, 4 gambar, 10 lampiran.

### ABSTRAK

Pemberian ASI Eksklusif selama 6 bulan pertama kehidupan bayi memiliki peran penting dalam mendukung pertumbuhan dan perkembangan optimal, termasuk pencapaian berat badan ideal. Namun, masih banyak ibu yang belum memberikan ASI Eksklusif secara penuh, yang dapat memengaruhi status gizi bayi. Di Kabupaten Lampung Timur, berdasarkan Profil Kesehatan Provinsi Lampung tahun 2023, cakupan ASI Eksklusif mencapai 70,7%.

Penelitian ini bertujuan untuk mengetahui hubungan antara pemberian ASI Eksklusif dan berat badan bayi usia 7–12 bulan di wilayah kerja UPTD Puskesmas Sukadana, Kabupaten Lampung Timur, tahun 2025.

Metode penelitian ini menggunakan pendekatan kuantitatif dengan desain analitik *cross sectional*. Sampel penelitian terdiri dari 50 bayi usia 7–12 bulan dengan teknik total sampling. Data dikumpulkan melalui kuesioner dan pengukuran berat badan berdasarkan KMS, lalu dianalisis secara univariat (persentase) dan bivariat menggunakan uji *Fisher's exact test*.

Hasil penelitian menunjukkan bahwa 90,0% (45) responden memberikan ASI Eksklusif, dan 82,0% (41) bayi memiliki berat badan sesuai.

Uji *Fisher's exact test* menunjukkan hubungan bermakna antara pemberian ASI Eksklusif dan berat badan bayi ( $p\text{-value} = 0,035$ ). Penelitian ini diharapkan menjadi dasar layanan kesehatan dalam meningkatkan promosi dan edukasi ASI Eksklusif.

Kata Kunci : ASI Eksklusif, berat badan bayi, bayi usia 7–12 bulan  
Daftar Bacaan : 34 (2018-2024)

HEALTH POLYTECHNIC OF TANJUNGPUR  
DEPARTMENT OF MIDWIFERY

*Thesis, Mei 2025*

Weni Elyza

*The Relationship Between Exclusive Breastfeeding and the Body Weight of Infants Aged 7–12 Months in the Working Area of Sukadana Public Health Center, East Lampung Regency, in 2025.*

*xix + 65 pages, 13 tables, 4 figures, 10 attachment.*

**ABSTRACT**

*Exclusive breastfeeding during the first 6 months of an infant's life plays an important role in supporting optimal growth and development, including achieving ideal body weight. However, there are still many mothers who do not provide full exclusive breastfeeding, which can affect the nutritional status of infants. In East Lampung Regency, based on the Lampung Province Health Profile in 2023, exclusive breastfeeding coverage reached 70.7%.*

*This purpose of this study was relationship between exclusive breastfeeding and the weight of infants aged 7-12 months in the working area of UPTD Puskesmas Sukadana, East Lampung Regency, in 2025.*

*This method of this study was an analytical design with a cross-sectional approach. The study sample consisted of 50 infants aged 7-12 months with total sampling technique. Data were collected through questionnaires and weight measurements based on KMS, then analyzed univariately (percentage) and bivariately using Fisher's exact test.*

*The results showed that 90.0% (45) of respondents provided exclusive breastfeeding, and 82.0% (41) of infants had appropriate body weight.*

*Fisher's exact test showed a significant relationship between exclusive breastfeeding and infant weight ( $p$ -value = 0.035). This study is expected to be the basis of health services in improving the promotion and education of exclusive breastfeeding.*

*Keywords: Exclusive breastfeeding, infant body weight, infants aged 7–12 months*  
*Reading List : 34 (2018-2024)*