

## ABSTRAK

**Nurlaila Kai, 2015.** Perbedaan Tumbuh Kembang Bayi Usia 0-6 Bulan yang diberi Asi Eksklusif dengan yang diberi MP-ASI di Desa Pulubala Kecamatan Pulubala Kabupaten Gorontalo. Skripsi, Jurusan Ilmu Keperawatan, Fakultas Ilmu-Ilmu Kesehatan dan Keolahragaan, Universitas Negeri Gorontalo, Pembimbing I Ns. Rini F. Zees, S.Kep, M.Kep, dan Pembimbing II dr. Sitti Rahma, M.Kes.

Pemberian ASI Eksklusif dan MP-ASI sangat berpengaruh terhadap tumbuh kembang bayi. Penelitian Ini bertujuan untuk menganalisis perbedaan tumbuh kembang bayi usia 0-6 bulan yang diberi ASI Eksklusif dengan yang diberi MP-ASI.

Rancangan penelitian menggunakan metode *Analitik Observasional*, dengan pendekatan *cross sectional*. Sampel 47 orang dengan tehnik sampling yaitu *Total Sampling*. Instrumen penelitian menggunakan KPSP dan observasi, dan dianalisa dengan uji *mann whitney*.

Hasil penelitian menunjukkan bahwa sebagian besar pertumbuhan bayi yang diberi ASI Eksklusif memiliki gizi baik yaitu 78,3% dan perkembangan yang sesuai yaitu 73,9%. Sedangkan Bayi yang diberi MP-ASI memiliki pertumbuhan dengan presentase yang sama antara gizi baik dan gizi kurang yaitu 45,8%, dan paling banyak mengalami perkembangan dengan kategori sesuai yaitu 45,8%. Penelitian ini menunjukkan terdapat perbedaan pertumbuhan bayi yang diberi ASI Eksklusif dan yang diberi MP-ASI dengan *p-value* sebesar 0,039 ( $\alpha < 0,05$ ), dan terdapat perbedaan perkembangan bayi yang diberi ASI Eksklusif dan yang diberi MP-ASI dengan *p-value* 0,028 ( $\alpha < 0,05$ ). Disarankan untuk para ibu maupun calon ibu agar dapat memberikan ASI Eksklusif selama 6 bulan pertama, dan dilanjutkan dengan MP-ASI.

**Kata Kunci:** Tumbuh Kembang, ASI, MP-ASI

**Daftar Pustaka:** 33 buah (1967-2014)

## ABSTRACT

**Nurlaila Kai, 2015.** Development and Growth Differences in Babies Aged 0-6 Months Old Between Those Who Get Exclusive Breast Feed and Those Given the Complementary Food in Pulubala Village of Pulubala Sub-district, District of Gorontalo. Skripsi, Public Health Department, Faculty of Health Sciences and Sports, State University of Gorontalo. The principal supervisor was Ns. Rini F. Zees, S.Kep., M. Kep and Co-supervisor was dr. Sitti Rahma, M.Kes.

Exclusive breast feeding and complementary food strongly influence the baby's growth and development. This research was developed to analyze the differences of growth and development of the babies aged 0-6 months old between those who get exclusive breast feed and those given the complementary food.

This research used observational analytic method with cross sectional approach. The 47 samples were taken using the total sampling technique. The research instruments used were KPSP and observation, and Mann Whitney test.

Based on the research findings, it was revealed that most of the babies who get exclusive breast feed had good nutritional status (78.3%) and appropriate development stage to their age (73.9%). Meanwhile, for the babies who received complementary food, the composition of good and malnutrition status was balanced 45.8% and only 45.8% of those babies who had appropriate development to their age. This research revealed that there was differences of the growth between babies who received exclusive breast-feeding and those who received complementary food, the  $p$  value was .039 ( $\alpha < .05$ ). and there was differences of the development between babies who received exclusive breast-feeding and those who received complementary food, the  $p$  value was .028 ( $\alpha < .05$ ). It was recommended to the mothers or mothers to be to give exclusive breast-feeding for the first six months and then supplemented with complementary meal after that age.

**Keywords:** Growth and Development, Breast-Feed, Complementary Food  
**References:** 33 (1967-2014).

