

ABSTRAK

Siti Hafsah. Hubungan Riwayat Pemberian ASI Eksklusif dan Asupan Vitamin A dengan Kejadian *Wasting* Pada Balita Di Posyandu Bangun Sari Indah 6 Kec. Tanjung Morawa. Skripsi. Program Studi Gizi. Fakultas Teknik. Universitas Negeri Medan. 2025.

Salah satu bentuk malnutrisi yang terjadi pada balita, yaitu *wasting*. *Wasting* merupakan istilah gabungan untuk menggambarkan status gizi kurang (*wasted*) dan gizi buruk (*severely wasted*) berdasarkan indeks berat badan menurut tinggi badan (BB/TB). Faktor resiko *wasting* diantaranya, yaitu riwayat pemberian ASI eksklusif dan asupan vitamin A. Tujuan dalam penelitian ini, yaitu untuk mengetahui hubungan riwayat pemberian ASI eksklusif dan vitamin A dengan kejadian *wasting* pada balita di Posyandu Bangun Sari Indah 6, Kec. Tanjung Morawa.

Penelitian ini dilaksanakan pada bulan Mei – September 2024 di Posyandu Bangun Sari Indah 6, Kec. Tanjung Morawa. Penelitian ini menggunakan desain penelitian *cross sectional*. Populasi pada penelitian ini yaitu seluruh balita berusia >6-59 bulan yang terdaftar di Posyandu Bangun Sari Indah 6 dengan jumlah balita 135 balita. Teknik pengambilan subjek pada penelitian ini menggunakan *purposive sampling* dengan total sampel 48 balita. Teknik pengumpulan data riwayat pemberian ASI menggunakan kuesioner, asupan vitamin A menggunakan SQ-FFQ dan data *wasting* menggunakan data antropometri meliputi pengukuran berat badan dan tinggi badan. Teknik analisis data menggunakan deskripsi data, uji *chi-square* dengan pembacaan *fisher's exact*, dan uji regresi logistik.

Hasil penelitian ini menunjukkan tidak terdapat hubungan yang signifikan antara riwayat pemberian ASI eksklusif dengan kejadian *wasting* diperoleh nilai Sig. (*P-value*) = 0,140. Sedangkan, variabel asupan vitamin A berhubungan secara signifikan dengan kejadian *wasting* diperoleh nilai Sig. (*P-value*) = 0,016. Hasil uji regresi logistik menunjukkan riwayat pemberian ASI eksklusif (*P-value* = 0,036) dan asupan vitamin A (*P-value* = 0,005) berhubungan secara signifikan dengan kejadian *wasting*. Riwayat pemberian ASI eksklusif dan asupan vitamin A mempengaruhi kejadian *wasting* secara bersama-sama (simultan) sebesar 36,5% sedangkan 63,5% lainnya dijelaskan dalam faktor lain dalam penelitian ini.

Kata kunci: ASI eksklusif, asupan vitamin A, *wasting*

ABSTRACT

Siti Hafsa. *The Relationship between History of Exclusive Breastfeeding and Vitamin A Intake with Wasting Incidents in Toddlers at Posyandu Bangun Sari Indah 6, Tanjung Morawa District. Thesis. Nutrition Study Program. Faculty of Engineering. Medan State University. 2025.*

One form of malnutrition that occurs in toddlers is wasting. Wasting is a combined term to describe the status of undernutrition (wasted) and severe malnutrition (severely wasted) based on the weight index for height (WHZ). Risk factors for wasting include a history of exclusive breastfeeding and vitamin A intake. The purpose of this study was to determine the relationship between the history of exclusive breastfeeding and vitamin A with the incidence of wasting in toddlers at Posyandu Bangun Sari Indah 6, Kec. Tanjung Morawa.

This study was conducted in May - September 2024 at Posyandu Bangun Sari Indah 6, Kec. Tanjung Morawa. This study used a cross-sectional research design. The population in this study were all toddlers aged >6-59 months registered at Posyandu Bangun Sari Indah 6 with a total of 135 toddlers. The subject selection technique in this study used purposive sampling with a total sample of 48 toddlers. The technique for collecting data on breastfeeding history used a questionnaire, vitamin A intake used SQ-FFQ and wasting data used anthropometric data including body weight and height measurements. Data analysis techniques used data description, chi-square test with fisher's exact reading, and logistic regression test.

The results of this study indicate that there is no significant relationship between the history of exclusive breastfeeding and the incidence of wasting obtained by the Sig. (P-value) = 0.140. Meanwhile, the vitamin A intake variable is significantly related to the incidence of wasting obtained by the Sig. (P-value) = 0.016. The results of the logistic regression test show that the history of exclusive breastfeeding (P-value = 0.036) and vitamin A intake (P-value = 0.005) are significantly related to the incidence of wasting. History of exclusive breastfeeding and vitamin A intake influenced the incidence of wasting simultaneously by 36.5% while the other 63.5% was explained by other factors in this study.

Keywords: exclusive breastfeeding, vitamin A intake, wasting