

# Hubungan antara pola pemberian ASI dan MP-ASI dengan stunting pada bayi usia 6-12 bulan di Tangerang: Kajian kadar seng serum pada bayi stunting usia 6-12 bulan = Relationship between breastfeeding and complementary feeding practice and stunting in 6-12 months old infants in Tangerang: Zinc status in 6-12 months old stunted infants

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## Abstrak

Tujuan: Mengoptimalkan tumbuh kembang anak dengan mengetahui hubungan antara pola pemberian ASI dan MP-ASI dengan stunting pada bayi usia 6-12 bulan dan meningkatkan kadar seng serum bayi usia 6-12 bulan.

Metode : Penelitian ini menggunakan desain nested case control. Subyek penelitian adalah bayi stunting dan tidak stunting.

Hasil: Jumlah subyek 90 bayi usia 6-12 bulan, 30 kasus, 60 kontrol. Kelompok kasus diambil secara purposive, sedangkan kelompok kontrol adalah bayi tidak stunting dengan matching jenis kelamin dan usia dalam rasio satu banding dua yang diambil acak sederhana. Subyek terdiri atas 45 bayi perempuan dan 45 bayi laki-laki. Sebagian besar (73,3%) subyek berusia 9-12 bulan. Berat badan lahir <-1 SD ditemukan pada 24,4% subyek dan panjang badan lahir <-1 SD pada 15,9% subyek (n= 44). Responden, yaitu ibu subyek, sebagian besar (87,8%) berusia antara 17-35 tahun dan 58,9% berpendidikan rendah. Hampir seluruh subyek (96,7%) mendapat asupan seng di bawah AKG 2004. Pada penelitian ini didapatkan BB lahir <-1 SD merupakan faktor risiko yang bermakna (OR =1,51; P < 0,001) Untuk stunting. Uji statistik menunjukkan pola pemberian ASI dan MP-ASI kategori tidak baik meningkatkan risiko stunting (OR = 1,122; 95% CI 0,351-3,581), walaupun secara statistik tidak bermakna. Dengan analisis tambahan didapatkan tidak dilanjutkannya ASI setelah mendapat MP-ASI merupakan faktor risiko bermakna Untuk stunting (p ~0,039; OR 5,8). Rerata kadar seng serum bayi stunting  $12,4 \pm 1,7$  umol/L, yaitu termasuk dalam rentang marginal (10,7-<13 umol/L). Sebanyak 56,1% subyek stunting mempunyai kadar seng serum di bawah nilai normal (13 umol/L) dan 20% mempunyai kadar seng serum rendah <10,7 umol/L). Uji korelasi menunjukkan tidak ada hubungan antara kadar seng serum dengan asupan seng dan panjang badan untuk usia.

Kesimpulan: Pola pemberian ASI dan MP-ASI kategori tidak baik meningkatkan risiko stunting. Rerata kadar seng serum bayi stunting pada penelitian ini berada dalam rentang marginal.

.....Objective: Aim of the study was to optimize child growth by investigating the relationship between breastfeeding and complementary feeding practice and stunting among 6-12 mo infants, and to examine the zinc status of 6-12 months old stunted infants.

Method : A "nested" case-control design was used in this study. Subjects were stunted and nonstunted infants.

Results : A total of 90 subjects of 6-12 mo infants in Tangerang participated in this study (30 cases and 60 controls). Purposive sampling was used to obtain cases, while simple random sampling was used among matched controls (by gender and age). Gender were equally distributed in both groups. Most of the subjects (73.3%) were between 9-12 mo. Birth weight <-1 SD were found in 24.4% and length (n = 44) <-1 SD in 15.9% subjects. Respondents, the subjects' mothers; mostly (87.8%) were between 17-35 yr and 58.9% were low

educated.. Almost all (96.7%) subjects had zinc intake below Indonesian RDA 2004. This study demonstrated that birth weight  $<-1$  SD was a significance risk factor ( $p<0.001$ ; OR = 7.57) for stunting. Statistical analysis showed that inappropriate breastfeeding and complementary feeding practice increased the risk for stunting (OR= 1.122; 95% CI 0.351-3.587), although statistically not significant. Further analysis showed that not continuing breastfeeding was a significant risk further for stunting (OR = 5.8 and  $p = 0.039$ ). Mean serum zinc levels of the stunted subjects was  $12.4 \pm 1.7$   $\mu\text{mol/L}$  (marginal levels  $10.7-<13$   $\mu\text{mol/L}$ ). Serum zinc levels of 56.7% stunted subjects were under be normal levels ( $13 \mu\text{mol/L}$ ) and 20% had low serum zinc levels  $<10.7 \mu\text{mol/L}$ . Serum zinc levels did not show relationship with zinc in lake and height for age Z-score.

Conclusion : inappropriate feeding practice increased the risk for stunting. Mean serum zinc levels of stunted subjects in this study were in marginal range.