

Hubungan durasi pemberian ASI dengan kejadian kegemukan pada anak Taman Kanak-Kanak di Wilayah kerja Puskesmas Lubuk Buaya Kota Padang tahun 2010

Abdiana, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20377390&lokasi=lokal>

Abstrak

[ABSTRAK

Kegemukan dan obesitas merupakan salah satu masalah kesehatan yang bisa berlanjut sampai dewasa. Kegemukan dan obesitas pada anak berdampak serius terhadap kesehatan, yang merupakan faktor risiko untuk menderita penyakit jantung, diabetes dan darah tinggi pada usia muda. Proporsi kegemukan dan obesitas pada anak sekolah Taman Kanak-kanak di Wilayah kerja Puskesmas Lubuk Buaya yaitu 17,8%. Tujuan Penelitian ini adalah untuk mengetahui hubungan antara durasi pemberian ASI dengan kejadian kegemukan pada anak Taman Kanak-kanak dengan mengontrol covariat (ASI eksklusif, jenis kelamin, berat badan lahir, urutan kelahiran, berat badan ibu, pendidikan ibu, pekerjaan ibu, pendapatan keluarga dan pola konsumsi makanan). Penelitian ini dilaksanakan mulai bulan Maret sampai April di Wilayah Kerja Puskesmas Lubuk Buaya Kota Padang Tahun 2010. Penelitian ini menggunakan desain kasus kontrol. Kasus adalah anak taman kanak-kanak yang termasuk dalam kategori gemuk berdasarkan indeks BB/TB dengan kelompok $> 2 SD - \#8804; 3 SD$ dan kontrol adalah anak taman kanak-kanak yang termasuk dalam kategori normal berdasarkan indeks BB/TB dengan kelompok $\#8805; -2SD - \#8804; 2SD$ (baku rujukan WHO 2005). Dalam penelitian ini jumlah sampel sebanyak 366 (kasus 101 dan kontrol 265). Data dianalisis dengan analisis univariat, bivariat dan multivariat dengan uji regresi logistik ganda. Hasil penelitian menunjukkan adanya hubungan antara durasi pemberian ASI dengan kejadian kegemukan. Anak yang diberi durasi ASI $> 6-12$ bulan memiliki risiko 0,54 kali dan > 12 bulan memiliki risiko 0,31 kali untuk terjadinya kegemukan dibanding anak yang mendapatkan durasi ASI $\#8804; 6$ bulan (faktor protektif) setelah dikontrol oleh ASI eksklusif, berat badan ibu dan jenis kelamin. Upaya pencegahan kegemukan dan obesitas pada anak untuk menghindari masalah kesehatan pada usia kehidupan selanjutnya dapat dilakukan secara dini, salah satunya dengan pemberian ASI. Perlunya kerjasama antara Puskesmas dengan Sekolah Taman Kanak-kanak dengan melibatkan orang tua dalam mensosialisasikan pentingnya ASI dan dalam menjalankan program Usaha Kesehatan Sekolah (UKS), sehingga dapat mengetahui status kesehatan anak Taman Kanak-kanak.

<hr>

ABSTRACT

Overweight and obesity is one health problem that may continue into adulthood.

Overweight and obesity in children have serious consequences on health, which is a risk factor for heart disease, diabetes and high blood pressure at a young age. The proportion of overweight and obesity among school children in kindergarten regional health center Lubuk Buaya is 17,8%. The purpose of this study is to determine the relationship between duration of breastfeeding and the occurrence of obesity in children kindergarten by controlling covariate (exclusive breastfeeding, sex, birth weight, birth order, maternal weight, maternal education, maternal occupation, family income and food consumption patterns). This research was conducted from March to April in the working area health center Lubuk Buaya Padang year 2010. This research of case control design. The case is a child in kindergarten is included in the overweight category according to the index weight / height with a group of $> 2 \text{ SD} - \text{ and } 3 \text{ SD}$ and controls were kindergarten children who are included in the normal category based on the index weight / height with the group $< -2\text{SD} - \text{ and } 2\text{SD}$ (standard reference WHO 2005). In this study there were 366 samples (101 cases and 265 controls). Data were analyzed by univariate analysis, bivariate and multivariate logistic regression test. The result showed that there was a relationship between duration of breastfeeding and the occurrence of obesity. Children are given the duration of breastfeeding $> 6-12$ months have a risk 0,54 times and > 12 months had 0,31 times the risk for the occurrence of obesity than children who received ≤ 6 months duration of breastfeeding (protective factor) after being controlled by exclusive breastfeeding, weight loss mother and sex. Efforts to prevent overweight and obesity in children to avoid health problems at the age of the next life may be one of them with early breastfeeding. The necessity of cooperation between the health center with a kindergarten School by involving parents in disseminating the importance of breastfeeding and in running the business school health program (UKS), so it can know the health status of kindergarten children.; Overweight and obesity is one health problem that may continue into adulthood.

Overweight and obesity in children have serious consequences on health, which is a risk factor for heart disease, diabetes and high blood pressure at a young age. The proportion of overweight and obesity among school children in kindergarten regional health center Lubuk Buaya is 17,8%. The purpose of this study is to determine the relationship between duration of breastfeeding and the occurrence of obesity in children kindergarten by controlling covariate (exclusive breastfeeding, sex, birth weight, birth order, maternal weight, maternal education, maternal occupation, family income and food consumption patterns). This research was conducted from March to April in the working area health center Lubuk Buaya Padang year 2010. This research of case control design. The case is a child in kindergarten is included in the overweight category according to the index weight / height with a group of $> 2 \text{ SD} - \text{ and } 3 \text{ SD}$ and controls were kindergarten children who are included in the normal category based on the index weight / height with the group $< -2\text{SD} - \text{ and } 2\text{SD}$ (standard reference WHO 2005). In

this study there were 366 samples (101 cases and 265 controls). Data were analyzed by univariate analysis, bivariate and multivariate logistic regression test. The result showed that there was a relationship between duration of breastfeeding and the occurrence of obesity. Children are given the duration of breastfeeding >6-12 months have a risk 0,54 times and > 12 months had 0,31 times the risk for the occurrence of obesity than children who received <6 months duration of breastfeeding (protective factor) after being controlled by exclusive breastfeeding, weight loss mother and sex. Efforts to prevent overweight and obesity in children to avoid health problems at the age of the next life may be one of them with early breastfeeding. The necessity of cooperation between the health center with a kindergarten School by involving parents in disseminating the importance of breastfeeding and in running the business school health program (UKS), so it can know the health status of kindergarten children., Overweight and obesity is one health problem that may continue into adulthood.

Overweight and obesity in children have serious consequences on health, which is a risk factor for heart disease, diabetes and high blood pressure at a young age. The proportion of overweight and obesity among school children in kindergarten regional health center Lubuk Buaya is 17,8%. The purpose of this study is to determine the relationship between duration of breastfeeding and the occurrence of obesity in children kindergarten by controlling covariate (exclusive breastfeeding, sex, birth weight, birth order, maternal weight, maternal education, maternal occupation, family income and food consumption patterns). This research was conducted from March to April in the working area health center Lubuk Buaya Padang year 2010. This research of case control design. The case is a child in kindergarten is included in the overweight category according to the index weight / height with a group of > 2 SD - < 3 SD and controls were kindergarten children who are included in the normal category based on the index weight / height with the group <-2SD - < 2SD (standard reference WHO 2005). In this study there were 366 samples (101 cases and 265 controls). Data were analyzed by univariate analysis, bivariate and multivariate logistic regression test. The result showed that there was a relationship between duration of breastfeeding and the occurrence of obesity. Children are given the duration of breastfeeding >6-12 months have a risk 0,54 times and > 12 months had 0,31 times the risk for the occurrence of obesity than children who received <6 months duration of breastfeeding (protective factor) after being controlled by exclusive breastfeeding, weight loss mother and sex. Efforts to prevent overweight and obesity in children to avoid health problems at the age of the next life may be one of them with early breastfeeding. The necessity of cooperation between the health center with a kindergarten School by involving parents in disseminating the importance of breastfeeding and in running the business school health program (UKS), so it can know the health status of kindergarten children.]