

**LAMA PEMBERIAN ASI EKSKLUSIF TERHADAP
PERKEMBANGAN ANAK USIA 7-24 BULAN DIUKUR DENGAN
METODE *DENVER II***

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ABSTRAK

Latar belakang: Periode seribu hari pertama kehidupan merupakan periode kritis perkembangan anak. Gangguan yang terjadi pada periode ini dapat berdampak jangka panjang terhadap perkembangan. Salah satu faktor yang mempengaruhi perkembangan anak adalah nutrisi. ASI mengandung asam lemak tak jenuh rantai ganda (*LC-PUFAs*) untuk mielinisasi dan organisasi sinaptik otak. Durasi lama pemberian ASI berperan dalam perkembangan anak, tetapi tingkat kesadaran masyarakat dalam mendukung pemberian ASI eksklusif masih rendah.

Tujuan: Mengidentifikasi hubungan lama pemberian ASI eksklusif terhadap perkembangan anak usia 7-24 bulan diukur dengan metode *Denver II*.

Metode: Studi observasional dengan desain *cross sectional*. Terdapat 71 subjek yang dipilih dengan teknik *total sampling* dan sesuai kriteria inklusi eksklusi. Pengumpulan data menggunakan kuisioner dan pemeriksaan perkembangan diukur dengan metode *Denver II*. Hasil dikatakan signifikan jika $p < 0,05$.

Hasil: Uji *Fisher* menunjukkan terdapat hubungan antara lama pemberian ASI eksklusif terhadap perkembangan bahasa (OR: 3,76; 95% CI 1,04-13,57; $p < 0,05$) dan motorik kasar (OR: 4,81; 95%CI 1,24-18,66; $p < 0,05$), tetapi tidak terdapat hubungan antara lama pemberian ASI eksklusif terhadap perkembangan personal sosial ($p > 0,05$) dan motorik halus anak ($p > 0,05$).

Kesimpulan: Terdapat hubungan antara lama pemberian ASI eksklusif terhadap perkembangan bahasa dan motorik kasar. Anak yang mendapat ASI eksklusif ≤ 3 bulan kemungkinan mengalami gangguan perkembangan bahasa 3,76 kali lebih besar dan mengalami gangguan motorik kasar 4,81 kali lebih besar daripada anak yang mendapat ASI eksklusif > 3 bulan. Tidak terdapat hubungan antara lama pemberian ASI eksklusif terhadap perkembangan personal sosial dan motorik halus.

Kata Kunci : ASI eksklusif, *Denver II*, perkembangan anak

DURATION OF EXCLUSIVE BREASTFEEDING ON THE CHILD DEVELOPMENT 7-24 MONTHS MEASURED BY DENVER II METHOD

Study in Rempoah Village, Baturaden District, Banyumas Regency, Central Java Province

ABSTRACT

Background: *The first thousand days of life become a critical period of child development. The disruption occurred in this period causes long term impact on development. One of the factor influences child development is nutrition. Breastmilk contains Long Chain-Poly Unsaturated Fatty Acids (LC-PUFAs) which responsible for myelinization and synaptic organization of brain development. Duration of breastfeeding plays a role on children development, but the level of public awareness in supporting exclusive breastfeeding is still low.*

Aim: *To identify duration of exclusive breastfeeding association on children development aged 7-24 months old measured by the Denver II method.*

Method: *This study was an observational analytic with cross sectional design. There were 71 subjects which selected by total sampling technique and exclusion inclusion criteria. Data collection used questionnaires and developmental examination was measured by Denver II method. The results were significant if $p < 0.05$.*

Results: *Fisher test showed there was an association between duration of exclusive breastfeeding on language (OR: 3,76; 95% CI 1,04-13,57; $p < 0,05$) and gross motor development (OR: 4,81; 95%CI 1,24-18,66; $p < 0,05$), but there was no association between duration of exclusive breastfeeding on the social personal ($p > 0.05$) and fine motor development ($p > 0.05$).*

Conclusion: *There is an association between the duration of exclusive breastfeeding on language and gross motor development. Children who have exclusive breastfeeding ≤ 3 months are at risk on language delay 3.76 times greater and at risk on gross motor delay 4.81 times greater than those who have exclusive breastfeeding > 3 months. There is no association between duration of exclusive breastfeeding on social personal and fine motor development.*

Keywords: *child development, Denver II, exclusive breastfeeding*