

**HUBUNGAN LAMA PEMBERIAN ASI EKSKLUSIF TERHADAP
PERKEMBANGAN KOGNITIF ANAK USIA 7-24 BULAN METODE
CAPUTE SCALES**

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ABSTRAK

Latar Belakang: *Golden period* atau periode kritis adalah usia kehamilan trimester III hingga dua tahun pertama kehidupan anak. Pemberian stimulasi akan efektif apabila dilakukan pada periode kritis. Gangguan yang terjadi pada periode ini dapat berdampak jangka panjang terhadap perkembangan kognitif. Salah satu faktor yang dapat menunjang proses tumbuh kembang anak adalah nutrisi, salah satunya adalah pemberian Air Susu Ibu (ASI) eksklusif. ASI memiliki kandungan *Arachidonic Acid* (AA) dan *Docosahexaenoic Acid* (DHA) dalam yang sangat bermanfaat bagi kecerdasan bayi. Para ahli menyatakan bahwa terdapat hubungan antara pola pemberian ASI eksklusif terhadap perkembangan kognitif anak.

Tujuan : Mengidentifikasi hubungan lama pemberian ASI eksklusif terhadap perkembangan kognitif anak usia 7-24 bulan metode *Capute scales*.

Metode: Penelitian ini merupakan studi analitik observasional dengan pendekatan *cross-sectional*. Subjek penelitian sebanyak 71 orang yang dipilih dengan teknik *total sampling*, terbagi dalam dua kelompok yaitu mendapatkan ASI ≤ 3 bulan dan mendapatkan ASI > 3 bulan. Data pemberian ASI didapatkan dari wawancara. Data perkembangan kognitif diukur dengan pemeriksaan *Capute scales*. Hubungan lama pemberian ASI eksklusif terhadap perkembangan kognitif anak dianalisis menggunakan uji *Fisher*.

Hasil: Uji *Fisher* menunjukkan terdapat hubungan antara lama pemberian ASI eksklusif terhadap perkembangan kognitif (OR: 4,587; 95% CI: 1,298-16,210; $p < 0,05$).

Kesimpulan: Terdapat hubungan antara lama pemberian ASI eksklusif terhadap perkembangan kognitif. Anak yang mendapat ASI eksklusif ≤ 3 bulan kemungkinan mengalami gangguan perkembangan kognitif 4,587 kali lebih besar daripada anak yang mendapat ASI eksklusif > 3 bulan.

Kata Kunci: ASI eksklusif, *Capute scales*, perkembangan kognitif

**ASSOCIATION BETWEEN EXCLUSIVE BREASTFEEDING PERIOD
AND COGNITIVE DEVELOPMENT IN CHILDREN AGED 7-24 MONTH
USING CAPUTE SCALES METHOD**

**Study at Rempoah Village, Baturaden District, Banyumas Regency,
Province of Central Java**

ABSTRACT

Background: The *Golden period* is the third trimester of pregnancy until the first two years of life. Provision of stimulation will be effective if carried out in a critical period. Disorders that occur in this period can have a long term impact on cognitive development. One of the factors that can support the development in children is nutrition, one of them is the provision of exclusive breastmilk. Breast milk has *Arachidonic Acid (AA)* and *Docosehaxaenoic Acid (DHA)* content which is very beneficial for baby's intelligence. The experts state that there is association between exclusive breastfeeding period and cognitive development in children.

Objective: To identify the association of exclusive breastfeeding period to cognitive development in children aged 7-24 month using *Capute scales* method.

Method: This study was an observational analytic study using *cross-sectional* method. The subjects of the study were 71 children who were selected by *the total sampling* technique, divided into two groups: getting breast milk ≤ 3 months and getting breast milk > 3 months. Breastfeeding data was obtained from interview. Cognitive development data was measured by examination *Capute scales*. The association between exclusive breastfeeding period and cognitive development was analyzed using the *Fisher* test.

Results: Fisher test showed there was an association between duration of exclusive breastfeeding on cognitive (OR: 4.587; 95% CI: 1.298-16.210; $p < 0.05$).

Conclusion: There is an association between the duration of exclusive breastfeeding on cognitive development. Children who have exclusive breastfeeding ≤ 3 months are at risk on cognitive disorder 4.587 times greater than those who have exclusive breastfeeding > 3 months.

Keywords: *Capute scales*, cognitive development, exclusive breastfeeding