

ABSTRAK

KORELASI PERSENTASE LEMAK TUBUH IBU MENYUSUI BAYI ATERM DENGAN KADAR LEMAK DAN PROTEIN ASI

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Status gizi merupakan suatu keadaan tubuh sebagai akibat konsumsi makanan dan penggunaan zat-zat gizi oleh tubuh. Status gizi memegang peranan penting untuk keberhasilan menyusui yang indikatornya dapat diukur dari durasi ASI eksklusif, pertumbuhan bayi, dan status gizi ibu pasca menyusui. Komposisi lemak dan protein dalam ASI tergantung dari sumber lemak dan protein yang dikonsumsi oleh ibu sesuai dengan kecukupan kalori dan nutrisi lainnya. Tujuan penelitian untuk mengetahui korelasi persentase lemak tubuh ibu menyusui bayi aterm dengan kadar lemak dan protein ASI.

Desain penelitian adalah *cross sectional*, dengan jenis penelitian korelatif. Terhadap 48 ibu postpartum yang memberikan ASI secara eksklusif pada bayi dengan umur 1-3 bulan. Penelitian dilaksanakan di wilayah kerja Puskesmas Belimbing dan RSUP M. Jamil Padang pada bulan Oktober 2015 sampai Juni 2016. Teknik pengambilan sampel yaitu *probability Sampling*. Pengukuran persentase lemak tubuh ibu menyusui bayi aterm menggunakan *Bioelectrical Impedance Analysis* (BIA). Pemeriksaan kadar lemak dan protein ASI di RSUP M. Jamil dengan menggunakan metode Inframerah (IR) spectroscopy. Pengolahan dan analisa data menggunakan uji regresi linear dan Spearman.

Hasil, penelitian menunjukkan rerata persentase lemak tubuh ibu menyusui bayi aterm adalah $31,61 \pm 8,16$ %, rerata kadar lemak ASI adalah $2,8 \pm 0,30$ g/dl, dan median kadar protein ASI adalah 1 (0,3-1,9 g/dl). Terdapat korelasi negatif yang lemah dan signifikan antara persentase lemak tubuh ibu menyusui bayi aterm dengan kadar lemak ASI ($r = -0,33$; $p = 0,02$). Terdapat korelasi negatif yang sangat lemah dan tidak signifikan antara persentase lemak tubuh ibu menyusui bayi aterm dengan kadar protein ASI ($r = -0,05$; $p = 0,7$).

Semakin tinggi persentase lemak tubuh ibu menyusui bayi aterm dan semakin rendah kadar lemak dan protein ASI.

Kata kunci : Persentase Lemak Tubuh, Kadar Lemak ASI, Kadar Protein ASI

ABSTRACT

BODY FAT PERCENTAGE CORRELATION OF ATERM INFANTS NURSING MOTHERS WITH THE FAT AND PROTEIN CONTENT OF BREAST MILK

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Nutritional status is a condition of the body as a result of food consumption and utilization of nutrients by the body. Nutritional status plays an important role for a successful breastfeeding that the indicator can be measured from the duration of exclusive breastfeeding, infant growth and nutritional status of the mothers post breastfeeding. Fat and protein composition in breast milk depends on the source of fat and protein consumed by the mother based on the adequacy of calories and other nutrients. The aim of the research is to determine the correlation of body fat percentage with fat and protein content of the milk.

Design of the research was cross sectional, a correlative research. The sample were forty eight postpartum mothers who exclusively breastfeed their infants by the age of one until months. The research was conducted in Health center Belimbing and M. Jamils hospital Padang. It was conducted from October in 2015 until on June in 2016. The sample was selected based on probability sampling. The measurement of body fat percentage toward the aterm infant nursing mothers used Bioelectrical Impedance Analysis (BIA). Examining level of fat and protein in the mother's milk was in M. Jamils Hospital, using the Infrared (IR) spectroscopy. Analysis of which data were used linear regression and Spearman.

The results show that the mean of body fat percentage of mothers breastfeeding aterm infants is $31.61 \pm 8.16\%$, the average fat content of the milk is 2.8 ± 0.30 g / dl, and the median protein content of the milk is 1 (0.3-1 , 9 g / dl). There is a weak negative relation and a significant percentage of body fat mother breastfeeding aterm infants with milk fat content ($r = -0.33$; $p = 0.02$). There is a weak negative correlation and not significant between the percentage of body fat mother breastfeeding aterm infants with milk protein content ($r = -0.05$; $p = 0.7$).

The higher the percentage of body fat mothers breastfeeding a term infants, the lower the fat content in the milk and protein in mothers Breast Milk.

Keywords: Body Fat Percentage, Fat Content of The Milk, Protein Content of The Breast Milk