

**PENGARUH PEMBERIAN SARI KURMA PADA IBU
MENYUSUI EKSKLUSIF TERHADAP STATUS GIZI
BAYI USIA 0 – 5 BULAN**

(Studi di Kota Semarang)

***THE INFLUENCE OF DATE LIQUID SUPPLEMENTATION
AMONG EXCLUSIVE BREASTFEEDING MOTHERS ON THEIR
INFANTS NUTRITIONAL STATUS***

A Study in Semarang



**Tesis
Untuk memenuhi sebagian persyaratan
mencapai derajat S2**

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Abstrak

Pengaruh Pemberian Sari Kurma pada Ibu Menyusui Eksklusif terhadap Status Gizi Bayi Usia 0- 5 Bulan
(Studi di Kota Semarang)

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Latar belakang; Ibu menyusui memerlukan tambahan makanan untuk meningkatkan produksi ASI sehingga dapat membantu meningkatkan berat badan bayi. Kurma merupakan salah satu buah dengan gizi lengkap yang dapat diberikan untuk memenuhi kebutuhan gizi ibu menyusui serta berfungsi sebagai *galactogogues*.

Tujuan; Menganalisis pengaruh pemberian sari kurma (*Phoenix dactylifera L*) pada ibu menyusui eksklusif terhadap status gizi bayi usia 0-5 bulan dibandingkan dengan suplemen lain yang bernilai gizi sama.

Metode; Penelitian ini menggunakan *pre-post test control group design*. Penelitian diawali skrining terhadap ibu yang melakukan ASI eksklusif di Puskesmas Srandol Kulon, Ngesrep dan Padangsari yang memenuhi kriteria inklusi. Penelitian dibagi dua subjek yakni 28 ibu menyusui eksklusif yang diberikan susu kental manis (SKM) sebanyak 40 gram dan 28 ibu menyusui eksklusif yang diberikan sari kurma sebanyak 45 gram selama 4 minggu. Berdasarkan lokasi. Analisis menggunakan *independent t test, paired t test, general linear model*.

Hasil; Rerata asupan energi dan protein kelompok SKM lebih tinggi dibandingkan kelompok sari kurma masing-masing $2.440 \pm 106,67$ Kalori vs $2.426 \pm 141,77$ kalori dan $50,00 \pm 3,23$ gram vs $49,78 \pm 4,63$ gram. Pada kelompok Sari kurma Skor z bayi BB/U sebelum perlakuan adalah $-0,29 \pm 0,99$ dan sesudah perlakuan mengalami peningkatan menjadi $0,22 \pm 0,84$ ($p = 0,001$). Sedangkan pada kelompok SKM skor z sebelum perlakuan adalah $-0,63 \pm 1,17$ dan sesudah perlakuan mengalami penurunan menjadi $-0,78 \pm 1,26$ ($p = 0,247$).

Kesimpulan; Sari kurma pada ibu menyusui eksklusif dapat meningkatkan skor z BB/U bayi.

Kata kunci: sari kurma, bayi, status gizi, skor z BB/U, ibu menyusui.

Abstrak

The Influence Of Date Liquid Supplementation Among Exclusive Breastfeeding Mother Their Infants Nutritional Status A Study in Semarang

Rachma Hidana

Background; Breastfeeding mothers need extra food to increase milk production so as to help improve infants's weight. Dates content complete nutrients therefore it can be given to lactatic mothers and it also has galactogogues effect.

Objective; This research aimed to analyze the effect of liquid date supplementation on exclusive breast feeding mother their infants nutritional status compared with other supplements with the same nutritional value.

Methods ; This study used pre post test control group design. The study was started by screening on exclusive breastfeeding mothers among mothers who had infants aged 0-5 month at Primary Health Care Sronol Kulon, Ngesrep, and Padangsari. Who fulfilled inclusion criteria subject were divided into 2 groups : 28 subject received sweetened condensed milk for 4 weeks and 28 exclusive breastfeeding mother was given liquid dates as much as 45 gram for 4 weeks. Based on the living area. Paired t test, independent t test, linier general model were used for data analysis.

Results; The mean of energy intake and protein sweetened condensed milk group was higher than liquid dates group which is each $2,440 \pm 106.67$ calories and 50.00 ± 3.23 gram vs 2426 ± 141.77 calories and 49.78 ± 4.63 gram . In the liquid dates group infants WAZ before treatment was -0.29 ± 0.99 and after treatment was increased by 0.22 ± 0.84 ($p = 0.001$). In sweetened condensed milk group infants WAZ before treatment was $-0,63 \pm 1,17$ and after treatment was decrease by $-0,78 \pm 1,26$ ($p = 0,247$).

Conclusion; liquid date supplementation among exclusive breastfeeding could increase WAZ infants

Keywords: palm date, infants, nutritional status, z score, breastfeeding mother