

ABSTRAK



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PROGRAM STUDI GIZI
SKRIPSI, JULI 2019

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PERBEDAAN ASUPAN ENERGI, ASUPAN ZAT GIZI MAKRO, ASUPAN CAIRAN, STATUS HIDRASI DAN STRES PADA IBU MENYUSUI ASI EKSKLUSIF DAN SUSU FORMULA

VI Bab, 79 Halaman, 16 Tabel, 4 Grafik, 3 Gambar, 13 Lampiran

Latar Belakang: Ibu menyusui merupakan golongan yang termasuk ke dalam kelompok rentan gizi. Kebutuhan asupan zat gizi ibu menyusui berbeda dengan orang pada umumnya. Sebab ibu menyusui memerlukan asupan zat gizi tambahan yang digunakan untuk memproduksi ASI. Selain faktor asupan makanan dan minuman, faktor psikologis ibu juga mempengaruhi kualitas produksi ASI.

Tujuan: Mengetahui perbedaan asupan energi, asupan zat gizi makro, asupan cairan, status hidrasi dan stres pada ibu menyusui ASI eksklusif dan susu formula.

Metode Penelitian: Observasional deskriptif melalui pendekatan *cross sectional*. Sampel dibagi menjadi dua kelompok yaitu kelompok ASI eksklusif dan susu formula dan didapatkan dengan teknik total sampling sejumlah 48 ibu. Penelitian dilakukan melalui wawancara dan observasi pada sampel urin menggunakan kertas PURI kemudian dianalisis menggunakan analisis univariat dan bivariat. Analisis bivariat menggunakan uji *t-test independent* dan uji *mann withney*.

Hasil Penelitian: Terdapat perbedaan asupan energi dan status hidrasi yang bermakna pada ibu menyusui ASI eksklusif dan susu formula dengan nilai *p Value* masing-masing ($p=0.023$) dan ($p=0.003$). Tidak ada perbedaan asupan protein, asupan lemak, asupan karbohidrat, asupan cairan dan stres ibu yang bermakna pada ibu menyusui ASI eksklusif dan susu formula dengan nilai *p Value* masing-masing ($p=0.064$), ($p=0.069$), ($p=0.282$), ($p=0.128$) dan ($p=0.436$)

Kesimpulan: Asupan ibu menyusui ASI Eksklusif lebih tinggi dibandingkan dengan ibu menyusui susu formula. Status Hidrasi ibu yang memberikan ASI eksklusif lebih buruk dibandingkan ibu yang memberikan susu formula. Sehingga ibu menyusui harus meningkatkan asupan cairan. Tingkat stres ibu menyusui ASI Eksklusif lebih rendah dibandingkan dengan ibu menyusui susu formula.

Kata Kunci: asupan zat gizi, asupan cairan, ibu menyusui, status hidrasi dan stres ibu

Daftar Referensi : 126 (2001-2018)

ABSTRACT



UNIVERSITAS
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HEALTH SCIENCES FACULTY
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DIFFERENCES IN ENERGY INTAKE, MACRO NUTRIENTS INTAKE, FLUID INTAKE, HYDRATION STATUS AND STRESS IN EXCLUSIVE BREASTFEEDING MOTHER AND INFANT FORMULA

VI Chapter, 79 Pages, 16 Tables, 4 Graphs, 3 Pictures, 13 Appendices

Background: *Background: Nursing mothers are a group that belongs to the vulnerable groups of nutrition. Nutritional intake needs of nursing mothers differ from people in general. Because nursing mothers require intake of additional nutrients used to produce milk. In addition to food and beverage intake, psychological factors in the mother also influence the quality of milk production.*

Objective: *To determine differences in energy intake, macro nutrient intake, fluid intake, hydration status and stress in exclusive breastfeeding mothers and formula milk.*

Methods: *Descriptive observational through a cross sectional approach. The sample was divided into two groups, namely exclusive breastfeeding and formula milk and were obtained by a total sampling technique of 48 mothers. The study was conducted through interviews and observations on urine samples using PURI paper then analyzed using univariate and bivariate analysis. Bivariate analysis using independent t-test and mann withney test.*

Results: *There were significant differences in energy intake and hydration status in breastfeeding mothers exclusively breastfed and formula milk with p value ($p=0.023$) and ($p=0.003$). There were no significant differences in protein intake, fat intake, carbohydrate intake, fluid intake and stress in exclusive breastfeeding mothers and formula milk with p values ($p=0.064$), ($p=0.069$), ($p=0.282$), ($p=0.128$) and ($p=0.436$)*

Conclusion: *The intake of breastfeeding mothers exclusively breastfed is higher than breastfeeding mothers of formula milk. Hydration status of mothers who give exclusive breastfeeding is worse than mothers who give formula milk. Nursing mothers must increase fluid intake. The stress level of breastfeeding mothers Exclusive breastfeeding is lower compared to breastfeeding mothers of formula milk.*

Keywords: *nutrient intake, fluid intake, breastfeeding mothers, hydration status and maternal stress*

References: *126 (2001-2018)*