

Energy consumption during lactation and duration of breastfeeding at puskesmas Margajaya Bekasi City in 2014

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Abstrak

Konsumsi Energi Saat Laktasi dan Durasi Menyusui di Wilayah Kerja Puskesmas Margajaya Kota Bekasi Tahun 2014. Kendati rekomendasi angka kecukupan gizi menunjukkan lebih tingginya kebutuhan energy ibu saat laktasi dibandingkan saat hamil namun penelitian di Jakarta dan Depok menunjukkan konsumsi energy ibu laktasi justru lebih rendah. Penelitian ini bertujuan untuk mengetahui faktor yang berhubungan dengan konsumsi energi ibu laktasi serta hubungan antara konsumsi energy ibu laktasi dengan durasi menyusui di Puskesmas Margajaya Kota Bekasi tahun 2014. Penelitian dilakukan secara cross sectional terhadap 60 orang ibu menggunakan kuesioner termasuk Semi- quantitative Food Frequency Questionnaire. Analisis dilakukan menggunakan uji chi-square. Hasil penelitian menunjukkan adanya hubungan bermakna antara umur ibu, paritas, dan konsumsi energy ibu hamil dengan konsumsi energi ibu menyusui. Ibu cukup umur (>27 tahun), multipara dan konsumsi energy hamil rendah (<2.100 Kal/hari) berisiko untuk memiliki konsumsi energy laktasi yang rendah. Selain itu, ditemukan hubungan bermakna antara konsumsi energy ibu laktasi dengan durasi menyusui. Ibu yang konsumsi energinya saat laktasi rendah berpeluang 4 kali lebih besar untuk memiliki durasi menyusui yang singkat. Direkomendasikan perlunya informasi kepada ibu tentang pentingnya konsumsi energi saat laktasi karena kebutuhannya yang tinggi untuk mendukung produksi ASI. Disarankan juga agar peningkatan rekomendasi angka kecukupan energi untuk ibu laktasi bulan ke 6-12 dimajukan menjadi bulan ke-4 mengingat kebutuhan gizi memasuki bulan ke-4 tersebut sudah sangat besar. ;Despite recommendation for higher energy intake during lactation than during pregnancy, researches at Jakarta and Depok showed that energy consumption during lactation was lower than during pregnancy. The purpose of this study is to investigate the association between individual characteristics and energy consumption during lactation, and to assess the relationship between energy consumption during lactation to duration of breastfeeding among 60 mothers in the working area of Puskesmas Margajaya Bekasi City in 2014. This research used a cross-sectional design; data was collected through primary data collection by questionnaire and Semi-quantitative Food Frequency Questionnaire. Analysis was conducted using chi-square technique. The study found that mothers of sufficient age (>27 years old), multiparous, and had low ($<2,100$ kcal/day) energy intake during pregnancy had significant higher risk to low energy consumption during lactation. Mothers with low energy consumption during lactation had 4 times higher risk of short duration of breastfeeding. It is recommended to provide information on the importance of higher energy intake during lactation due to the higher need to support breastmilk production and also to shift forward the nutrition recommendation regarding additional energy intake during lactation period from month 6 to month 4 due to higher energy requirement that commences when lactating mothers enter the fourth month of lactation.

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