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EVALUASI PERBEDAN PENCAPAIAN MOTORIK KASAR ANTARA BAYI ASI EKSKLUSIF DAN SUSU FORMULA PADA USIA 6-12 BULAN DI DESA MEGA TIMUR TAHUN 2025

ABSTRAK

Masalah gizi pada balita di Indonesia, terutama defisiensi kalori dan protein, dapat menghambat perkembangan motorik kasar. Motorik kasar adalah kemampuan gerak menggunakan otot besar seperti duduk, merangkak, berdiri, dan berjalan. ASI eksklusif selama enam bulan pertama terbukti mendukung pertumbuhan bayi, sedangkan sebagian bayi tetap diberikan susu formula karena alasan tertentu.

Penelitian ini bertujuan mengetahui perbedaan pencapaian motorik kasar antara bayi ASI eksklusif dan susu formula usia 6–12 bulan di Desa Mega Timur tahun 2025. Penelitian menggunakan desain kuantitatif survei analitik dengan pendekatan cross sectional. Populasi penelitian 200 bayi, dengan sampel 15%. Instrumen penelitian berupa lembar observasi dan DDST, data dianalisis univariat dan bivariat.

Hasil penelitian menunjukkan bayi ASI eksklusif lebih banyak mencapai perkembangan motorik kasar sesuai usia dibanding bayi susu formula. Kesimpulannya, terdapat perbedaan perkembangan motorik kasar antara kedua kelompok. Edukasi tentang ASI eksklusif perlu ditingkatkan untuk mendukung tumbuh kembang optimal

Kata Kunci: ASI eksklusif, susu formula, motorik kasar

ABSTRACT

Nutritional problems among toddlers in Indonesia, especially chronic calorie and protein deficiencies, can hinder gross motor development. Gross motor skills involve large muscle movements such as sitting, crawling, standing, and walking. Exclusive breastfeeding during the first six months is proven to support optimal growth, while some infants still receive formula milk due to various reasons.

This study aimed to determine differences in gross motor achievement between exclusively breastfed infants and formula-fed infants aged 6–12 months in Mega Timur Village, 2025. The research design was quantitative with an analytical survey using a cross-sectional approach. The population consisted of 200 infants, with a 15% sample. Research instruments included observation sheets and the Denver Development Screening Test (DDST). Data were analyzed using univariate and bivariate methods.

The results showed that exclusively breastfed infants had more appropriate gross motor development compared to formula-fed infants. In conclusion, there is a difference in gross motor achievement between the two groups. Continuous education about exclusive breastfeeding is essential to support optimal child growth and development.

Keywords: Exclusive breastfeeding, formula milk, gross motor skills