

**THE RELATIONSHIP OF EXCLUSIVE ASI FEEDING HISTORY AND
ZINC INTAKE TO Z-SCORE TB/U IN TODDLERS IN THE VILLAGE
BALUNG LOR**

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ABSTRACT

Indonesia is one of the developing countries, where currently it is still facing nutritional problems which can hamper the growth and development process of toddlers. Exclusive breastfeeding is very important for the growth of toddlers. Exclusive breastfeeding and inadequate zinc intake can cause several health problems in toddlers. Sources of zinc can be obtained from foods with high, medium and low zinc content. The aim of this research is to determine the relationship between the history of exclusive breastfeeding and zinc intake on the TB/U Z-Score in toddlers in the Balung Community Health Center working area. This research uses a cross-sectional research design with analytical survey research methods. This study looked at the relationship between exclusive breastfeeding and zinc intake on the TB/U Z-Score in toddlers in the working area of the Balung Community Health Center, Jember Regency. The subjects taken were 77 respondents with a subject sampling technique using non-probability sampling. The instruments used in this research were a microtoise, an infantometer for measuring body height, a questionnaire to interview the history of exclusive breastfeeding and the SQ-FFQ form to determine the intake of foods containing zinc consumed. Bivariate test results using SPSS v.25.0. using the Spearman correlation test, it was found that exclusive breastfeeding intake was $p=0.000$, which means there was a strong relationship between exclusive breastfeeding and the TB/U Z-Score of toddlers and for zinc intake $p=0.747$ there was not a strong enough relationship between zinc intake and Z-Score. TB/U score.

Keywords: Z-Score TB/U, Exclusive Breast Milk, Zinc