

**Relationship of Breastfeeding with Increase in Length,
Weight and Frequency of Illness of Infants
(A Study in the Working Area of Rambipuji Health Center, Jember)**

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ABSTRACT

Breast milk (ASI) is the natural food for infants containing all the vitamins, minerals and nutrients needed by infants during growth in the first six months and without the need for any additional food or fluid. According to the United Nation Children's Fund (UNICEF) and the World Health Organization (WHO), it is recommended that infants be exclusively breast for six months of exclusive breastfeeding. The purpose of this study was to determine the relationship between breastfeeding and the increase in body length, weight and frequency of illness in babies aged 6-23 months in the Rambipuji Health Center Working Area. This research method uses observational analytic with a cross-sectional design. The subjects in this study were 85 babies aged 6-23 months. Subjects were selected using probability sampling techniques with simple random sampling. The independent variables are the increase in body length, weight and frequency of illness. The dependent variable is breastfeeding. The statistical analysis of this study used the Spearman-rank test. The results showed that there was a relationship between breastfeeding and the increase in body length with a sufficient correlation level ($p\text{-value} = 0,026$, $r = -0,242$). There is a relationship between breastfeeding and weight gain with a sufficient correlation level ($p\text{-value} = 0,007$, $r = 0,307$). There is a relationship between breastfeeding and frequency of illness with a sufficient correlation level ($p\text{-value} = 0,000$, $r = 0,515$).

Keywords : Breastfeeding, Frequency of Illness, Increase in Body Length, Weight Gain