

## ABSTRAK

**Flowerenky, Maharani, Niken. 2024.** Hubungan Asupan Vitamin B12 Ibu Menyusui Dengan Konsumsi ASI Bayi 0-6 Bulan. Skripsi. Program Studi Sarjana Terapan Kebidanan Malang. Politeknik Kesehatan Kemenkes Malang. Pembimbing Utama: Dr. Yohanes Kristianto, Grad. Dipl. Sci., MFT. Pembimbing Pendamping: Dwi Yuliawati, S.ST., M.Keb.

Cakupan ASI eksklusif di Kota Malang tergolong rendah yaitu 79,2%. Kecukupan ASI eksklusif dilihat dari konsumsi Ibu menyusui khususnya dari asupan vitamin B12. Vitamin B12 dapat meningkatkan produksi ASI sehingga berpengaruh terhadap konsumsi ASI pada bayi. Tujuan penelitian ini adalah mengetahui hubungan asupan vitamin B12 ibu menyusui dengan konsumsi ASI bayi 0-6 bulan di wilayah kerja Puskesmas Mojolangu Kota Malang. Desain penelitian yang digunakan adalah analitik observasional dengan pendekatan *cross-sectional*. Pengambilan data dilakukan di posyandu wilayah kerja Puskesmas Mojolangu Kota Malang. Jumlah sampel 61 responden yang diambil dengan *Purposive Sampling*. Instrumen yang digunakan dalam mengukur asupan vitamin B12 ibu menyusui adalah kuesioner *Food Recall* 1 X 24 jam dan konsumsi ASI bayi 0-6 bulan menggunakan kuesioner konsumsi ASI. Analisis data meliputi analisis univariat, bivariat menggunakan uji Regresi. Hasil penelitian univariat sebagian besar Ibu menyusui telah mencukupi kebutuhan asupan vitamin B12/ hari yaitu  $\geq 5$  mcg/hari sebanyak 42 (68,9%) responden dan bayi 1-6 bulan telah memenuhi kecukupan konsumsi ASI. Hasil analisis uji regresi  $P=0,001$  ( $<0,05$ ) yang berarti terdapat hubungan yang signifikan antara asupan vitamin B12 ibu menyusui dengan konsumsi ASI bayi 0-6 bulan, dengan nilai koefisien sangat kuat sebesar (80,3 %). Semakin tinggi asupan vitamin B12 Ibu menyusui sehingga semakin tinggi pula konsumsi ASI bayi.

**Kata Kunci : Asupan vitamin B12, Konsumsi ASI Bayi 0-6 Bulan**

## ABSTRACT

**Flowerenky, Maharani, Niken. 2024.** Relationship Between Vitamin B12 Intake of Breastfeeding Mothers and Breast Milk Consumption of Infants Aged 0-6 Months. Thesis. Midwifery Applied Bachelor's Program, Malang. Malang Health Polytechnic, Ministry of Health. Main Supervisor: Dr. Yohanes Kristianto, Grad. Dipl. Sci., MFT. Assistant Supervisor: Dwi Yuliawati, S.ST., M.Keb.

Exclusive breastfeeding coverage in Malang City is relatively low at 79.2%. Adequacy of exclusive breastfeeding is assessed based on the intake of vitamin B12 by breastfeeding mothers. Vitamin B12 can enhance milk production, thereby influencing the infant's milk consumption. This study aims to determine the relationship between vitamin B12 intake in breastfeeding mothers and the milk consumption of infants aged 0-6 months in the working area of Puskesmas Mojolangu, Malang City. The research design used is an analytical observational approach with a cross-sectional study. Data collection was conducted at the posyandu in the working area of Puskesmas Mojolangu, Malang City. The sample size was 61 respondents, selected through Purposive Sampling. The instrument used to measure the intake of vitamin B12 in breastfeeding mothers was a Food Recall 24-hour questionnaire, and infant milk consumption was assessed using a milk consumption questionnaire. Data analysis included univariate analysis and bivariate analysis using regression testing. Univariate results show that most breastfeeding mothers have met their daily vitamin B12 intake requirements of  $\geq 5$  mcg/day, with 42 (68.9%) respondents meeting this criterion, and infants aged 1-6 months have achieved adequate milk consumption. Regression analysis results show  $P=0.001$  ( $<0.05$ ), indicating a significant relationship between maternal vitamin B12 intake and milk consumption in infants aged 0-6 months, with a very strong coefficient of 80.3%. Higher vitamin B12 intake by breastfeeding mothers is associated with higher milk consumption by infants.

**Keywords: Vitamin B12, Breastfeeding consumption by infants aged 0-6 months**