

POLITEKNIK KESEHATAN TANJUNGPUR
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Gambaran Pola Pemberian MP-ASI pada Baduta di Desa Punjul Agung
Kecamatan Buay Bahuga Kabupaten Way Kanan Tahun 2022

xiii + 44 halaman + 9 tabel, 2 gambar

ABSTRAK

Makanan Pendamping Air Susu Ibu (MP-ASI) merupakan makanan bayi yang menyertai pemberian ASI, diberikan setelah bayi berusia 6 bulan karena ASI tidak lagi dapat memenuhi kebutuhan gizi bayi. Salah satu permasalahan dalam pemberian makanan pada bayi adalah terhentinya pemberian ASI dan pemberian MP-ASI yang tidak cukup. Tujuan dari penelitian ini adalah mengetahui gambaran pola pemberian MP-ASI pada baduta di Desa Punjul Agung Kecamatan Buay Bahuga Kabupaten Way Kanan.

Penelitian ini merupakan penelitian deskriptif dengan populasi 53 baduta yang berusia 6-24 bulan. Sampel penelitian ini berjumlah 53 baduta yang berusia 6-24 bulan. Analisis data menggunakan analisis univariat.

Hasil penelitian ini didapatkan dari 53 responden terdapat 24,5% baduta yang diberikan MP-ASI pertama kali terlalu cepat (<6 bulan), 5,7% baduta terlalu lambat (>6 bulan), dan 69,8% baduta sesuai usia (6 bulan), 77,4% baduta tidak sesuai dan 22,6% baduta sesuai menurut frekuensi pemberian MP-ASI, 77,3% baduta tidak sesuai dan 22,7% baduta sesuai menurut jumlah pemberian MP-ASI, 22,6% baduta tidak sesuai dan 77,4% baduta sesuai menurut tekstur pemberian MP-ASI, serta 54,7% baduta tidak sesuai dan 45,3% baduta sesuai menurut variasi pemberian MP-ASI.

Kesimpulan penelitian ini adalah terdapat praktik pemberian MP-ASI yang belum sesuai prinsip di masyarakat baik dari usia pertama kali diberikan MP-ASI, frekuensi, jumlah, tekstur, dan variasi pemberian MP-ASI. Disarankan keluarga baduta dapat meningkatkan pengetahuan tentang Pemberian Makanan Bayi dan Anak (PMBA) dari berbagai sumber, baik dari tenaga kesehatan, media, dan alat komunikasi lainnya. Tenaga kesehatan dan kader posyandu secara rutin meningkatkan keterampilan ibu dalam pemberian MP-ASI melalui pendampingan dan pelatihan pembuatan MP-ASI.

Kata kunci : MP-ASI, baduta
Daftar bacaan : 23 (1998-2021)

**TANJUNGPURBA HEALTH POLYTECHNIC
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Overview of the Pattern of Giving Complementary Feeding to Toddlers in Punjul Agung Village Buay Bahuga District Way Kanan Regency in 2022

xiii + 44 pages + 9 tables, 2 pictures

ABSTRACT

Complementary food for breast milk (MP-ASI) is baby food that accompanies breastfeeding, given after the baby is 6 months old because breast milk can no longer meet the nutritional needs of the baby. One of the problems in feeding infants is the cessation of breastfeeding and inadequate complementary feeding. The purpose of this study was to describe the pattern of complementary feeding and nutritional status of children under five in Punjul Agung Village, Buay Bahuga District, Way Kanan Regency.

This study is a descriptive study with a population of 53 children aged 6-24 months. The sample of this study amounted to 53 children aged 6-24 months. Data analysis used univariate analysis.

The results of this study were obtained from 53 respondents, there were 24.5% of toddlers who were given complementary feeding for the first time too soon (<6 months), 5.7% of children were too late (>6 months), and 69.8% of children according to the age they should be (6 months), 77.4% of baduta were not suitable and 22.6% of children were appropriate according to the frequency of giving MP-ASI, 77.3% of children were not suitable and 22.7% of children were appropriate according to the number of complementary feeding, 22.6% of infants were not suitable and 77.4% of children were suitable according to the texture of the complementary feeding, and 54.7% of infants were not suitable and 45.3% of children were suitable according to the variation of complementary feeding.

The conclusion of this study is that there are still complementary feeding practices that are not in accordance with the principles in the community, both from the age when they were first given complementary feeding, the frequency, amount, texture, and variation of the complementary feeding. It is suggested that the families of baduta can increase their knowledge about Infant and Child Feeding (IPM) from various sources, both from health workers, media, and other communication tools. Health workers and posyandu cadres routinely improve the skills of mothers in providing complementary feeding through mentoring and training in the manufacture of complementary feeding.

Keywords : MP-ASI, toddlers
Reading list : 23 (1998-2021)