

**POLITEKNIK KESEHATAN TANJUNGPURWATI
JURUSAN GIZI
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Bella Noviani

Gambaran Praktik Pemberian MP-ASI di Wilayah Kerja Puskesmas Fajar Bulan Kabupaten Lampung Barat.

xv + 73 halaman + 18 tabel, 4 gambar, 5 lampiran

ABSTRAK

Fakta yang masih sering di temui di masyarakat adalah masih banyak praktik pemberian makanan pendamping ASI (MPASI) bagi bayi yang berumur kurang dari enam bulan. Makanan pendamping air susu ibu adalah jenis makanan yang dibuat secara khusus baik dari segi tekstur, rasa, bahan menyesuaikan dengan kondisi saluran pencernaan bayi. Salah satu rekomendasi dalam Global Strategy on Infant and Child Feeding, pola pemberian makan terbaik bagi bayi dan anak sejak lahir sampai umur 24 bulan adalah : (1) Menyusui segera dalam waktu satu jam pertama setelah bayi lahir (Inisiasi Menyusu Dini), (2) Menyusui secara eksklusif sejak lahir sampai bayi berumur 6 bulan, (3) Mulai memberikan Makanan Pendamping ASI (MP ASI) sejak bayi berumur 6 bulan; dan (4) Tetap menyusui sampai anak berumur 24 bulan atau lebih (Kemenkes, 2021). Penelitian ini bertujuan untuk mengetahui gambaran praktik pemberian MP-ASI di wilayah kerja Puskesmas Fajar Bulan Kecamatan Way Tenong Kabupaten Lampung Barat.

Jenis penelitian ini adalah penelitian deskriptif. Penelitian dilakukan di Wilayah Kerja UPT Puskesmas Fajar Bulan Kecamatan Way Tenong, Kabupaten Lampung Barat pada bulan April-Mei 2022. Sampel adalah total populasi yaitu 30 orang ibu yang memiliki bayi usia 6-12 bulan. Analisis data yang dilakukan adalah analisis univariat berupa distribusi frekuensi.

Hasil penelitian menunjukkan bahwa karakteristik ibu bayi yang paling banyak berpendidikan SMA (47%) dan mayoritas bayi berusia 6-8 bulan. Seluruh ibu memiliki pengetahuan tentang MPASI yang baik dan bersumber dari media online dan keluarga. Praktik pemberian MPASI diberikan 84% tepat waktu, 97% sesuai tekstur, 84% sesuai frekuensi, 73% tidak sesuai porsi, 94% diberikan secara responsif dan 100% memperhatikan kebersihan. Petugas kesehatan melalui posyandu atau media kesehatan lainnya harus melakukan pendampingan kepada ibu bayi yang memiliki baduta untuk mengawasi dan membantu ibu dalam kesulitan masa menyusui, untuk menghindari pemberian susu formula dan MP-ASI terlalu dini kepada bayi

Kata kunci : Praktik Pemberian MP-ASI, Pengetahuan Ibu

Daftar bacaan : 30 (2012 - 2020)

**HEALTH POLYTECHNIC OF TANJUNGPUR
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Bella Noviani

Overview of the Practice of Complementary Breastfeeding in the Work Area of Fajar Bulan Health Center, West Lampung Regency.

xv + 73 pages + 18 tables, 4 pictures, 5 attachments

ABSTRACT

The fact that is still often encountered in the community is that there are still many practices of providing complementary feeding (MPASI) for babies who are less than six months old. Complementary food for mother's milk is a type of food that is specially made in terms of texture, taste, and ingredients according to the condition of the baby's digestive tract. One of the recommendations in the Global Strategy on Infant and Child Feeding, the best feeding pattern for infants and children from birth to 24 months of age is: (1) Breastfeeding immediately within the first hour after the baby is born (Early Initiation of Breastfeeding), (2) Exclusively breastfeeding from birth until the baby is 6 months old, (3) Starting to give complementary foods (MP ASI) since the baby is 6 months old; and (4) Continue to breastfeed until the child is 24 months old or more (Ministry of Health, 2021). This study aims to describe the practice of giving complementary feeding in the working area of Fajar Bulan Health Center, Way Tenong District, West Lampung Regency.

This type of research is descriptive research. The study was conducted in the Working Area of the Fajar Bulan Public Health Center, Way Tenong District, West Lampung Regency in April-May 2022. The sample was the total population, namely 30 mothers who had babies aged 6-12 months. The data analysis performed was univariate analysis in the form of frequency distribution.

The results showed that the characteristics of the baby's mother were mostly high school education (47%) and the majority of babies were aged 6-8 months. All mothers have good knowledge of complementary foods and are sourced from online media and families. The practice of giving complementary foods is 84% on time, 97% according to texture, 84% according to frequency, 73% not according to portion, 94% given responsively and 100% pay attention to cleanliness. Health workers through posyandu or other health media must provide assistance to mothers of babies who have toddlers to supervise and assist mothers in difficulties during breastfeeding, to avoid giving formula milk and complementary feeding to babies too early.

Keywords : Complementary Feeding, Mother's Knowledge
Reference : 30 (2012 - 2020)