

POLITEKNIK KESEHATAN TANJUNGPUR
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Gambaran Pengetahuan, Sikap dan Praktik Pemberian MP-ASI pada Ibu Baduta di Desa Trimulyo Kabupaten Pesawaran.

Xiv + 64 + 18 tabel, 2 gambar, 5 lampiran

ABSTRAK

Makanan pendamping air susu ibu (MP-ASI) adalah asupan transisi dari asupan yang awalnya hanya susu menuju ke makanan semi padat. Masa peralihan dari ASI eksklusif menuju makanan keluarga juga dikenal sebagai masa penyapihan (*weaning period*). Cakupan *wasting* pada balita di Indonesia pada tahun 2022 sebesar 7,7% dan cakupan *underweight* balita sebesar 17,1%, sedangkan untuk cakupan *stunting* pada balita di Indonesia sebesar 21,6% (SSGI, 2022). Penelitian ini bertujuan untuk mengetahui gambaran pengetahuan, sikap dan praktik pemberian MP-ASI pada ibu baduta di Desa Trimulyo Kabupaten Pesawaran.

Jenis penelitian ini adalah penelitian deskriptif. Penelitian ini dilakukan di Desa Trimulyo Kabupaten Pesawaran pada bulan April 2023. Sampel pada penelitian menggunakan total populasi yaitu 36 ibu yang memiliki bayi usia 6-24 bulan di Desa Trimulyo Kabupaten Pesawaran. Analisis data yang dilakukan adalah analisis univariat untuk mendeskripsikan karakteristik setiap variabel penelitian.

Hasil penelitian menunjukkan bahwa ibu memiliki tingkat pendidikan SLTA/ sederajat 47,2%, ibu tidak bekerja 86,1% dan responden berpendapatan rendah sebanyak 80,6%. Ibu yang memiliki pengetahuan cukup sebesar 55,6% dan sikap positif 88,9%. Dalam praktik pemberian MP-ASI masih banyak yang tidak sesuai dengan anjuran praktik pemberian MP-ASI diantaranya pemberian MP-ASI dini (63,9%), keragaman pangan MP-ASI (69,4%), tekstur MP-ASI (55,6%), frekuensi pemberian MP-ASI (58,3%), dan porsi pemberian MP-ASI (77,2%).

Praktik pada pemberian MP-ASI di Desa Trimulyo Pesawaran diharapkan dapat lebih baik lagi dengan bantuan tenaga kesehatan yang melibatkan kader posyandu dengan meningkatkan kemampuan dan keterampilan ibu baduta dalam menyiapkan MP-ASI berupa edukasi, konseling serta praktik demonstrasi secara baik dan benar serta terhindar dari pemberian MP-ASI dini.

Kata kunci : pengetahuan, sikap, praktik, MP-ASI

Daftar bacaan : 57 (2010 - 2021)

HEALTH POLYTECHNIC OF TANJUNGKARANG
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Description of Knowledge, Attitudes and Practices of Giving Complementary Feeding to Baduta Mothers in trimulyo Village, Pesawaran Regency.

Xiv + 64 + 18 tables, 2 picture, 5 attachments

ABSTRACT

Complementary feeding for breast milk is a transitional intake from intake that was initially only milk to semi-solid food. The transition period from exclusive breastfeeding to family food is also known as the weaning period. The coverage of wasting in toddlers in Indonesia in 2022 is 7.7% and the coverage of underweight toddlers is 17.1%, while the coverage of stunting in toddlers in Indonesia is 21.6% (SSGI, 2022). This study aims to describe the knowledge, attitudes and practices of giving complementary feeding to under-aged mothers in Trimulyo Village, Pesawaran District.

This type of research is descriptive research. This research was conducted in Trimulyo Village, Pesawaran Regency in April 2023. The sample in this study used a total population of 36 mothers with babies aged 6-24 months in Trimulyo Village, Pesawaran Regency. The data analysis used was univariate analysis to describe the characteristics of each research variable.

The results showed that mothers had a high school/equivalent education level of 47.2%, mothers who did not work 86.1% and low-income respondents were 80.6%. Mothers who had sufficient knowledge were 55.6% and positive attitude were 88.9%. In the practice of giving complementary feeding there are still many that are not in accordance with the recommendations for the practice of giving complementary feeding including early complementary feeding (63.9%), variety of complementary feeding (69.4%), texture of complementary feeding (55, 6%), the frequency of giving complementary feeding (58.3%), and the portion of giving complementary feeding (77.2%).

The practice of giving complementary feeding in Trimulyo Pesawaran Village is expected to be even better with the help of health workers involving posyandu cadres by increasing the abilities and skills of mothers under two in preparing complementary feeding in the form of education, counseling and demonstration practices properly and correctly and avoiding giving early complementary feeding.

Keywords : knowledge, attitude, practice, complementary feeding
Reference : 64 (2010 - 2021)