

# HUBUNGAN RIWAYAT PEMBERIAN ASI, SUSU FORMULA, JENIS DAN KECUKUPAN GIZI MPASI DENGAN STATUS GIZI ANAK USIA 6-24 BULAN DI KECAMATAN CENKARENG

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## Abstrak

Status gizi merupakan salah satu indikator untuk menentukan tingkat kesehatan manusia. Untuk mencapai status gizi optimal diperlukan pemenuhan kebutuhan zat gizi yang berperan untuk pertumbuhan dan perkembangan anak. Pada kelompok anak umur di bawah dua tahun (baduta) merupakan kelompok yang rawan gizi karena berkaitan dengan penentuan kualitas hidup selanjutnya. Penelitian ini bertujuan untuk mengetahui hubungan riwayat pemberian ASI, susu formula serta jenis dan kecukupan gizi MPASI dengan status gizi anak usia 6-24 bulan di Kecamatan Cengkareng Jakarta Barat. Penelitian ini menggunakan desain studi *cross-sectional* dengan sampel sebanyak 69 responden dengan metode pengambilan *purposive sampling*. Penelitian ini dilakukan pada bulan April 2019. Pengambilan data dilakukan dengan pengukuran berat badan, pengisian kuesioner dan wawancara *food recall* 3x24 jam. Analisis hubungan yang dilakukan menggunakan uji *chi-square*. Hasil penelitian menunjukkan bahwa ada hubungan antara jenis MPASI ( $p=0,000$ ) dan kecukupan asupan energi, protein, lemak dan karbohidrat dari MPASI ( $p=0,000$ ) dengan status gizi dan tidak ada hubungan antara riwayat pemberian ASI ( $p=0,318$ ) dan pemberian susu formula ( $p=0,321$ ) dengan status gizi. Hal ini menunjukkan bahwa ada hubungan antara jenis MPASI dan kecukupan gizi MPASI dengan status gizi anak usia 6-24 bulan di Kecamatan Cengkareng.

**Kata Kunci** : Baduta, Riwayat ASI, Susu Formula, Jenis MPASI, Kecukupan MPASI

# **RELATIONSHIP BETWEEN HISTORY OF BREASTFEEDING, FORMULA MILK, TYPE AND NUTRITIONAL ADEQUACY OF COMPLEMENTARY FEEDING WITH NUTRITIONAL STATUS OF CHILDREN AGED 6-24 MONTHS IN THE SUB-DISTRICT OF CENGKARENG**

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## **Abstract**

Nutritional status is one of the indicator to determine the level of human health. To achieve optimal nutritional status, it is necessary to fulfill nutritional needs that play a role in the growth and development of children. In the group of children under the age of two years, is a group that critical to nutrition because it is associated with determining the quality of vulnerable to malnutrition. This study aimed to determine the relationship of history of breastfeeding, formula milk and the type and nutritional adequacy of complementary foods to the nutritional status of children aged 6-24 months in the sub-district of Cengkareng, West Jakarta. This study used a cross-sectional study design with the size of sample was 69 respondents which were taken by purposive sampling method. This research was conducted in April 2019. Data was collected by measuring body weight, filling in questionnaires and interviewing 3x24 hour food recall. Relationship analysis was carried out using the chi-square test. The results of the study show that there was a relationship between type of complementary food ( $p=0,000$ ) and the adequacy of energy, protein, fat and carbohydrate intake from complementary food ( $p=0,000$ ) with nutritional status and no relationship between history of breastfeeding ( $p=0,318$ ) and formula milk feeding ( $p=0.321$ ) with nutritional status. This shows that there was a relationship between the type of MPASI and the adequacy of MPASI nutrition with the nutritional status of children aged 6-24 months in Cengkareng sub-district.

**Keywords** : Children Under 2 Years, Breastfeeding, Formula Milk, Complementary Feeding