

HUBUNGAN PENGETAHUAN IBU TENTANG GIZI, KESESUAIAN PORSI MAKANAN PENDAMPING ASI DAN RIWAYAT ASI EKSLUSIF DENGAN STATUS GIZI BALITA USIA 6-23 BULAN DI KELURAHAN TAPOS

Tetri Pawestri

Abstrak

Status gizi merupakan salah satu indikator untuk menilai status kesehatan balita. Masa balita merupakan masa pertumbuhan dan perkembangan yang sangat pesat serta rawan terhadap masalah gizi. Berdasarkan hasil RISKESDAS (2013), persentase gizi buruk dan gizi kurang pada balita di Indonesia menurut BB/U sebesar 19,6%, terjadi peningkatan dibanding tahun 2010 yaitu sebesar 17,9%. Penelitian ini dilakukan untuk mengetahui hubungan antara pengetahuan ibu tentang gizi, kesesuaian porsi Makanan Pendamping ASI, dan riwayat ASI eksklusif dengan status gizi balita usia 6-23 bulan di Kelurahan Tapos. Rancangan penelitian ini adalah *cross-sectional*. Subjek penelitian ibu dan balita usia 6-23 bulan yang dinilai dengan kuesioner penelitian dan dacin. Pemilihan sampel secara *non random* menggunakan teknik *purposive sample*. Besar sampel 68 responden sesuai kriteria inklusi dan eksklusi. Uji *Chi-square* digunakan untuk analisis statistik. Hasil penelitian menunjukkan bahwa terdapat hubungan antara pengetahuan ibu tentang gizi dengan status gizi (*p value*= 0,002) dan kesesuaian porsi Makanan Pendamping ASI dengan status gizi (*p value*=0,000). Tidak terdapat hubungan antara riwayat ASI eksklusif dengan status gizi (*p value*= 0,538). Pengetahuan ibu tentang gizi dan kesesuaian porsi Makanan Pendamping ASI berhubungan dengan status gizi balita usia 6-23 bulan di Kelurahan Tapos (*p value*=0,002; 0,000).

Kata Kunci: pengetahuan, MPASI, ASI, status gizi

THE CORRELATION MOTHER'S KNOWLEDGE ABOUT NUTRITION, COMPLIANCE PORTION COMPLEMENTARY FEEDING AND HISTORY OF EXCLUSIVE BREASTFEEDING WITH THE NUTRITIONAL STATUS OF INFANTS AGE 6-23 MONTHS IN TAPOS VILLAGE

Tetri Pawestri

Abstract

Nutritional status is one indicator to assess the health status of infants. Childhood is a time of growth and development is very rapid and prone to nutritional problems. Based on the results RISKESDAS (2013), the percentage of poor nutrition and malnutrition among children under five in Indonesia by BB / U of 19.6 %, an increase compared to the year 2010 of 17.9 %. This study was conducted to determine the correlation between mother's knowledge about nutrition, compliance portion complementary feeding, history of exclusive breastfeeding with the nutritional status of infants age 6 to 23 months in Tapos Village. The research design was cross-sectional design. Research subjects mother and infants age 6 to 23 months which assessed with research questionnaires and dacin. The selection of non random samples using the technique of purposive sample. Samples size of 68 respondents based on inclusion and exclusion criteria. Chi-square test was used for statistic analysis. The results showed that there was a correlation between mother's knowledge about nutrition with nutritional status (p value = 0,002) and compliance portion complementary feeding with nutritional status (p value = 0,000). There was no correlation between a history of exclusive breastfeeding with nutritional status (p value = 0,538). Mother's knowledge about nutrition and compliance portion complementary feeding significantly correlated with the nutritional status of infants aged 6-23 months in Tapos Village (p value= 0,002; 0,000).

Keyword : knowledge, MPASI, breastfeeding, nutritional status