

ABSTRAK

PENGARUH PENGETAHUAN IBU TENTANG MAKANAN PENDAMPING ASI DAN PEMBERIAN MAKANAN PENDAMPING ASI DINI TERHADAP KENAIKAN BERAT BADAN BAYI DI PUSKESMAS BULUKANDANG KAB. PASURUAN

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Latar Belakang: Berat badan bayi merupakan indikator status gizi dan pertumbuhan. Namun, masih ditemukan bayi dengan kenaikan berat badan rendah yang tidak sesuai dengan KBM pada KMS. Penelitian ini bertujuan untuk mengetahui pengaruh pengetahuan ibu tentang MP-ASI dan pemberian MP-ASI dini terhadap kenaikan berat badan bayi.

Metode: Penelitian menggunakan desain cross-sectional dengan 42 responden, yaitu ibu dengan bayi usia 6-8 bulan. Sampel diambil secara random sampling, dengan data dikumpulkan melalui kuesioner. Uji analisis menggunakan Chi-Square Test.

Hasil: Dari 42 responden, 37 ibu (88,1%) memiliki pengetahuan baik, 4 ibu (9,5%) cukup, dan 1 ibu (2,4%) kurang. Pemberian MP-ASI dini dilakukan oleh 16 ibu (100%), dengan 3 bayi (18,8%) mengalami kenaikan berat badan, sementara 13 bayi (81,2%) tidak. Sebanyak 26 bayi (100%) yang tidak diberikan MP-ASI dini mengalami kenaikan berat badan.

Analisis: Hubungan pengetahuan ibu dengan kenaikan berat badan menunjukkan nilai Chi-Square 0,000, yang berarti nilai $\alpha < 0,05$, sehingga terdapat hubungan signifikan. Demikian pula, pemberian MP-ASI dini berhubungan dengan kenaikan berat badan dengan nilai yang sama.

Kesimpulan: Penelitian ini menegaskan pentingnya edukasi mengenai pemberian MP-ASI yang tepat. Diharapkan puskesmas dan bidan desa lebih aktif dalam penyuluhan agar pemberian MP-ASI yang benar dapat membantu meningkatkan berat badan bayi.

Kata Kunci: Berat Badan bayi, Makanan Pendamping ASI, Pengetahuan

ABSTRACT

THE INFLUENCE OF MOTHER'S KNOWLEDGE ABOUT COMPLETE FOODS AND FEEDING COMPLETE FOODS FOR EARLY BREAST MILK ON BABY WEIGHT INCREASE IN BULUKANDANG HEALTH CENTER REGENCY. PASURUAN

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Background: A baby's weight is an indicator of nutritional status and growth. However, some babies experience low weight gain that does not align with the KBM in the KMS. This study aims to determine the influence of maternal knowledge about complementary feeding (MP-ASI) and early MP-ASI introduction on infant weight gain.

Methods: This study used a cross-sectional design with 42 respondents, specifically mothers with infants aged 6-8 months. The sample was selected through random sampling, and data collection was conducted using a questionnaire. The analysis was performed using the Chi-Square Test.

Results: Among the 42 respondents, 37 mothers (88.1%) had good knowledge, 4 mothers (9.5%) had sufficient knowledge, and 1 mother (2.4%) had poor knowledge. A total of 16 mothers (100%) introduced early MP-ASI, with 3 babies (18.8%) gaining weight, while 13 babies (81.2%) did not. Meanwhile, all 26 babies (100%) who were not given early MP-ASI experienced weight gain.

Analysis: The relationship between maternal knowledge and infant weight gain showed a Chi-Square value of 0.000, meaning $\alpha < 0.05$, indicating a significant relationship. Similarly, early MP-ASI introduction was significantly associated with infant weight gain, with the same statistical value.

Conclusion: This study highlights the importance of educating mothers on proper complementary feeding practices. Health centers and village midwives are expected to be more active in providing counseling to ensure the correct introduction of MP-ASI, thereby supporting optimal infant weight gain.

Keywords: Baby Weight, Complementary Foods, Knowledge