

ABSTRAK

Status gizi anak secara langsung dapat dipengaruhi oleh asupan nutrisi, salah satunya adalah makanan pendamping ASI (MPASI). Faktor pengetahuan pada ibu tentang MPASI penting kaitannya dengan pemberian makanan bergizi seimbang pada anak. Penelitian ini bertujuan untuk mengetahui hubungan pengetahuan ibu tentang makanan pendamping ASI (MPASI) dengan status gizi anak usia 6-24 bulan, gambaran pengetahuan ibu tentang MPASI dan status gizi anak usia 6-24 bulan.

Metode penelitian menggunakan desain *cross sectional*. Lokasi penelitian di Desa Srimartani, Piyungan dengan melibatkan 78 pasangan responden. Pengambilan sample dilakukan secara *cluster random sampling*. Instrumen penelitian adalah kuesioner, timbangan dan *length board* untuk pengukuran yang hasilnya untuk mengkategorikan status gizi anak berdasarkan BB/PB. Analisis data univariat dan bivariat menggunakan uji *chi square*.

Hasil penelitian menunjukkan bahwa 38,5% ibu berpengetahuan baik, 32,1% berpengetahuan cukup, dan 29,5% berpengetahuan kurang. Status gizi pada anak usia 6-24 bulan 78,2% normal, dan 21,8% tidak normal. Untuk analisis hubungan didapatkan nilai *p-value* yaitu 0,005 yang bermakna terdapat hubungan antara pengetahuan ibu tentang MPASI dengan status gizi anak usia 6-24 bulan di Desa Srimartani.

Kata kunci : Status gizi, pengetahuan ibu, makanan pendamping ASI (MPASI)

ABSTRACT

The nutritional status of children can be directly affected by nutrient intake, one of them is complementary foods. Knowledge factors about complementary feeding in the mother are important in relation to providing balanced nutritious food for children. This study aims to knowing the relationship of maternal knowledge about complementary feeding with the nutritional status of children 6-24 months old, determine the description of maternal knowledge about complementary feeding, and nutritional status of children 6-24 months old.

The research method that used was cross sectional design. The research location was in Srimartani Village, Piyungan which involved 78 pairs of respondents. The sampling was done by cluster random sampling. The instruments used in the study were knowledge questionnaires, scales and length board for measurements taht the results used to categorize the nutritional status of children based on weight for length. Univariate and bivariate data analysis used the chi square test.

The results of this research showed that 38.5% mothers had good knowledge, 32.1% had enough knowledge, and 29.5% had less knowledge. Nutritional status in children 6-24 months old was 78.2% normal, and 21.8% were not normal. For the analysis of the relationship p-value obtained is 0.005 which means there is a relationship between the mother's knowledge about complementary feeding with the nutritional status of children 6-24 months old at Desa Srimartani.

Keywords: *Nutritional status, mother's knowledge, complementary feeding*