

## INTISARI

### HUBUNGAN EFIKASI DIRI IBU DENGAN PRAKTIK PEMBERIAN MAKAN ANAK *STUNTING* USIA 2-5 TAHUN DI KABUPATEN SLEMAN

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**Latar belakang:** *Stunting* pada masa kanak-kanak merupakan salah satu masalah utama kesehatan masyarakat. Efikasi diri ibu dan praktik pemberian makan pada anak *stunting* yang tidak baik dapat berkontribusi pada peningkatan risiko manifestasi *stunting*, misalnya malnutrisi dan penyakit kronis pada saat dewasa.

**Tujuan:** Mengetahui hubungan efikasi diri ibu dengan praktik pemberian makan anak *stunting* usia 2-5 tahun di Kabupaten Sleman.

**Metode:** Penelitian ini menggunakan metode deskriptif korelasional dengan pendekatan *cross-sectional*. Pengambilan sampel penelitian dilakukan selama Bulan September-November 2021 dengan menggunakan teknik *purposive sampling* yang melibatkan 105 ibu dari anak *stunting* usia 2-5 tahun di wilayah kerja Puskesmas Seyegan, Puskesmas Depok II, dan Puskesmas Mlati II. Efikasi diri ibu diukur dengan kuesioner *General Self-Efficacy Scale 12 (GSES-12)* dan praktik pemberian makan anak *stunting* diukur dengan *Parental Feeding Behaviours Questionnaire (PFBQ)*. Data dianalisis menggunakan Uji Spearman Rho.

**Hasil:** Hubungan efikasi diri ibu dengan praktik pemberian makan anak *stunting* usia 2-5 tahun diperoleh nilai  $p=0,005$ ;  $r= 2,71$ ;  $PR=3,1$  (95% CI:1,4-6,8).

**Simpulan:** Efikasi diri ibu berhubungan dengan praktik pemberian makan anak *stunting* usia 2-5 tahun. Ibu dengan efikasi diri yang semakin baik maka cenderung akan melakukan praktik pemberian makan anak yang semakin baik.

**Kata kunci:** efikasi diri ibu, pemberian makan anak, *stunting*, malnutrisi

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## ABSTRACT

### MOTHERS` SELF-EFFICACY AND ITS RELATIONSHIP WITH FEEDING PRACTICES OF STUNTING CHILDREN AGED 2-5 YEARS IN SLEMAN REGENCY

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**Background:** The incidence of stunting is considered to be a major public health problem among children globally. Low mothers' self-efficacy level and ineffective feeding practice may contribute to various risk factors of stunting manifestations, for instance, malnutrition and chronic disease in adulthood.

**Objective:** This study aimed to determine the relationship between mothers` self-efficacy and feeding practices among stunted children aged 2-5 years in Sleman Regency.

**Methods:** This study design was a descriptive correlational with a cross-sectional approach. The study was conducted during September-November 2021 involving 105 mothers who have children aged 2-5 years with stunting experience in 3 Health Centers in Sleman Regency (Seyegan, Depok II, and Mlati II). Mothers` self-efficacy was measured by a General Self-Efficacy Scale 12 (GSEs-12) and child feeding practices were measured by a Parental Feeding Behaviors Questionnaire (PFBQ). Data were analyzed using Spearman Rho test.

**Results:** The relationship between mothers` self-efficacy and the feeding practices of stunting children aged 2-5 years obtained p-value= 0.005; r= 2.71; PR=3.1 (95% CI:1.4-6.8).

**Conclusion:** The results revealed that there was a significant relationship between mothers` self-efficacy and the feeding practices of stunting children aged 2-5 years in Sleman Regency. The higher mothers` self-efficacy is significantly associated with appropriate child feeding practices for stunted malnourished children.

**KEY WORDS:** mothers` self-efficacy, child feeding practices, stunting, malnutrition

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