

## ABSTRAK

### HUBUNGAN PENGETAHUAN DAN POLA ASUH IBU DENGAN KESESUAIAN PRAKTIK PEMBERIAN MP-ASI PADA BADUTA DI WILAYAH KERJA PUSKESMAS SLEMAN KABUPATEN SLEMAN

Lufhti Rahmah<sup>1</sup>, Aviria Ermamilia<sup>2</sup>, Yayuk Hartriyanti<sup>3</sup>

**Latar Belakang:** Masalah gizi, terutama malnutrisi, menjadi perhatian global dan di Indonesia. Data tahun 2022 menunjukkan 22,3% anak di bawah 5 tahun di dunia mengalami stunting, sementara di Indonesia 21,6% balita stunting dan 7,7% wasting. Salah satu faktor utama adalah pemberian Makanan Pendamping Air Susu Ibu (MP-ASI) yang kurang tepat pada usia 6-11 bulan. Di wilayah HDSS Sleman, hanya 33,3% baduta menerima MP-ASI yang sesuai. Pengetahuan dan pola asuh ibu sangat mempengaruhi pemberian MP-ASI, di mana ibu yang berpengetahuan gizi baik lebih memperhatikan pemberian ASI eksklusif dan MP-ASI, berdampak positif pada anak.

**Tujuan:** Mengetahui dan menganalisis hubungan antara pengetahuan ibu tentang pemberian MP-ASI dan pola asuh yang mereka terapkan dengan tingkat kesesuaian praktik pemberian MP-ASI pada baduta di wilayah kerja Puskesmas Sleman Kabupaten Sleman.

**Metode:** Penelitian ini melibatkan 70 responden yang berdomisili di Kabupaten Sleman, dengan sampel yang diambil menggunakan teknik *purposive sampling*. Desain penelitian yang digunakan adalah *cross-sectional*, dan untuk analisis bivariat digunakan uji *chi square*.

**Hasil: (1)** Hubungan antara pengetahuan ibu terkait MP-ASI terhadap kesesuaian praktik pemberian MP-ASI menunjukkan nilai ( $p=0,894$ ;  $p \geq 0,05$ ). **(2)** Hubungan antara pola asuh ibu terkait pemberian makan terhadap kesesuaian praktik pemberian MP-ASI menunjukkan nilai ( $p=0,009$ ;  $p \leq 0,05$ ).

**Kesimpulan: (1)** Tidak terdapat hubungan yang signifikan antara pengetahuan ibu terkait MP-ASI terhadap kesesuaian praktik pemberian MP-ASI pada baduta di Wilayah Kerja Puskesmas Sleman **(2)** Terdapat hubungan yang signifikan antara pola asuh ibu terkait pemberian makan terhadap kesesuaian praktik pemberian MP-ASI pada baduta di Wilayah Kerja Puskesmas Sleman.

**Kata Kunci:** MP-ASI; pengetahuan; pola asuh

## ABSTRACT

### THE RELATIONSHIP BETWEEN MOTHER'S KNOWLEDGE AND PARENTING PATTERNS WITH THE APPROPRIATENESS OF COMPLEMENTARY FEEDING PRACTICES FOR INFANTS UNDER TWO YEARS OLD IN THE WORKING AREA OF SLEMAN COMMUNITY HEALTH CENTER, SLEMAN REGENCY

Lufhti Rahmah<sup>1</sup>, Aviria Ermamilia<sup>2</sup>, Yayuk Hartriyanti<sup>3</sup>

**Background:** Nutritional issues, particularly malnutrition, are a global concern and also a significant issue in Indonesia. Data from 2022 shows that 22.3% of children under the age of 5 worldwide experience stunting, while in Indonesia, 21.6% of children are stunted, and 7.7% are wasting. One of the primary factors contributing to these issues is the improper introduction of complementary feeding (MP-ASI) between the ages of 6-11 months. In the HDSS Sleman area, only 33.3% of infants under two years old receive appropriate complementary feeding. A mother's knowledge and parenting patterns greatly influence the practice of complementary feeding, where mothers with good nutritional knowledge are more attentive to exclusive breastfeeding and complementary feeding, positively impacting the child's health.

**Objective:** To identify and analyze the relationship between mothers' knowledge about complementary feeding and their parenting patterns with the appropriateness of complementary feeding practices for infants under two years old in the working area of the Sleman Community Health Center, Sleman Regency.

**Method:** This study involved 70 respondents residing in Sleman Regency, selected using purposive sampling. The study design was cross-sectional, and chi-square tests were used for bivariate analysis.

**Results:** (1) The relationship between mothers' knowledge about complementary feeding and the appropriateness of complementary feeding practices showed a value of ( $p=0,894$ ;  $p\geq 0,05$ ). (2) The relationship between mothers' parenting patterns related to feeding and the appropriateness of complementary feeding practices showed a value of ( $p=0,009$ ;  $p\leq 0,05$ ).

**Conclusion:** (1) There is no significant relationship between mothers' knowledge about complementary feeding and the appropriateness of complementary feeding practices for infants under two years old in the working area of the Sleman Community Health Center. (2) There is a significant relationship between mothers' parenting patterns related to feeding and the appropriateness of complementary feeding practices for infants under two years old in the working area of the Sleman Community Health Center.

**Keywords:** Complementary feeding; knowledge; parenting patterns