

HUBUNGAN EFIKASI DIRI IBU DAN PRAKTIK *RESPONSIVE FEEDING* DENGAN STATUS GIZI BADUTA DI KABUPATEN SLEMAN

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INTISARI

Latar Belakang: Anak usia 6 – 24 bulan berada dalam masa periode emas yang membutuhkan asupan gizi optimal guna menunjang tumbuh kembangnya. Praktik pemberian makan pada anak, termasuk praktik *responsive feeding*, tidak terlepas dari peran seorang ibu. Efikasi diri ibu yang tinggi mendorong penerapan praktik makan yang sesuai, yang pada akhirnya berdampak pada status gizi anak.

Tujuan: Penelitian ini bertujuan untuk menganalisis hubungan efikasi diri ibu dalam praktik pemberian makan dan praktik *responsive feeding* dengan status gizi pada anak usia 6 – 24 bulan di Kabupaten Sleman, serta menguji peran praktik *responsive feeding* sebagai mediator.

Metode: Penelitian ini menggunakan desain studi *cross-sectional* dengan melibatkan 60 responden yang dipilih melalui teknik *purposive sampling*. Pengambilan data dilakukan pada April hingga Mei 2025. Efikasi diri ibu dalam praktik pemberian makan diukur menggunakan kuesioner *Complementary Feeding Self-Efficacy* (CFSE), sedangkan praktik *responsive feeding* diukur menggunakan *Responsive Feeding Practice Assessment Tool* (RFPAT). Analisis data dilakukan secara bivariat dengan uji korelasi Spearman Rank, serta analisis mediasi menggunakan pendekatan PROCESS.

Hasil: Adanya hubungan yang signifikan secara statistik antara efikasi diri ibu dalam praktik pemberian makan ($p = 0,026$; $r = 0,288$) dan praktik *responsive feeding* ($p = 0,029$, $r = 0,282$) dengan status gizi anak usia 6 – 24 bulan. Praktik *responsive feeding* tidak ditemukan sebagai mediator dalam hubungan efikasi diri ibu dan status gizi baduta ($B = -0,02$; 95% CI $-0,514 - 0,45$).

Kesimpulan: Efikasi diri ibu dalam praktik pemberian makan dan praktik *responsive feeding* memiliki hubungan yang bermakna dengan status gizi baduta. Hasil ini menunjukkan pentingnya penguatan efikasi diri ibu dan penerapan praktik *responsive feeding* dalam mendukung status gizi anak.

Kata kunci: efikasi diri ibu; *responsive feeding*; status gizi baduta

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THE RELATIONSHIP BETWEEN MATERNAL SELF-EFFICACY AND RESPONSIVE FEEDING PRACTICES WITH TODDLERS' NUTRITIONAL STATUS IN SLEMAN REGENCY

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ABSTRACT

Background: Children aged 6–24 months are in a critical developmental period that requires optimal nutritional intake to support their growth and development. Feeding practices, including responsive feeding, are strongly influenced by the role of the mother. Higher maternal self-efficacy promotes the appropriate feeding practices, which in turn impacts child's nutritional status

Objective: This study aimed to analyze the relationship between maternal self-efficacy in feeding practices and responsive feeding practices with the nutritional status of children aged 6–24 months in Sleman Regency.

Methods: This cross-sectional study involved 60 respondents selected through purposive sampling. Data collection was conducted from April to May 2025. Maternal self-efficacy in feeding practices was measured using the Complementary Feeding Self-Efficacy (CFSE) questionnaire, while responsive feeding practices were assessed using the Responsive Feeding Practice Assessment Tool (RFPAT). Data were analyzed using Spearman's rank correlation and mediation analysis with the PROCESS macro.

Results: A statistically significant relationship was found between maternal self-efficacy in feeding practices ($p = 0.026$; $r = 0.288$) and responsive feeding practices ($p = 0.029$; $r = 0.282$) with the nutritional status of children aged 6–24 months. Furthermore, no mediation effect of responsive feeding practices was found in the relationship between maternal self-efficacy and toddlers' nutritional status, as indicated by a non-significant indirect effect ($B = -0.02$; 95% CI: -0.514 to 0.45).

Conclusion: Maternal self-efficacy in feeding practices and responsive feeding practices are significantly associated with the nutritional status of young children. These findings highlight the importance of strengthening maternal self-efficacy and promoting responsive feeding practices to support optimal child nutrition.

Keywords: maternal self-efficacy; responsive feeding; toddlers' nutritional status

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