

**PENGARUH INTERVENSI EDUKASI MP-ASI KOMPREHENSIF TERHADAP FREKUENSI PEMBERIAN MAKAN, ASUPAN ENERGI DAN PERTAMBAHAN BERAT BADAN ANAK USIA 6 - 12 BULAN DI KABUPATEN KULON PROGO**

**ABSTRAK**

**Latar Belakang :** Praktik pemberian makan pada balita usia 6-23 bulan di Indonesia belum optimal. Berdasarkan hasil penelitian sebelumnya, hanya 66% anak yang diberikan makan sebanyak 3 kali pemberian atau lebih pada usia dibawah 36 bulan dan hanya sebanyak 39% bayi yang memiliki kecukupan energi makanan. Praktik pemberian makan berhubungan dengan pertumbuhan dan perkembangan anak ke depannya. Salah satu faktor yang mempengaruhi praktik pemberian makan adalah pengetahuan ibu. Intervensi pemberian pengetahuan efektif untuk mengubah perilaku dari masyarakat.

**Tujuan :** Mengetahui pengaruh intervensi edukasi MP-ASI komprehensif terhadap frekuensi pemberian makan, asupan energi dan penambahan berat badan balita usia 6-12 bulan di Kabupaten Kulon Progo.

**Metode :** Desain penelitian *cluster randomized control trial* dengan rancangan *pre test post test control group*. Periode *follow-up* dilakukan selama 3 bulan. Data dianalisis menggunakan software STATA 13.

**Hasil :** Terdapat perbedaan proporsi kesesuaian frekuensi pemberian makan antara kelompok intervensi dan kelompok kontrol baik sebelum maupun sesudah periode *follow-up* dan antara kelompok intervensi dan kelompok kontrol ( $p < 0,05$ ). Tidak terdapat perbedaan proporsi peningkatan kesesuaian frekuensi pemberian makan baik antara kelompok kontrol dan kelompok intervensi setelah periode *follow-up* ( $p > 0,05$ ). Tidak terdapat perbedaan proporsi kecukupan asupan energi antara kelompok intervensi dan kelompok kontrol setelah periode *follow-up* ( $p > 0,05$ ). Tidak terdapat perbedaan proporsi peningkatan kecukupan asupan energi pada kelompok intervensi dan kelompok kontrol baik sebelum maupun sesudah periode *follow-up* dan antara kelompok intervensi dan kelompok kontrol ( $p > 0,05$ ). Tidak terdapat perbedaan proporsi peningkatan berat badan antara kelompok intervensi dan kelompok kontrol setelah periode *follow-up* ( $p > 0,05$ ). Tidak terdapat perbedaan proporsi pemenuhan penambahan berat badan antara kelompok intervensi dan kelompok kontrol setelah periode *follow-up* ( $p > 0,05$ ).

**Kesimpulan:**

Tidak terdapat pengaruh intervensi yang nyata terhadap frekuensi pemberian makan, asupan energi dan penambahan berat badan.

**Kata Kunci :** Makanan Pendamping ASI, Balita, Frekuensi Makan, Asupan Energi, Pertambahan Berat Badan.

## **Effect of Comprehensive Complementary Education Intervention with Meal Frequency, Energy Intake and Weight Gain in Child 6 – 12 Months of Age in Kulon Progo Regency**

### **ABSTRACT**

**Background:** Feeding practice of child 6 – 23 months in Indonesia is suboptimal. Based on the previous research, only 66% child were given 3 meals or more every day, and only 39% child who meet the minimum energy suggestion for food. Child feeding practice by the caregiver affects of the child growth and development. Knowledge is one of the influencing the child feeding practice. Education intervention is one of the effective intervention which can change the behavior in community

**Objective :** The study aimed to determine the effect of comprehensive complementary feeding education intervention on meal frequency, energy intake and weight gain in child 6 – 12 months of age in Kulon Progo Regency.

**Method :** The design of this research is cluster randomized control trial with pre test and post test control group design. The follow up duration was carried out for 3 months. Data were analyzed using STATA 13 software

**Result :** There was difference in the proportion of frequency of feeding between the intervention group and the control group both before and after the follow-up period and between the intervention group and the control group ( $p < 0.05$ ). There was no difference in the proportion of the increase in the frequency of good feeding between the control group and the intervention group after the follow-up period ( $p > 0.05$ ). There was no difference in the proportion of adequacy of energy intake between the intervention group and the control group after the follow-up period ( $p > 0.05$ ). There was no difference in the proportion of the increase in the adequacy of energy intake in the intervention group and the control group both before and after the follow-up period and between the intervention group and the control group ( $p > 0.05$ ). There was no difference in the proportion of weight gain between the intervention group and the control group after the follow-up period ( $p > 0.05$ ). There was no difference in the proportion of weight gain between the intervention group and the control group after the follow-up period ( $p > 0.05$ ).

**Conclusion:**

The intervention is not effective to increase the meal frequency, energy intake, and weight gain.

**Keywords :** Complementary Feeding, Meal Frequency, Energy Intake, Weight Gain.