

PENGARUH INTERVENSI EDUKASI PEMBERIAN MAKANAN PENDAMPING ASI (MP-ASI) KOMPREHENSIF TERHADAP ASUPAN ENERGI, PROTEIN DAN PERKEMBANGAN BAYI USIA 6-12 BULAN DI KABUPATEN KULON PROGO

ABSTRAK

Latar Belakang :Salah satu penyebab masalah status gizi balita yaitu praktek menyusui dan pemberian makan pendamping yang belum tepat. Perlu adanya sebuah intervensi edukasi terhadap masyarakat di Indonesia, khususnya bagi ibu atau pengasuh balita dalam memberikan MP-ASI yang baik, aman dan aktif mengingat beberapa studi yang pernah dilakukan di Indonesia hanya sebatas memberikan intervensi berdasarkan kuantitas dan kualitas MP-ASI saja.

Tujuan :Penelitian ini bertujuan untuk mengetahui pengaruh intervensi pemberian MP-ASI komprehensif terhadap asupan energi, protein dan perkembangan bayi usia 6-12 bulan di Kabupaten Kulon Progo.

Metode :Penelitian ini merupakan bagian dari penelitian eksperimental dengan $n=126$. Subyek penelitian yaitu sepasang ibu dan bayinya yang dibagi menjadi kelompok intervensi dan kelompok kontrol.

Hasil :Tidak ada perbedaan yang bermakna tingkat asupan energi kelompok intervensi dan kontrol sebelum maupun sesudah intervensi ($p>0,05$). Perbedaan bermakna tingkat asupan protein antar kedua kelompok setelah intervensi ($p=0,029$). Peningkatan bermakna asupan energi ($p=0,002$) dan protein ($p=0,003$) pada kelompok intervensi sebelum dan sesudah intervensi. Tidak ada perbedaan signifikan perkembangan ($p>0,005$) pada kelompok intervensi dan kelompok kontrol sebelum intervensi dan sesudah intervensi.

Kesimpulan : Intervensi edukasi MP-ASI komprehensif memberikan pengaruh signifikan terhadap asupan energi dan protein tetapi tidak pada perkembangan.

Kata kunci : edukasi, MP-ASI, asupan energi, asupan protein, perkembangan

EFFECT OF COMPREHENSIVE COMPLEMENTARY EDUCATION INTERVENTION WITH ENERGY, PROTEIN INTAKE AND DEVELOPMENT IN CHILD 6-12 MONTHS OF AGE IN KULON PROGO REGENCY

ABSTRACT

Introduction :One of the causes of malnutrition in toddlers is the inappropriate practice of breastfeeding and complementary feeding. There needs to be an educational intervention for the people in Indonesia, especially for mothers or caregivers of toddlers in providing good, safe and active complementary feeding considering that several studies have been conducted in Indonesia only to provide interventions based on the quantity and quality of complementary food alone.

Objective :This study aims to determine the effect of comprehensive complementary education interventions on energy, protein intake and the development of 6-12 months infants in Kulon Progo Regency.

Methodology :This study is part of an experimental study with $n = 126$. The research subjects were a pair of mothers and their babies who were divided into intervention groups and control groups.

Result :There were no significant differences of energy intake in the intervention and control groups before and after the intervention ($p > 0.05$), significant differences of protein intake between the two groups after intervention ($p = 0.029$). Energy intake increase significantly ($p = 0.002$) and protein ($p = 0.003$) in the intervention group before and after the intervention. There was no significant developmental difference ($p > 0.005$) in the intervention group and the control group before intervention and after intervention.

Conclusion :A comprehensive complementary education intervention has a significant influence on energy and protein intake but not on development.

Keywords: education, complementary feeding, energy intake, protein intake, development