

INTISARI

Latar Belakang: Pemberian Makanan Pendamping Air Susu Ibu (MP-ASI) pada balita *stunting* usia 6-24 bulan di Asia masih terbatas pada wilayah negara bagian saja. Pemberian MP-ASI di berbagai negara berbeda-beda, dipengaruhi oleh keanekaragaman sosial budaya, status ekonomi, dan pendidikan. Metode *literature view* dapat mengidentifikasi hasil-hasil dari penelitian sebelumnya, sehingga dapat dilihat perbedaannya sesuai dengan demografis dan geografisnya.

Tujuan: Mengidentifikasi penelitian-penelitian yang telah dilakukan mengenai pemberian MP-ASI pada balita *stunting* usia 6-24 bulan di Asia

Metode: Penelitian *literature review* dengan pendekatan naratif. Pencarian artikel dilakukan pada *database* EBSCOhost, ProQuest, dan SAGE Journals dengan memasukkan *keywords*, P: *Infant AND Young Children OR A child between 6 and 24 months of age*, I: *Complementary Feeding OR Infant Nutrition Physiology OR Infant Nutritional Physiological Phenomenon OR Infant Nutritional Physiology OR Supplementary Feeding*, C: -, dan O: *Stunting OR Stunted OR Stunted Growth*.

Hasil: Ketercapaian praktik, kualitas, dan keamanan pemberian MP-ASI rendah. Ketidaktepatan waktu pengenalan makanan padat, semi padat atau lunak, dimana sebanyak > 20% anak usia 12 bulan belum mendapatkan makanan padat. Ketercapaian keragaman makanan minimal masih rendah, bahkan hanya 13% yang setidaknya mengonsumsi empat kelompok makanan. Frekuensi makan minimal persentase ketercapaiannya 75%, 58%, dan 13%. Persentase ketercapaian minimum diet yang dapat diterima usia 6-23 bulan sebesar 16 %, di India hanya sebesar 5%.

Kesimpulan: Pemberian MP-ASI pada balita *stunting* usia 6-24 bulan belum mencapai standar rekomendasi WHO/UNICEF. Ketercapaiannya dipengaruhi oleh status sosial ekonomi rumah tangga, pendidikan ibu, akses atau paparan media, dan akses terhadap fasyankes.

Kata Kunci: *stunting*; anak usia 6-24 bulan; makanan pendamping

ABSTRACT

Background: Complementary feeding for infants aged 6-24 months with stunting in Asia is limited to the state territory. Providing complementary foods in different countries, inspired by socio-cultural diversity, economic status, and education. The literature view method can identify the results of previous studies, so that the differences can be seen according to demographics and geographies.

Objective: To identify studies that have been conducted regarding complementary feeding to infants aged 6-24 months with stunting in Asia

Methods: Research literature review with a narrative approach. Article searches were carried out on the EBSCOhost, ProQuest, and SAGE Journals databases by entering the keywords, P: Infants AND Young Children OR Children between 6 and 24 months, I: Supplementary Feeding OR Infant Nutritional Physiology OR Infant Nutritional Physiological Phenomena OR Infant Nutritional Physiology OR Supplementary Feeding, C: -, and O: Stunting OR Stunted OR Stunted Growth.

Results: The achievement of practice, quality, and safety of complementary feeding is low. Inaccurate time in the introduction of solid, semi solid and soft foods, where as many as > 20% of children aged 12 months have not received solid food. The achievement of minimum dietary diversity is still low, even only 13% consume at least four food groups. The minimum meal frequency proportions is 75%, 58%, and 13%. The percentage of attainment of the minimum acceptable diet for ages 6-23 months is 16%, in India it is only 5%.

Conclusion: The provision of complementary foods to infants aged 6-24 months with stunting has not yet reached the WHO / UNICEF standard recommendation. The achievement was obtained from the socioeconomic status of the household, mother's education, media access or exposure, and access to health facilities.

Keywords: stunting; infant and young child; complementary feeding