

INTISARI

SELF-EFFICACY, DEPENDENT-CARE AGENCY (DCA), DUKUNGAN SOSIAL DENGAN PERILAKU PEMBERIAN MAKAN ORANGTUA PADA ANAK USIA 1-3 TAHUN DI DEPOK SLEMAN YOGYAKARTA

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Latar belakang: Anak usia 1-3 tahun belum mandiri, membutuhkan orangtua sebagai *gate keeper* dalam perilaku pemberian makan. Pemberian makan yang tepat penting untuk mempertahankan pertumbuhan dan perkembangan serta status kesehatan. Perilaku pemberian makan orangtua belum optimal. Perilaku pemberian makan orangtua berkaitan dengan *Dependent-Care Agency (DCA)*, *self-efficacy*, dukungan sosial. Penelitian perilaku pemberian makan orangtua belum banyak dilakukan. Pemahaman perilaku pemberian makan orangtua membantu perawat melakukan pengkajian keperawatan.

Tujuan: Mengetahui hubungan *self-efficacy*, DCA, dukungan sosial dengan perilaku pemberian makan orangtua

Metode: Jenis penelitian deskriptif analitik, pendekatan *cross sectional* di 18 Posyandu Balita wilayah Depok Sleman Yogyakarta, Oktober 2014-Januari 2015. Responden adalah 243 orangtua, melalui *consecutive sampling* sesuai kriteria inklusi dan eksklusi. Pengukuran dengan kuesioner. Analisisnya menggunakan frekuensi, *spearman*, *uji T independen/man whitney*, *one way anova/kruskal wallis*, serta regresi linier.

Hasil : Hubungan DCA dengan perilaku pemberian makan orangtua didapatkan $p\text{-value} < 0,001$; $r=0,4$. Hubungan *self-efficacy* dengan perilaku pemberian makan orangtua didapatkan $p\text{-value} < 0,001$; $r=0,4$. Hubungan dukungan sosial dengan perilaku pemberian makan orangtua didapatkan $p\text{-value}=0,01$; $r=0,2$. DCA, Dukungan sosial, *self-efficacy* secara bersamaan berhubungan dengan perilaku pemberian makan orangtua dengan nilai $R^2 = 0,280$; $p < 0,05$. Orangtua masih kurang dalam mempelajari bagaimana menyiapkan menu yang sehat, mengidentifikasi peralatan atau perlengkapan makan yang tepat dari berbagai sumber, memberikan penghargaan untuk mempertahankan perilaku makan anak yang baik.

Kesimpulan : DCA, dukungan sosial, *self-efficacy* berhubungan dengan perilaku pemberian makan orangtua. Penelitian berikutnya perlu membedakan perilaku pemberian makan orangtua diantara berbagai kelompok status gizi anak.

Kata kunci: DCA, *self-efficacy*, dukungan sosial, perilaku orangtua, pemberian makan, *toddler*

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ABSTRACT

SELF-EFFICACY, SOCIAL SUPPORT AND DEPENDENT-CARE AGENCY WITH PARENTAL FEEDING BEHAVIOR

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Abstract

Background: 1-3 years old children have not been self-sufficient, still need parents as a gate keeper in feeding behavior. Proper feeding is important to sustain growth, development, and health status. Parental feeding behavior is not optimal. Parental feeding behavior is associated with Dependent-Care Agency (DCA), self-efficacy, and social support. Research on parental feeding behavior has not been conducted commonly. Understanding of the feeding behavior of parents to help nurses perform nursing assessment.

Objective: To determine the relationship of self-efficacy, DCA, social support and parental feeding behavior

Method: a descriptive analytic cross-sectional study in 18 *Posyandu* / Integrated Health Center (IHC) of toddler at Depok Sleman Yogyakarta, throughout October 2014-January 2015. The respondents were 243 parents, obtained through consecutive sampling with inclusion and exclusion criteria. Measurement was achieved with questionnaire analyzed with frequency analysis, Spearman, independent T test / Man Whitney, One Way ANOVA / Kruskal Wallis test, and linear regression.

Results: relationship between DCA and parental feeding behavior was obtained p-value<0.001; r=0.4. Relationship between self-efficacy and parental feeding behavior was obtained p-value<0.001; r=0.4. relationship between social support and parental feeding behavior was obtained p-value=0.01; r=0.2. DCA, social support, and self-efficacy simultaneously are associated with parental feeding behavior with $R^2=0.280$; $p<0.05$. Parents were still lack of learning on how to prepare a healthy menu, to identify equipment, or to supply food right from a variety of sources, to give awards to maintain good eating behavior of children.

Conclusion: DCA, social support, and self-efficacy are related to parental feeding behavior. The next studies are needed to distinguish between parental feeding behavior among the groups with various nutritional status of children.

Keywords: DCA, self-efficacy, social support, parental feeding behavior, toddler
