

## INTISARI

**Latar Belakang:** Perevalensi anak *stunted* atau gangguan status gizi berdasarkan pola pertumbuhan linier di Indonesia lebih tinggi dibanding di Asia tenggara lainnya. Rata-rata Z scor BB/U dan TB/U menurun tajam sejak anak mulai usia 4 bulan, hal ini sangat dipengaruhi oleh pola pemberian Makanan Pendamping ASI (MP-ASI) baik dari segi jumlah maupun dari segi mutu. Pemanfaatan makanan pendamping ASI tergantung pada perilaku ibu terhadap makanan pendamping ASI tersebut. Untuk itu perlu dilakukan penelitian yang berhubungan dengan pengetahuan, sikap dan praktek ibu dalam memberikan MP-ASI *blended food* pada bayinya, agar upaya pemerintah menanggulangi masalah gizi dengan cara pemberian MP-ASI *blended food* pada bayi usia 6-11 bulan khususnya pada keluarga miskin dapat diterima dengan baik.

**Tujuan :** Untuk mengetahui hubungan antara pengetahuan kesehatan dan gizi ibu, sikap dan praktek ibu dalam pemberian MP-ASI *blended food* dengan daya terima MP-ASI *blended food*.

**Metoda :** Penelitian ini merupakan penelitian observasional dengan rancangan *cross sectional study*. Pendekatan kuantitatif untuk mengukur tingkat pengetahuan ibu, sikap dan praktek ibu serta daya terima MP-ASI *blended food*, dan pendekatan kualitatif dengan cara *indepth interview* untuk untuk menggali permasalahan yang berhubungan dengan daya terima MP-ASI *blended food*. Subjek adalah ibu dari keluarga miskin yang punya bayi usia 6-11 bulan dan mendapat MP-ASI *blended food* berada pada 4 Puskesmas (ditentukan secara *purposive sampling* berdasarkan letak geografis). Jumlah sampel 151 orang. Analisis *t-test* dan *anova* untuk mengetahui perbedaan daya terima MP-ASI *blended food* berdasarkan umur anak diberi MP-ASI, pendidikan, dan pekerjaan ibu. Analisis korelasi untuk mengetahui hubungan pengetahuan, sikap dan praktek ibu dengan daya terima MP-ASI *blended food*, analisis Multivariat *regresi linier* berganda untuk melihat besarnya hubungan antara pengetahuan, sikap, praktek, dengan daya terima MP-ASI *blended food* pada CI 95%,  $p < 0,05$ .

**Hasil:** Daya terima MP-ASI *blended food* berbeda berdasarkan usia ibu, umur anak diberi MP-ASI, tingkat pengetahuan dan praktek ibu  $p < 0,05$ . Pengetahuan, sikap dan praktek berkorelasi dengan daya terima MP-ASI *blended food*  $p < 0,05$ . Dari analisis multivariat diketahui pengetahuan, sikap, praktek ibu, dan usia bayi diberi MP-ASI *blended food* berhubungan secara bermakna dengan daya terima MP-ASI *blended food*  $p < 0,05$ , dengan koefisien diterminan ( $R^2$ ) = 0,575.

**Kesimpulan:** Pengetahuan, Sikap dan praktek ibu berhubungan secara signifikan dengan daya terima MP-ASI *blended food*

**Kata kunci:** MP-ASI *blended food*, pengetahuan, sikap, praktek, keluarga miskin

## ABSTRACT

**Background:** The prevalence of stunted children in Indonesia is greater compared to that in other Southeast Asian Countries. This may be influenced by the pattern of CBF supply. Therefore a study on the relationship between mothers' knowledge, attitude and practice in giving blended food CBF to their children needs to be done in order that the government's efforts to overcome nutritional problem through the supply of blended food CBF to children of 6 -11 months particularly those coming from poor families can be well-accepted.

**Objectives:** The study was meant to know the relationship between mothers' knowledge on health and nutrition, attitude and practice in the supply of blended food CBF with the acceptance of blended food CBF.

**Methods:** The study was an observational type which used a cross sectional study design. Quantitative approach was used to measure level of mothers' knowledge, attitude and practice as well as acceptance of blended food CBF, whereas qualitative approach through indepth interview was used to explore problems related to the acceptance of blended food CBF. The subject of the study were mothers from poor families having children of 6 – 11 months old who received blended food CBF from 4 Community Health Centers (purposively selected according to geographical location). There were 151 samples. T-test and anova analyses were used to know the difference of blended food CBF acceptance according to the age of blended food CBF supplied children, mothers' level of education and jobs. Correlation analyses were used to know the relationship between mothers' knowledge, attitude and practice with blended food CBF acceptance, while double linear regression multivariate analysis was used to know the intensity of relationship between knowledge, attitude and practice with acceptance of blended food CBF at CI 95%,  $P < 0.05$ .

**Results:** Acceptance of blended food CBF differed as much as  $P < 0.05$  according to mothers' age, age of blended food CBF supplied children, mothers' knowledge and practice. Knowledge, attitude and practice correlated as much as  $p < 0.05$  with blended food CBF acceptance. Multivariate analysis showed that mothers' knowledge, attitude and practice and the age of blended food CBF supplied children were significantly related with acceptance of MP-ASI  $p < 0.05$ , with diterminant coefficient ( $R^2$ )=0.575.

**Conclusion:** Mothers' knowledge, attitude and practice were significantly related with MP-ASI acceptance.

**Keywords:** blended food, complimentary breast feeding, knowledge, attitude, practice, poor family