

# HUBUNGAN PRAKTIK PEMBERIAN MAKANAN PENDAMPING ASI (MP-ASI) DENGAN STATUS GIZI PADA ANAK DIBAWAH DUA TAHUN (USIA 6-23 BULAN) DI POSYANDU KELURAHAN NGINDEN JANGKUNGAN KECAMATAN SUKOLILO SURABAYA

Oleh:

Namaskara Laili Qidriyah

## ABSTRAK

Berdasarkan hasil laporan penilaian status gizi dari Puskesmas Menur di Posyandu Kelurahan Nginden bulan Desember tahun 2018, anak dibawah dua tahun usia 6-23 bulan dengan status gizi kurang mengalami peningkatan sebesar 6,31%. Pemberian makanan pendamping ASI dini akan menyebabkan bayi rentan mengalami penyakit infeksi,kekurangan gizi,sehingga dapat menyebabkan malnutrisi dan gangguan pertumbuhan. Tujuan penelitian ini dilakukan untuk menganalisis hubungan praktik pemberian makanan pendamping ASI (MP-ASI) dengan status gizi anak dibawah dua tahun (usia 6-23) bulan di Posyandu Kelurahan Nginden Kecamatan Sukolilo Surabaya.

Desain penelitian yang digunakan adalah *observasional analitik* di Posyandu Kelurahan Nginden dengan jumlah sampel 51 responden yang dipilih secara *simple random sampling*. Sebagai sampel adalah baduta usia 6-23 bulan yang terdaftar di 15 Posyandu Kelurahan Nginden. Teknik pengambilan data dengan menggunakan kuisioner dan *recall 2x24 jam* selanjutnya dilakukan data dianalisa dengan menggunakan uji *Spearman's rho* dengan derajat kepercayaan 95%.

Hasil penelitian menunjukkan bahwa tidak ada hubungan antara waktu pertama kali pemberian MPASI dengan status gizi ( $P= 0,055 \geq \alpha=0,05$ ), ada hubungan antara frekuensi pemberian MPASI dengan status gizi ( $P 0,017 \leq \alpha=0,05$ ), tidak ada hubungan antara konsistensi pemberian MPASI dengan status gizi ( $P = 0,46 , \geq \alpha=0,05$ ), ada hubungan antara jumlah konsumsi energi dengan status gizi ( $P=0,17, < \alpha(0,05)$ ), tidak ada hubungan antara jumlah konsumsi protein dengan status gizi ( $P=0,338, P > \alpha (0,05)$ ), tidak ada hubungan antara praktik pemberian MPASI dengan status gizi ( $P=0,817, P > \alpha (0,05)$ ). Dengan demikian perlu adanya penyuluhan melalui posyandu tentang praktik pemberian makanan pada bayi, khususnya kapan bayi dapat diberi MPASI, serta konsistensi MPASI yang disesuaikan dengan perkembangan umur baduta.

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Kata Kunci : Status Gizi, Praktik Pemberian MP-ASI, Baduta

**CORELATION BETWEEN THE GIFT PRACTICAL OF  
COMPLEMENTARY FEEDING OF ASI (MP-ASI) WITH NUTRITION  
STATUS IN BABIES UNDER TWO YEARS (OLD OF 6-23 MONTHS) AT  
THE POSYANDU, NGINDEN SUB-DISTRICT, SUKOLILO DISTRICT,  
SURABAYA.**

By:

Namaskara Laili Qidriyah

**ABSTRACT**

Based on the results of the nutritional status assessment from Menur Health Center in Posyandu, Nginden Sub-District in 2018, on Desember the babies under two years old which aged around 6-23 months the nutritional status was less changed, which obtain 6.31%. Early provision of complementary breastfeeding will also cause babies to be susceptible to infectious diseases, malnutrition, which can cause malnutrition and inhibit growth. The purpose of this study was to analyze the relations between complementary feeding of ASI and the nutritional status of the babies under two years old which around the age of 6-23 months at the Posyandu in Nginden Sub-District, Sukolilo District, Surabaya.

The research design of this report is observational analytic at the Posyandu in Nginden Village with samples of 51 respondent. To choose the sample, writer used simple random sampling. The samples are the babies under two years old which around 6 - 23 months that registered at Fifteen Posyandu in Nginden Sub-District. The writer using questionnaires as the data collection and after 2x24 hour recall, it continue with analyzed the data using Spearman's rho test with 95%.

The results showed that there was no relationship between the first time breastfeeding and nutritional status ( $P = 0.055 \geq \alpha = 0.05$ ), there was a relationship between the frequency of breastfeeding and nutritional status ( $P 0.017 \leq \alpha = 0.05$ ), there is no relationship between the consistency of MPASI administration and nutritional status ( $P \text{ Value} = 0.46, \geq \alpha = 0.05$ ), there is a relationship between the amount of consumption energy with nutritional status ( $P = 0.17 < \alpha (0.05)$ ), there was no correlation between the amount of protein consumption and nutritional status ( $P = 0.338, P > \alpha (0.05)$ ), there was no relationship between the practice of giving MP-ASI with nutritional status ( $P = 0.817, P > \alpha (0.05)$ ). Thus the need for counseling through posyandu about the practice of feeding infants, especially when babies can be given MPASI, as well as consistency of MPASI adjusted to the development of the age of baduta.

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Keywords : Nutritional Status, Gift practical MP-ASI, Babies under two years old