GAMBARAN PEMBERIAN MAKANAN PENDAMPING ASI (MP-ASI) PADA BADUTA *UNDERWEIGHT* DI WILAYAH KERJA PUSKESMAS KANOR KABUPATEN BOJONEGORO

Ainun

Program Studi Diploma 3 Gizi, Poltekkes Kemenkes Surabaya

e-mail : inunshrd@gmail.com

ABSTRAK

Latar Belakang, Anak dengan usia di bawah dua tahun disebut dengan baduta, dimana pada masa ini menjadi periode yang sangat penting atau disebut juga dengan *Golden Age* (Periode emas), anak dikatakan *Underweight* jika kategori ambang batas berdasarkan *anthropometri* yaitu apabila Berat Badan menurut Umur (BB/U) -3 SD sampai dengan <-2 SD. Menurut data yang di dapatkan dari Dinas Kesehatan Kab.Bojonegoro dengan prevalensi *underweight* di kanor yaitu sejumlah 11,42%. **Tujuan Penelitian**, Untuk mengetahui bagaimana pemberian makanan pendamping ASI (MP-ASI) pada anak baduta usia 6-24 bulan dengan status gizi *underweight* di wilayah kerja Puskesmas Kanor. **Metode Penelitian**, penelitian ini merupakan penelitian *deskriptif* dan pengumpulan data menggunakan metode wawancara dengan kuisioner, jumlah sample 41 baduta dengan *simple random sampling*. **Hasil Penelitian**, usia pertama pemberian tepat (68,4%), frekuensi tidak tepat (75,6%), jumlah tidak tepat (63,4%), tekstur tidak tepat (75,6%), variasi tidak tepat (53,6%), *responsif* tidak tepat (58,5%) dan kebersihan tepat (58,5%). **Kesimpulan**, karakteristik baduta sebagian besar berusia 12-24 bulan dan berjenis kelamin laki-laki, karakteristik ibu baduta memiliki pendidikan terakhir tamat SMA, pekerjaaan IRT dan pendapatan <UMK,riwayat pemberian ASI sebagian besar mendapatkan ASI *Eksluif*, dan pemberian MP-ASI pada usia pertama pemberian tepat , frekuensi tidak tepat, jumlah tidak tepat , tekstur tidak tepat, variasi tidak tepat, *responsif* tidak tepat dan kebersihan tepat. **Saran**, Perlu adanya kegiatan intervensi mengenai edukasi tentang MP-ASI untuk para ibu-ibu agar ibu paham dan dapat meningkatkan pengetahuan tentang bagaimana MP-ASI yang baik dan benar untuk anak.

Kata Kunci : MP-ASI, baduta, underweight.

DESCRIPTION OF PROVIDING COMPLETE ASI FOOD (MP-ASI) TO UNDERWEIGHT BADUTA IN THE WORKING AREA OF THE KANOR PUSKESMAS, BOJONEGORO DISTRICT

Ainun

Diploma 3 Nutrition Study Program, Health Polytechnic Ministry of Health Surabaya

e-mail: inunshrd@gmail.com

ABSTRACT

Background,Children under two years of age are called Baduta, which is a very important period or also known as the Golden Age.A child is said to be Underweight if the threshold category is based on anthropometry, namely if Body Weight for Age (WW/U) is -3 SD to <-2 SD. According to data obtained from the Bojonegoro District Health Service, the Kanor area is the highest area among other areas in Bojonegoro with an underweight prevalence of 11.42%.**Research Objective**: To find out how to provide complementary breast milk (MP-ASI) to underweight children aged 6-24 months with underweight nutritional status in the Kanor Community Health Center working area..Research Method, this research is descriptive research and data collection uses the interview method with questionnaires, the sample size is 41 girls with simple random sampling. Research results, age at first administration was correct (68.4%), frequency was incorrect (75.6%), amount was incorrect (63.4%), texture was incorrect (75.6%), variation was incorrect (53, 6%), inappropriate responsiveness (58.5%) and appropriate cleanliness (58.5%). **Conclusion**, Characteristics of toddlers, most of them are 12-24 months old and male, characteristics of baduta mothers have a high school diploma, housewife employment and income <UMK, history of breastfeeding, most of them get exclusive breast milk , age at first administration is correct, frequency is incorrect, quantity is incorrect, texture is incorrect, variety is incorrect, responsiveness is incorrect and cleanliness is correct**. Suggestion**, **t**here needs to be intervention activities regarding education about MP-ASI for mothers so that mothers understand and can increase their knowledge about how MP-ASI is good and correct for children.

Keywords: MP-ASI, baduta, underweight.