

Abstract

EFFECTIVENESS OF RESPONSIVE FEEDING EDUCATION ON INFANT FEEDING BEHAVIOUR IN THE WORKING AREA OF NORTH PURWOKERTO PUBLIC HEALTH CENTER 2

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Background : The under two years of age is a critical period in a child's growth and development, where good feeding behavior is essential to prevent nutritional problems such as stunting. However, many infants do not receive complementary foods properly, often due to inappropriate feeding practices, including oral aversion. Responsive feeding is a recommended approach to improve infant feeding behavior.

Objective : This study aimed to determine the effectiveness of responsive feeding education on infant feeding behavior in the Working Area of North Purwokerto Public Health Center 2. Specifically, this study identified respondent characteristics and differences in feeding behavior between the control and intervention groups before and after the intervention.

Methodology : This study used a quasi-experimental pre and post test design with control and intervention groups. The sampling technique used simple random sampling, a total sample of 92 respondents, namely 46 respondents as the intervention group and 46 respondents as the control group, mothers who have babies aged 6-23 months. Data analysis using paired sample t-test and independent sample t-test. The instruments used in this study were questionnaires and educational videos.

Research Result : The results showed that there was a significant increase in infant feeding behavior in the intervention group who received responsive feeding education compared to the control group. With a significance value of $p < 0.001$ in infant feeding behavior.

Conclusion : Responsive feeding education was shown to be effective in improving infant feeding behavior in the Working Area of North Purwokerto Public Health Center 2. This study suggests that responsive feeding practices be implemented more widely to support children's nutritional health.

Keywords : Complementary Feeding, Infant Feeding Behavior, Health Education, Responsive Feeding, Stunting.