

ABSTRAK

HUBUNGAN PENGETAHUAN DAN SIKAP IBU TENTANG PEMBERIAN MAKAN BAYI DAN ANAK SERTA TINGKAT KECUKUPAN ENERGI TERHADAP STATUS GIZI BADUTA

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Latar belakang: Status gizi baduta dipengaruhi oleh faktor langsung seperti kecukupan asupan gizi dan penyakit infeksi, serta faktor tidak langsung seperti pengetahuan dan sikap ibu, pola asuh, dan akses pelayanan kesehatan. Pengetahuan dan sikap ibu sangat menentukan praktik PMBA, dan ketidaktepatan praktik tersebut dapat menyebabkan asupan energi tidak adekuat yang meningkatkan risiko *underweight*. Oleh karena itu, penelitian ini bertujuan untuk menganalisis hubungan pengetahuan dan sikap ibu tentang PMBA serta asupan energi dengan status gizi baduta.

Metode: Sampel penelitian sebanyak 44 responden diambil menggunakan *purposive sampling* berdasarkan kriteria inklusi yaitu baduta yang memiliki KIA, ibu yang datang ke posyandu pada waktu penelitian dan ibu yang bersedia menjadi responden. Data yang dikumpulkan melalui kuesioner pengetahuan dan sikap PMBA untuk memperoleh data pengetahuan dan sikap ibu, *food recall* 2×24 jam untuk menilai kecukupan asupan energi, serta pengukuran berat badan untuk menentukan status gizi anak. Analisis data dilakukan secara univariat dan bivariat menggunakan uji *Fisher exact* dan *Chi Square* dengan tingkat kemaknaan 95%.

Hasil penelitian: Analisis univariat menunjukkan bahwa 31,8% ibu memiliki pengetahuan yang kurang, dan 47,7% memiliki sikap yang kurang terkait praktik PMBA sedangkan 29,5% baduta memiliki asupan energi yang tidak adekuat dan 31,8% termasuk dalam kategor *underweight*. Analisis bivariat menunjukkan adanya hubungan yang signifikan antara pengetahuan ibu tentang PMBA dengan status gizi baduta ($p = 0,004$), sikap ibu tentang PMBA dengan status gizi baduta ($p = 0,005$), serta kecukupan asupan energi dengan status gizi baduta ($p = 0,012$).

Kesimpulan: Pengetahuan dan sikap ibu terhadap PMBA serta pemenuhan asupan energi berhubungan signifikan terhadap status gizi.

Kata kunci: Pengetahuan, Sikap, PMBA, Tingkat Kecukupan Energi, *Underweight*

ABSTRACT

RELATIONSHIP BETWEEN MATERNAL KNOWLEDGE AND ATTITUDES REGARDING INFANT AND YOUNG CHILD FEEDING AND ENERGY ADEQUACY LEVEL WITH THE NUTRITIONAL STATUS OF CHILDREN UNDER TWO

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Background: Nutritional status of children under two years old is influenced by direct factors such as adequate nutritional intake and infectious diseases, as well as indirect factors including maternal knowledge and attitudes, caregiving practices, and access to healthcare services. Maternal knowledge and attitudes play a crucial role in determining complementary feeding practices, and inappropriate practices may lead to inadequate energy intake, thereby increasing the risk of underweight. Therefore, this study aimed to analyze the relationship between maternal knowledge and attitudes regarding complementary feeding and energy intake with the nutritional status of children under two.

Methods: A total of 44 respondents were selected using purposive sampling, based on inclusion criteria, namely children under two who had a Maternal and Child Health (MCH) handbook, mothers attending the posyandu during data collection, and willingness to participate. Data were collected using questionnaires on maternal knowledge and attitudes toward complementary feeding to obtain knowledge and attitude data, a two-day 24-hour food recall to assess energy intake, and weight measurements to determine the child's nutritional status. Data were analyzed univariately and bivariate using Fisher's exact test and Chi Square test with a 95% confidence level.

Results: The univariate analysis showed that 31.8% of mothers had poor knowledge and 47.7% had poor attitudes regarding complementary feeding, while 29.5% of children under two had inadequate energy intake and 31.8% were classified as underweight. The bivariate analysis indicated significant associations between maternal knowledge of complementary feeding and the nutritional status of children under two ($p = 0.004$), maternal attitudes toward complementary feeding and nutritional status ($p = 0.005$), as well as energy adequacy and nutritional status ($p = 0.012$).

Conclusion: Maternal knowledge and attitudes toward complementary feeding, as well as adequate energy intake, were significantly associated with the nutritional status of children under two.

Keywords: Knowledge, Attitudes, Complementary Feeding, Energy Adequacy Level, Underweight