

Abstrak

HUBUNGAN PRAKTIK PEMBERIAN MP-ASI, POLA ASUH, DAN PARTISIPASI IBU DALAM KEGIATAN POSYANDU DENGAN STATUS GIZI BADUTA USIA 6-24 BULAN DI WILAYAH KERJA PUSKESMAS PURWOKERTO TIMUR II

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Latar Belakang: Status gizi baduta merupakan indikator penting kesehatan anak yang dipengaruhi oleh praktik pemberian MP-ASI, pola asuh, dan partisipasi ibu dalam kegiatan posyandu. Penelitian ini bertujuan untuk mengetahui hubungan antara praktik pemberian MP-ASI, pola asuh ibu, dan partisipasi ibu di posyandu dengan status gizi baduta di wilayah kerja Puskesmas Purwokerto Timur II.

Metodologi: Penelitian ini menggunakan pendekatan *cross sectional* dengan melibatkan 44 ibu yang memiliki baduta 6-24 bulan yang diambil menggunakan teknik *purposive sampling*. Variabel praktik pemberian MP-ASI, pola asuh, dan partisipasi posyandu diukur menggunakan kuesioner dan dibantu dengan buku KIA, sedangkan status gizi dalam BB/U z-score diukur menggunakan berat badan. Analisis data dilakukan secara univariat dan bivariat menggunakan uji *fisher exact* dengan tingkat kemaknaan 95%.

Hasil Penelitian: Terdapat hubungan yang signifikan antara praktik pemberian makanan pendamping ASI dengan status gizi ($p\text{-value}=0,000$), dan terdapat hubungan antara pola asuh orang tua dengan status gizi ($p\text{-value}=0,000$), serta terdapat hubungan antara keikutsertaan ibu dalam kegiatan posyandu dengan status gizi ($p\text{-value}=0,007$).

Kesimpulan: Terdapat hubungan bermakna antara praktik pemberian MP-ASI dengan status gizi, dan terdapat hubungan antara pola asuh dengan status gizi, serta terdapat hubungan antara partisipasi ibu dalam kegiatan posyandu dengan status gizi.

Kata kunci: MP-ASI, pola asuh, partisipasi posyandu, status gizi, baduta

Abstract

HUBUNGAN PRAKTIK PEMBERIAN MP-ASI, POLA ASUH, DAN PARTISIPASI IBU DALAM KEGIATAN POSYANDU DENGAN STATUS GIZI BADUTA USIA 6-24 BULAN DI WILAYAH KERJA PUSKESMAS PURWOKERTO TIMUR II

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Background: The nutritional status of children under two years (baduta) is an important indicator of child health influenced by complementary feeding practices, parenting style, and maternal participation in posyandu activities. This study aimed to determine the relationship between complementary feeding practices, maternal parenting style, and maternal participation in posyandu with the nutritional status of children under two years in the working area of Purwokerto Timur II Public Health Center.

Methodology: This study used a cross-sectional approach involving 44 mothers of children aged 6-24 months, selected using a purposive sampling technique. Complementary feeding practices, parenting patterns, and participation in integrated health service posts (Posyandu) were measured using a questionnaire and the KIA book. Nutritional status, measured by weight for age (BB/U) z-score, was measured using body weight. Data were analyzed using univariate and bivariate methods using the Fisher exact test with a 95% significance level.

Results: There is a significant relationship between the practice of providing complementary feeding with nutritional status ($p\text{-value}=0.000$), and there is a relationship between parenting patterns and nutritional status ($p\text{-value}=0.000$), and there is a relationship between maternal participation in integrated health post activities and nutritional status ($p\text{-value}=0.007$).

Conclusion: There is a significant relationship between the practice of providing complementary feeding with nutritional status, and there is a relationship between parenting patterns and nutritional status, and there is a relationship between maternal participation in integrated health post activities and nutritional status.

Keywords: complementary feeding, parenting style, posyandu participation, nutritional status, children under two