

ABSTRAK

HUBUNGAN DUKUNGAN KELUARGA TERHADAP TINGKAT STRES IBU DALAM PEMBERIAN MPASI

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Latar Belakang: MPASI yang berkualitas dapat meningkatkan tumbuh kembang anak melalui pemenuhan nutrisi yang maksimal. Dukungan keluarga menjadi salah satu faktor yang berpengaruh terhadap tingkat stres ibu dalam pemberian MPASI. Ketika ibu stres maka pemberian MPASI menjadi tidak optimal dan menghambat proses pemenuhan nutrisi anak. Penelitian ini bertujuan untuk mengetahui hubungan antara dukungan keluarga terhadap tingkat stres ibu dalam pemberian MPASI.

Metodologi: Desain kuantitatif korelasional dengan metode *cross sectional*. Sampel penelitian sejumlah 82 responden yang memenuhi kriteria dengan teknik *total sampling*. Data diperoleh melalui pengisian kuesioner dukungan keluarga dan kuesioner *Parental Stress Scale* (PSS). Data dianalisis univariat dengan uji normalitas data *Kolmogorov-Smirnov* dan analisis bivariat menggunakan uji *Somers' D*.

Hasil Penelitian: Mayoritas karakteristik responden berusia 28 tahun dengan rentang usia 17-45 tahun. Nilai tengah usia balita 15 bulan dengan rentang usia 6-24 bulan. Mayoritas ibu berpendidikan terakhir SMP, pekerjaannya ibu rumah tangga, status paritas multipara dan penghasilan keluarga <UMR. Hasil analisis menunjukkan terdapat hubungan antara dukungan keluarga terhadap tingkat stres ibu dalam pemberian MPASI dengan arah hubungan negatif dan kekuatannya lemah (*p value* 0,001 ($p < 0,05$); $r = -0,303$).

Kesimpulan : Hasil penelitian menunjukkan ada hubungan dukungan keluarga terhadap tingkat stres ibu dalam pemberian MPASI. Keluarga disarankan dapat memberikan dukungan emosional dalam bentuk kasih sayang, kepercayaan, perhatian dan mendengarkan keluhan untuk mengurangi stres ibu sehingga pemberian MPASI pada anak dapat optimal.

Kata kunci : Dukungan Keluarga, MPASI, Tingkat Stres Ibu

ABSTRACT

THE RELATIONSHIP BETWEEN FAMILY SUPPORT AND MOTHERS STRESS LEVELS IN PROVIDING SUPPLEMENTARY FOOD

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Background: High-quality complementary foods can improve child growth and development through maximum nutritional fulfillment. Family support is one factor that influences the level of stress experienced by mothers when feeding complementary foods. When mothers are stressed, complementary feeding becomes suboptimal and hinders the process of fulfilling their children's nutritional needs. This study aims to determine the relationship between family support and the level of stress experienced by mothers when feeding complementary foods.

Methodology: Correlational quantitative design with a cross-sectional method. The research sample consisted of 82 respondents who met the criteria using the total sampling technique. Data were obtained through the completion of a family support questionnaire and a Parental Stress Scale (PSS) questionnaire. Data were analyzed univariately with the Kolmogorov-Smirnov normality test and bivariately using Somers' D test.

Research Results: The majority of respondents were 28 years old with an age range of 17-45 years. The median age of toddlers was 15 months with an age range of 6-24 months. The majority of mothers had a junior high school education, were housewives, had a multiparous parity status, and a family income <UMR. The analysis results showed a relationship between family support and the level of stress experienced by mothers in providing complementary foods, with a negative direction and weak strength (p value 0.001 ($p < 0.05$); $r = -0.303$).

Conclusion: The results show that there is a relationship between family support and the stress levels of mothers in providing complementary feeding. Families are advised to provide emotional support in the form of affection, trust, attention and listening to complaints to reduce stress in mothers so that complementary feeding for children can be optimal.

Keywords: Complementary Feeding, Family Support, Level of Stress Experienced by Mothers