

HUBUNGAN RIWAYAT PEMBERIAN MP-ASI DENGAN GANGGUAN PERILAKU MAKAN ANAK USIA 2-3 TAHUN DI POSYANDU ARCAWINANGUN

Syafira Nurul Hasna¹, Dian Susmarini², Atikah Proverawati³

ABSTRAK

Latar Belakang: *Toddler* mengalami pertumbuhan dan perkembangan yang pesat sehingga memerlukan gizi yang cukup agar perkembangan optimal. Permasalahan yang dapat mempengaruhi status gizi yaitu gangguan perilaku makan bayi dan *toddler*. Salah satu faktor yang mempengaruhi gangguan makan adalah riwayat MP-ASI. Pemberian MP-ASI terlalu lambat menyebabkan anak tidak menyukai makanan padat

Tujuan: Penelitian ini bertujuan untuk mengetahui hubungan riwayat pemberian MP-ASI dengan gangguan perilaku makan anak usia 2-3 tahun di posyandu Arcawinangun.

Metode: Jenis penelitian kuantitatif menggunakan *cross sectional* dengan desain korelasional. Teknik pengambilan sampel yaitu *total sampling* sebanyak 33 responden usia 2-3 tahun. Data dianalisis menggunakan uji *Spearman*.

Hasil: Sebagian besar anak mendapatkan riwayat pemberian MP-ASI dalam kategori baik yaitu 81,8%. Sebagian besar anak memiliki gangguan makan kategori sedang yaitu 66,7%. Hasil uji korelasi antara riwayat pemberian MP-ASI dengan gangguan perilaku makan diketahui tidak ada hubungan dengan nilai $p=0,541$ atau $p>0,05$.

Kesimpulan: Tidak ada hubungan antara riwayat pemberian MP-ASI dengan gangguan perilaku makan anak usia 2-3 tahun di Posyandu Arcawinangun

Kata kunci: Gangguan Makan, MP-ASI, *Toddler*

¹Mahasiswa Jurusan Keperawatan Fakultas Ilmu-Ilmu Kesehatan Universitas Jenderal Soedirman

²Departemen Keperawatan Anak Jurusan Keperawatan Fakultas Ilmu-Ilmu Kesehatan Universitas Jenderal Soedirman

³Program Studi Ilmu Gizi Fakultas Ilmu-Ilmu Kesehatan Universitas Jenderal Soedirman

RELATIONSHIP BETWEEN COMPLEMENTARY FOOD (MP-ASI) HISTORY AND EATING BEHAVIOR DISORDERS AMONG CHILDREN AGED 2-3 YEARS IN POSYANDU ARCAWINANGUN

Syafira Nurul Hasna¹, Dian Susmarini², Atikah Proverawati³

ABSTRACT

Background: *Toddler* experiencing growth and rapid development that requires adequate nutrition for optimal development. The problems that can affected the nutritional status is eating behavior disorders of infant and *toddler*. One of the factor that affect eating disorders is the history of MP-ASI. Giving MP-ASI too slow causes the child did not like a solid food.

Objectives: The aim of the present study was to examine the relationship between MP-ASI history and eating behavior disorder among children ages 2 – 3 years in Posyandu Arcawinangun.

Method: This was correlational study with *cross sectional* design and used quantitative method. The subject of study were selected with *total sampling* technic consisted of 33 respondents with the aged 2 – 3 years old. Data were analyzed with *Spearman* test.

Result: The result is showed thah most children were categorized as had good MP-ASI history 81,8%, and as many as 66,7% of children had eating behaviour disorder. The result of correlation test between MP-ASI history and eating behaviour disorder showed no correlation with p-value 0,541 or $p > 0,05$.

Conclusion: there was no correlation between MP-ASI history and eating behavior disorder in children aged 2 – 3 years old in Posyandu Arcawinangun.

Keywords: complementary food (MP-ASI), eating behavior disorder, *toddler*

¹Student of Nursing Department, Health Sciences Faculty

²Nursing Children Department, Nursing Department, Health Sciences Faculty, Universitas Jenderal Soedirman

³Nutrision Department, Health Sciences Faculty, Universitas Jenderal Soedirman