

Abstrak

HUBUNGAN PERILAKU MAKAN IBU SAAT HAMIL DENGAN POLA PEMBERIAN MAKAN PADA BAYI USIA 6 – 12 BULAN

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Latar Belakang : Masa 1000 Hari Pertama Kehidupan (HPK) merupakan periode penting dalam pertumbuhan dan pencegahan malnutrisi. Perilaku makan ibu selama kehamilan berperan dalam pertumbuhan janin dan berlanjut memengaruhi pola pemberian makan bayi. Pemberian MPASI sejak usia 6 bulan menjadi tahap awal pembentukan kebiasaan makan. Penelitian ini bertujuan menganalisis hubungan perilaku makan ibu saat hamil dengan pola pemberian makan bayi usia 6–12 bulan.

Metodologi : Penelitian ini merupakan studi kuantitatif dengan desain analitik korelasional *cross-sectional*. Data dikumpulkan menggunakan kuesioner Adult Eating Behavior Questionnaire (AEBQ), Child Feeding Questionnaire (CFQ), dan data demografi. Populasi penelitian berjumlah 95 ibu yang memiliki bayi usia 6–12 bulan di wilayah kerja Puskesmas Somagede. Sampel sebanyak 85 responden diperoleh melalui *simple random sampling*.

Hasil Penelitian : Responden berusia 22–43 tahun, mayoritas berpendidikan Sekolah Menengah Atas (SMA), bekerja sebagai ibu rumah tangga (IRT), dan memiliki penghasilan keluarga $\leq$ Upah Minimum Kabupaten (UMK). Bayi berusia 6–12 bulan, mayoritas berjenis kelamin laki-laki dan seluruhnya memiliki riwayat ASI eksklusif. Sebagian besar ibu memiliki perilaku makan tinggi dengan kecenderungan aktif/responsif, serta menerapkan pola pemberian makan yang tepat.

Kesimpulan : Terdapat hubungan yang signifikan dan positif antara perilaku makan ibu saat hamil dengan pola pemberian makan pada bayi usia 6–12 bulan dengan p value 0,001. Semakin baik perilaku makan ibu saat hamil, semakin tepat pula pola pemberian makannya. Penguatan edukasi gizi pada ibu hamil sangat penting sebagai upaya mendukung praktik pemberian makan yang tepat pada bayi.

Kata kunci : bayi ; ibu hamil ; perilaku makan ; pola pemberian makan.

Abstract

THE RELATIONSHIP BETWEEN MATERNAL EATING BEHAVIOR DURING PREGNANCY AND FEEDING PRACTICES FOR INFANTS AGED 6–12 MONTHS

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Background: The first 1,000 days of life represent a critical period for growth and the prevention of malnutrition. Maternal eating behavior during pregnancy plays an important role in fetal growth and may continue to influence infant feeding practices. Complementary feeding introduced at six months of age marks the early stage of eating habit formation. This study aimed to analyze the relationship between maternal eating behavior during pregnancy and feeding practices among infants aged 6–12 months.

Methods: This study employed a quantitative design with a cross-sectional correlational approach. Data were collected using the Adult Eating Behavior Questionnaire (AEBQ), the Child Feeding Questionnaire (CFQ), and demographic data. The study population consisted of 95 mothers with infants aged 6–12 months in the working area of Somagede Primary Health Center. A total of 85 respondents were selected using simple random sampling.

Results: Respondents were aged 22–43 years, predominantly had a senior high school education, were housewives, and had family incomes at or below the regional minimum wage. Infants were aged 6–12 months, mostly male, and all had a history of exclusive breastfeeding. Most mothers demonstrated high eating behavior with an active/responsive tendency and applied appropriate feeding practices.

Conclusion: A significant positive relationship was found between maternal eating behavior during pregnancy and infant feeding practices ($p = 0.001$). Better maternal eating behavior during pregnancy is associated with more appropriate feeding practices. Strengthening nutrition education for pregnant women is essential to support optimal infant feeding practices.

Keywords: eating behavior ; feeding patterns ; infants ; pregnant mothers.