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Skripsi, Agustus 2022
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Hubungan Pengetahuan Ibu Tentang Makanan Pendamping ASI Dengan Pemberian Makanan Pendamping ASI pada bayi usia 6-24 bulan di PMB Anik Rakhmawati Jatinom Klaten

ABSTRAK

Latar Belakang : Semakin meningkatnya umur bayi, kebutuhan akan zat gizi semakin bertambah karena tumbuh kembang, sedangkan Air Susu Ibu yang dihasilkan ibunya kurang memenuhi kebutuhan gizi. Oleh sebab itu mulai usia 6 bulan selain Air Susu Ibu, bayi mulai diberikan makanan pendamping air susu ibu agar kebutuhan gizinya terpenuhi. Tujuan dari penelitian ini adalah untuk mengetahui hubungan pengetahuan ibu tentang makanan pendamping air susu ibu dengan pemberian makanan pendamping air susu ibu.

Metode : Penelitian ini menggunakan desain penelitian analitik korelasional. Populasi penelitian ini seluruh ibu yang memiliki bayi usia 6-24 bulan sebanyak 45 responden. Tehnik menggunakan *total sampling*. Jumlah sampel sebanyak 45 responden. Instrument yang digunakan pada penelitian ini menggunakan kuesioner. Analisa data menggunakan analisa bivariat dan univariat.

Hasil Penelitian : Hasil penelitian ini menunjukkan bahwa pengetahuan responden tergolong baik 43 responden (93,3%) yang tergolong cukup 2 responden (6,7%), perilaku responden tergolong baik 33 orang (73,3%) yang tergolong cukup 12 responden (26,7%). Tidak ada hubungan yang signifikan antara pengetahuan dan perilaku pemberian makanan pendamping air susu ibu dengan nilai $p = 0,787$, nilai $OR = 1.409$ dengan nilai $CI 95\% = 0,116-17,116$.

Kesimpulan : Sebagian besar ibu yang berpengetahuan baik tentang makanan pendamping air susu ibu sebanyak 43 reponden (93,3%) dan ibu berperilaku baik sebanyak 33 reponden(73,3%). Saran untuk ibu yang pengetahuan cukup dan pemberian cukup agar ibu-ibu untuk menambah wawasan pengetahuan mengenai pemberian makanan pendamping ASI dengan cara menambah wawasan melalui Koran majalah dan media masa.

Kata Kunci : Pengetahuan, Pemberian makanan pendamping ASI

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Final Project, Agustus 2022
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The relationship between mother's knowledge about early breastfeeding complementary foods with complementary feeding for infants aged 6-24 months at PMB Anik Rakhmawati, Sabrang Village, Jatinom, Klaten

ABSTRACT

Background: As the baby's age increases, the need for nutrients increases due to growth and development, while the mother's milk produced by the mother does not meet the nutritional needs. Therefore, starting at the age of 6 months in addition to breast milk, infants are started to be given complementary foods to breast milk so that their nutritional needs are met.

Methods: This study used a correlational analytic research design. The population of this study were all mothers who had babies aged 6-24 months as many as 45 respondents. The technique uses total sampling. The number of samples is 45 respondents. The instrument used in this study was a questionnaire. Data analysis used bivariate and univariate analysis.

Research Results: The results of this study indicate that the knowledge of respondents is classified as good 43 respondents (93.3%) which are classified as sufficient 2 respondents (6.7%), the behavior of respondents is classified as good 33 people (73.3%) which is classified as sufficient 12 respondents (26.7%). There is no significant relationship between knowledge and behavior of breastfeeding complementary feeding with p value = 0.787, OR value = 1,409 with 95% CI value = 0.116-17.116.

Conclusion: Most of the mothers who have good knowledge about complementary foods for breast milk are 43 respondents (93.3%) and mothers are well behaved as many as 33 respondents (73.3%). Suggestions for mothers who have sufficient knowledge and give enough so that mothers can increase their knowledge about complementary feeding by adding insight through newspapers, magazines and mass media.

Key words : Knowledge, Complementary feeding