

Universitas Ngudi Waluyo  
Fakultas Kesehatan  
Program Studi S1 Gizi  
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Siska Presya Yunita  
NIM. 067241018

## HUBUNGAN PENGETAHUAN IBU TENTANG MP-ASI DENGAN PRAKTIK PEMBERIAN MP-ASI PADA ANAK USIA 6–23 BULAN DI PUSKESMAS SEBENGGOK KOTA TARAKAN KALIMANTAN UTARA

### ABSTRAK

**Latar belakang:** Pemberian makanan pendamping ASI (MP-ASI) merupakan aspek penting dalam periode emas pertumbuhan anak usia 6–23 bulan. Pengetahuan ibu yang kurang mengenai waktu, frekuensi, porsi, tekstur, dan keberagaman makanan dapat menyebabkan praktik pemberian MP-ASI yang tidak sesuai, sehingga berdampak pada status gizi dan tumbuh kembang anak. **Tujuan:** Mengetahui hubungan antara pengetahuan ibu tentang MP-ASI dengan praktik pemberian MP-ASI pada anak usia 6–23 bulan di wilayah kerja Puskesmas Sebengkok Kota Tarakan. **Metode:** Penelitian ini menggunakan desain *cross sectional* dengan pendekatan deskriptif korelasional. Sampel penelitian sebanyak 85 ibu dipilih menggunakan teknik random sampling. Data dikumpulkan melalui kuesioner pengetahuan dan praktik MP-ASI, kemudian dianalisis secara univariat dan bivariat dengan uji *Chi-Square*. **Hasil:** Mayoritas ibu memiliki pengetahuan kurang tentang MP-ASI (63,5%) dan sebagian besar belum menerapkan praktik pemberian sesuai standar (68,2%). Hasil uji statistik menunjukkan adanya hubungan signifikan antara pengetahuan ibu tentang MP-ASI dengan praktik pemberian MP-ASI ( $p = 0,001$ ). **Kesimpulan:** Tingkat pengetahuan ibu berhubungan erat dengan praktik pemberian MP-ASI. Edukasi gizi yang berkelanjutan dan pendampingan melalui posyandu diperlukan untuk meningkatkan kualitas praktik MP-ASI sesuai pedoman kesehatan.

**Kata kunci:** MP-ASI, pengetahuan ibu, praktik pemberian, balita.

Ngudi Waluyo University  
Nutrition Study Program  
Faculty of Health  
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Siska Presya Yunita  
Student ID No. 067241018

***THE RELATIONSHIP BETWEEN MOTHERS' KNOWLEDGE OF  
COMPLEMENTARY FEEDING (MP-ASI) AND THE PRACTICE OF  
COMPLEMENTARY FEEDING AMONG CHILDREN AGED 6–23  
MONTHS AT SEBENGGOK PUBLIC  
HEALTH CENTER, TARAKAN CITY***

***ABSTRACT***

***Background:*** Complementary feeding (MP-ASI) is a crucial aspect during the golden period of child growth, particularly at the age of 6–23 months. Limited maternal knowledge regarding timing, frequency, portion, texture, and food diversity may lead to inappropriate complementary feeding practices, which can negatively affect nutritional status and child development. ***Objective:*** To examine the relationship between mothers' knowledge of complementary feeding and the practice of complementary feeding among children aged 6–23 months in the working area of Sebengkok Public Health Center, Tarakan City. ***Methods:*** This study employed a cross-sectional design with a descriptive correlational approach. A total of 85 mothers were selected through random sampling. Data were collected using structured questionnaires on knowledge and complementary feeding practices, and analyzed using univariate and bivariate methods with the Chi-Square test. ***Results:*** Most mothers had insufficient knowledge of complementary feeding (63.5%), and the majority did not apply proper feeding practices according to standards (68.2%). Statistical analysis revealed a significant relationship between mothers' knowledge of complementary feeding and their feeding practices ( $p = 0.001$ ). ***Conclusion:*** Mothers' knowledge is strongly associated with complementary feeding practices. Continuous nutrition education and community-based support through posyandu are essential to improve the quality of complementary feeding practices in accordance with health guidelines.

***Keywords:*** complementary feeding, maternal knowledge, feeding practice, toddlers