

KAJIAN PRAKTIK PEMBERIAN MPASI DAN STATUS GIZI DI DESA TIRTOMULYO KRETEK BANTUL

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ABSTRAK

Latar Belakang: Baduta adalah usia yang sangat mempengaruhi tumbuh kembang. Usia 0-24 bulan sering disebut dengan periode emas. Makanan Pendamping Air Susu Ibu (MPASI) adalah makanan atau minuman yang mengandung zat gizi, yang diberikan kepada baduta 6-24 bulan guna memenuhi kebutuhan gizi selain dari ASI. Prevalensi gizi kurang di Kabupaten Bantul tertinggi yaitu di Puskesmas Kretek 8,81% dimana terdapat lima desa yang berada di Wilayah Puskesmas Kretek dengan prevalensi gizi kurang tertinggi berada di Desa Tirtomulyo sebanyak 10,34%.

Tujuan : Penelitian ini bertujuan untuk mengetahui kajian pemberian MPASI dengan status gizi baduta 6 – 24 bulan di Desa Tirtomulyo, Kabupaten Bantul.

Metode : Jenis penelitian yang digunakan adalah penelitian deskriptif dengan desain *cross sectional*, lokasi penelitian ini di Desa Tirtomulyo Kabupaten Bantul. Pengambilan data dengan Teknik wawancara menggunakan kuesioner.

Hasil : Didapatkan hasil berdasarkan usia awal pemberian MPASI dalam kategori sesuai berjumlah 68,6%, bentuk pemberian MPASI 82,4%, besar porsi pemberian MPASI yang sesuai sebanyak 74,1%, frekuensi pemberian MPASI lebih banyak yang tidak sesuai yaitu 78,4%, dan status gizi menurut BB/U lebih banyak yang berstatus gizi dengan berat badan normal yaitu sebanyak 86,3%.

STUDY OF PRACTICES ON FOODING AND NUTRITION STATUS IN TIRTOMULYO VILLAGE, BANTUL REGENCY

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ABSTRACT

Background: Baduta is an age that greatly affects growth and development. The age of 0-24 months is often referred to as the golden period. Complementary Foods for Mother's Milk (MPASI) are foods or drinks that contain nutrients, which are given to children aged 6-24 months to meet nutritional needs other than breast milk. The highest prevalence of malnutrition in Bantul Regency is in Kretek Health Center 8.81% where there are five villages located in the Kretek Health Center area with the highest prevalence of malnutrition in Tirtomulyo Village as much as 10.34%.

Objective: This study aims to determine the study of complementary feeding with nutritional status of children under two years old from 6 to 24 months in Tirtomulyo Village, Bantul Regency.

Methods: The type of research used is descriptive research with cross sectional design, the location of this research is in Tirtomulyo Village, Bantul Regency. Data collection by interview technique using a questionnaire.

Results: The results were obtained based on the initial age of complementary feeding in the appropriate category amounting to 68.6%, the form of complementary feeding 82.4%, the portion of the appropriate complementary feeding as much as 74.1%, the frequency of giving complementary complementary foods that were not appropriate, namely 78.4 %, and nutritional status according to BW/U was more with nutritional status with normal weight, namely 86.3%.