

**GAMBARAN TINGKAT PENGETAHUAN IBU TENTANG *INFANT FEEDING PRACTICES* DI POSYANDU KEMBANG HARAPAN,
WILAYAH KERJA PUSKESMAS BANGUNTAPAN II**

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ABSTRAK

Latar Belakang: Kementerian Kesehatan telah menetapkan Strategi *Infant Feeding Practices* dengan rekomendasi standar emas, yaitu: Inisiasi Menyusu Dini (IMD), memberikan ASI Eksklusif sejak bayi lahir sampai berusia 6 bulan, memberikan Makanan Pendamping Air Susu Ibu (MPASI) mulai usia 6 bulan, dan melanjutkan pemberian ASI sampai anak berusia 2 tahun atau lebih. Pengetahuan ibu memiliki peran penting terhadap keberhasilan *Infant Feeding Practices* yang mana akan berpengaruh terhadap status gizi balita.

Tujuan: Untuk mengetahui bagaimana gambaran tingkat pengetahuan ibu tentang *Infant Feeding Practices* di Posyandu Kembang Harapan, wilayah kerja Puskesmas Banguntapan II.

Metode Penelitian: Jenis penelitian ini adalah penelitian deskriptif dengan desain cross sectional serta menggunakan teknik pengambilan sampel total sampling. Penelitian dilakukan di Posyandu Kembang Harapan, wilayah kerja Puskesmas Banguntapan II, pada tanggal 4 Maret 2023 menggunakan kuesioner yang mana diikuti oleh 30 responden.

Hasil: Mayoritas responden berusia 20-35 tahun (65%), dengan tingkat pendidikan menengah/SMA (57%), jenis pekerjaan Ibu Rumah Tangga/IRT (65%), sumber informasi dari internet (61%), dan tingkat pengetahuan baik (96%).

Kesimpulan: Pengetahuan ibu tentang *Infant Feeding Practices* di Posyandu Kembang Harapan, wilayah kerja Puskesmas Banguntapan II dalam kategori baik.

Kata Kunci: *Infant Feeding Practices*, gizi

**DESCRIPTION OF MOTHER'S LEVEL OF KNOWLEDGE ABOUT
INFANT FEEDING PRACTICES AT POSYANDU KEMBANG HARAPAN,
WORKING AREA OF PUSKESMAS BANGUNTAPAN II**

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ABSTRACT

Background: The Ministry of Health has established an Infant Feeding Practices Strategy with gold standard recommendations, namely: Early Breastfeeding Initiation (IMD), giving exclusive breastfeeding from birth to 6 months old, providing complementary foods for breast milk (MPASI) starting at 6 months old, and continue breastfeeding until the child is 2 years old or more. Mother's knowledge has an important role in the success of Infant Feeding Practices which will affect the nutritional status of toddlers.

Objectie: To find out how to describe the level of knowledge of mothers about Infant Feeding Practices at Posyandu Kembang Harapan, working area of Puskesmas Banguntapan II.

Method: This type of research is a descriptive study with a cross-sectional design and uses a total sampling technique. The research was conducted at Posyandu Kembang Harapan, working area of Puskesmas Banguntapan II, on March 4 2023 using a questionnaire which was attended by 30 respondents.

Results: The majority of respondents are aged 20-35 years (65%), with a secondary/high school level of education (57%), type of work is a housewife/IRT (65%), sources of information from the internet (61%), and a good level of knowledge (96%).

Conclusion: Mother's knowledge of Infant Feeding Practices at Posyandu Kembang Harapan, the working area of the Banguntapan II Health Center is in the good category.

Keywords: Infant Feeding Practices, nutrition