

**OVERVIEW OF THE AGE OF WEANING FROM BREAST MILK,
COMPLEMENTARY FEEDING PATTERNS, AND NUTRITIONAL STATUS
IN CHILDREN AGED 6-24 MONTHS IN NGARGOSARI VILLAGE,
SAMIGALUH DISTRICT, KULON PROGO REGENCY**

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ABSTRAK

Background: *The toddler years are a critical period for human formation and development, during which young children are highly vulnerable to growth disturbances and other health risks. The importance of paying attention to a toddler's diet cannot be ignored, as appropriate food intake significantly impacts their growth and development.*

Objective: *To describe the age of weaning from breast milk, patterns of complementary feeding (MP-ASI), and the nutritional status of infants over 6 months old in Ngargosari Village, Samigaluh District, Kulon Progo Regency.*

Method: *Descriptive with a cross-sectional approach. Data were obtained from the 2023 Nutrition Program Planning (PPG), and sampling was carried out using purposive sampling.*

Results: *86.84% of infants were weaned at the appropriate age of 6 months with good nutritional status, while 13.16% had excessive nutritional status. Complementary feeding was given 3 times a day to 82.93% of infants with good nutritional status and 17.07% with excessive nutritional status. Additionally, 80.95% of infants receiving local complementary food demonstrated good nutritional status, while 19.05% had excessive nutritional status. A mashed texture of complementary food was provided to 95.83% of infants with good nutritional status and 4.17% with excessive nutritional status.*

Conclusion: *The majority of infants were weaned at the appropriate age with good complementary feeding patterns, indicating that most had a normal nutritional status. This study emphasizes the importance of proper breastfeeding and complementary feeding in supporting optimal nutritional status in infants in the study area.*

Keywords: *Age of weaning from breast milk, Pattern of complementary feeding, Nutritional status, Infants, Ngargosari Village, Samigaluh District, Kulon Progo Regency.*

**GAMBARAN USIA PENYAPIHAN ASI, POLA PEMBERIAN MP-ASI
DAN STATUS GIZI PADA ANAK USIA 6-24 BULAN DI KALURAHAN
NGARGOSARI KAPANEWON SAMIGALUH KABUPATEN KULON
PROGO**

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ABSTRAK

Latar belakang : Masa balita adalah proses pembentukan dan perkembangan manusia, di mana anak balita sangat rentan terhadap gangguan pertumbuhan dan risiko kesehatan lainnya. Pentingnya perhatian pada pola makan anak balita tidak dapat diabaikan, karena asupan makanan yang tepat berpengaruh signifikan terhadap pertumbuhan dan perkembangan mereka.

Tujuan : menggambarkan usia penyapihan ASI, pola pemberian MP-ASI, dan status gizi bayi usia setelah 6 bulan di Kalurahan Ngargosari, Kapanewon Samigaluh, Kabupaten Kulon Progo.

Metode : deskriptif dengan pendekatan cross sectional. Data diperoleh dari Perencanaan Program Gizi (PPG) tahun 2023 dan pengambilan sampel dilakukan secara purposive sampling.

Hasil : 86,84% bayi disapih tepat pada usia 6 bulan dengan status gizi baik, sementara 13,16% memiliki status gizi lebih. Frekuensi pemberian MP-ASI sebanyak 3 kali sehari pada 82,93% bayi berstatus gizi baik dan 17,07% bayi berstatus gizi lebih. Sebanyak 80,95% bayi yang menerima MP-ASI lokal menunjukkan status gizi baik, sedangkan 19,05% memiliki status gizi lebih. Tekstur MP-ASI yang lumat diberikan pada 95,83% bayi dengan status gizi baik dan 4,17% dengan status gizi lebih.

Kesimpulan : mayoritas bayi disapih pada usia yang tepat dengan pola pemberian MP-ASI yang baik, menunjukkan status gizi yang sebagian besar berada dalam kategori normal. Penelitian ini menekankan pentingnya pemberian ASI dan MP-ASI yang tepat dalam mendukung status gizi optimal pada bayi di wilayah penelitian.

Kata Kunci: Usia penyapihan ASI, Pola pemberian MP-ASI, Status gizi, Bayi, Kalurahan Ngargosari, Kapanewon Samigaluh, Kabupaten Kulon Progo.