

THE RELATIONSHIP BETWEEN THE BEHAVIOR OF COMPLEMENTARY FEEDING WITH THE NUTRITIONAL STATUS OF TODDLERS AGED 6-24 MONTHS IN THE INTEGRATED SERVICES POST OF THE SAMIGALUH II HEALTH CENTER WORKING AREA

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ABSTRACT

Background: *A condition that affects early growth and development is nutrition. The adequacy of nutrients in the diet determines the nutritional status of toddlers. Inappropriate complementary feeding behavior will cause problems with the nutritional status of toddlers.*

Objective: *To determine the relationship between complementary feeding behavior and nutritional status of toddlers aged 6-24 months in the integrated services post of Samigaluh II Health Center working area.*

Methods: *This study is a correlation analytic study with a cross-sectional design. This research was conducted in February-April 2024. The population of this study were mothers of toddlers aged 6-24 months in the integrated services post of Samigaluh II Health Center working area. The research sample was taken using simple random sampling technique as many as 90 respondents. Complementary feeding behavior was measured using a questionnaire and nutritional status of toddlers using the anthropometri z-score table. Data analysis using chi-square test.*

Results: *The results showed that the proportion of toddlers who were given inappropriate complementary food was undernourished by 33.3% and the risk of overnutrition by 2.4%. There was a significant relationship between complementary feeding behavior and nutritional status of with a p-value = 0.000 (<0.05). There was also a correlation test between maternal characteristics in the form of age and education level which had a significant relationship with the nutritional status of toddlers with a p-value of 0.016 (maternal age) and 0.033 (maternal education level). Family income had no relationship with the nutritional status of toddlers with a p-value of 0.723.*

Conclusion: *Inappropriate complementary feeding behavior leads to a higher risk of undernutrition.*

Keywords: *complementary feeding behavior, nutritional status of toddlers aged 6-24 months*

HUBUNGAN PERILAKU PEMBERIAN MP-ASI DENGAN STATUS GIZI BALITA USIA 6-24 BULAN DI POSYANDU WILAYAH KERJA PUSKESMAS SAMIGALUH II

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ABSTRAK

Latar Belakang: Keadaan yang mempengaruhi awal tumbuh kembang adalah nutrisi. Kecukupan gizi dalam makanan menentukan status gizi balita. Perilaku pemberian MP-ASI yang tidak tepat akan menimbulkan masalah status gizi balita.

Tujuan: Mengetahui hubungan antara perilaku pemberian MP-ASI dengan status gizi balita usia 6-24 bulan di posyandu wilayah kerja Puskesmas Samigaluh II.

Metode: Penelitian ini merupakan penelitian *analitik korelasi* dengan desain *cross-sectional*. Penelitian dilaksanakan bulan Februari-April 2024. Populasi penelitian adalah ibu dari balita usia 6-24 bulan di posyandu wilayah kerja Puskesmas Samigaluh II. Sampel diambil menggunakan teknik *simple random sampling* sebanyak 90 responden. Perilaku pemberian MP-ASI diukur menggunakan kuesioner dan status gizi balita menggunakan tabel antropometri *z-score*. Analisis data dengan uji *chi-square*.

Hasil: Hasil penelitian menunjukkan balita yang mengalami gizi kurang lebih banyak dengan perilaku yang tidak tepat sebesar 90%. Berbeda dengan balita yang status gizinya baik sebagian besar dengan perilaku yang tepat 80,6%. Ada hubungan yang signifikan antara perilaku pemberian MP-ASI dengan status gizi balita usia 6-24 bulan di posyandu wilayah kerja Puskesmas Samigaluh II dengan nilai *p-value* = 0,000 (<0,05). Didapat juga hasil uji korelasi antara karakteristik ibu berupa usia dan tingkat pendidikan yang mempunyai hubungan signifikan dengan status gizi balita dengan nilai *p-value* 0,016 (usia ibu) dan 0,033 (tingkat pendidikan ibu). Pendapatan keluarga tidak mempunyai hubungan dengan status gizi balita dengan nilai *p-value* 0,723.

Kesimpulan: Perilaku pemberian MP-ASI yang tidak tepat menyebabkan lebih tinggi terjadinya gizi kurang dibandingkan dengan perilaku yang tepat.

Kata Kunci: perilaku pemberian MP-ASI, status gizi balita usia 6-24 bulan