

**THE RELATIONSHIP BETWEEN FOOD DIVERSITY IN MP-ASI AND THE
NUTRITIONAL STATUS 6-23 MONTHS INFANTS AT POSYANDU
PUSKESMAS IMOGIRI II**

Aisa Adora Sukma Ariane¹, Sujiyatini², Margono³

¹²³Department of Midwifery, Poltekkes Kemenkes Yogyakarta
Jl. Mangkuyudan MJ III/304, Mantrijeron, Yogyakarta City

¹E-mail Email: aisasayy21@gmail.com

ABSTRACT

Background: The period between 6 and 23 months is a critical period for a child's growth and development. Providing a variety of complementary foods is very important to meet micro and macro nutritional needs. However, a lack of dietary diversity can lead to nutritional issues such as stunting, wasting, or obesity. Poor dietary diversity in complementary foods can cause an imbalance in gut microbiota (dysbiosis), which disrupts digestion and nutrient absorption, thereby negatively impacting a child's nutritional status.

Objective: To determine the relationship between food diversity in MP-ASI and the nutritional status of 6-23 months infants at the Imogiri II Health Center Posyandu.

Method: This study uses a cross sectional design with a purposive sampling technique. The research population is clowns in the working area of the Imogiri II Health Center. The sample consisted of 124 clowns. The research instrument used a questionnaire on food diversity in MP-ASI, a master table of anthropometric measurement and an anthropometric table based on the BB/U, PB/U and BB/PB Indexes. Data analysis was carried out by Chi-Square test.

Results: There is a significant relationship between food diversity and nutritional status with a p value of 0.000 and a Prevalence Ratio (PR) of 4.386 for children with a lack of food diversity, who are 4.386 times more likely to have poor nutritional status (95% CI 2.81-6.82). However, there is no association between infant characteristics, including maternal education level, maternal occupation, family income, birth weight history, gender, and breastfeeding history, and nutritional status (p-value >0.05).

Conclusion: Food diversity in complementary feeding is significantly related to the nutritional status of infants. Educating parents about the importance of diverse complementary feeding and regular monitoring at health centers is necessary to improve children's nutritional status. Further research could use a better design.

Keywords: MP-ASI, food diversity, nutritional status, under two years old toddler.

HUBUNGAN KERAGAMAN MAKANAN PADA MP-ASI DENGAN STATUS GIZI BADUTA USIA 6-23 BULAN DI POSYANDU PUSKESMAS IMOGIRI II

Aisa Adora Sukma Ariane¹, Sujiyatini², Margono³
^{1,2,3}Jurusan Kebidanan Poltekkes Kemenkes Yogyakarta,
Jl. Mangkuyudan MJ III/304, Mantrijeron, Mantrijeron, Kota Yogyakarta
¹Email: aisasayy21@gmail.com

ABSTRAK

Latar Belakang: Masa 6-23 bulan merupakan periode kritis untuk pertumbuhan dan perkembangan anak. Pemberian Makanan Pendamping ASI (MP-ASI) yang beragam sangat penting untuk memenuhi kebutuhan gizi mikro dan makro. Namun, ketidakberagaman makanan dapat menyebabkan masalah gizi seperti stunting, wasting, atau obesitas. Keragaman makanan MP-ASI yang tidak baik dapat menyebabkan ketidakseimbangan mikrobiota usus (disbiosis), yang mengganggu proses pencernaan dan penyerapan nutrisi sehingga berdampak negatif pada status gizi anak.

Tujuan Penelitian: Mengetahui hubungan antara keragaman makanan pada MP-ASI dengan status gizi baduta usia 6-23 bulan di Posyandu Puskesmas Imogiri II.

Metode Penelitian: Penelitian ini menggunakan desain *cross sectional* dengan teknik *purposive sampling*. Populasi penelitian adalah baduta di wilayah kerja Puskesmas Imogiri II. Sampel terdiri atas 124 baduta. Instrumen penelitian menggunakan kuesioner keragaman makanan pada MP-ASI, master table pengukuran antropometri dan tabel antropometri berdasarkan Indeks BB/U, PB/U dan BB/PB. Analisis data dilakukan dengan uji *Chi-Square*.

Hasil Penelitian: Terdapat hubungan signifikan antara keragaman makanan dengan status gizi *p value* 0,000 dengan *Prevalence Ratio* (PR) MP-ASI tidak beragam memiliki risiko 4,386 kali untuk memiliki status gizi kurang (95% CI 2,81-6,82). Namun tidak terdapat hubungan antara karakteristik baduta yang terdiri dari tingkat pendidikan ibu, pekerjaan ibu, pendapatan keluarga, riwayat berat badan lahir, jenis kelamin, dan riwayat ASI-E dengan status gizi *p value* >0,05.

Kesimpulan: Keragaman makanan pada MP-ASI berhubungan signifikan dengan status gizi baduta. Edukasi kepada orang tua tentang pentingnya MP-ASI beragam dan pemantauan rutin di posyandu diperlukan untuk meningkatkan status gizi anak. Penelitian lanjutan dapat menggunakan desain yang lebih baik.

Kata Kunci: MP-ASI, keragaman makanan, status gizi, baduta.