

**THE RELATIONSHIP BETWEEN COMPLEMENTARY FEEDING PRACTICES WITH THE NUTRITIONAL STATUS (WEIGHT FOR AGE) OF TODDLERS AGED 6-24 MONTHS IN THE POSYANDU OF THE UMBULHARJO I HEALTH CENTER WORKING AREA**

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**ABSTRACT**

**Background:** The 1000 Days of Life (HPK) period is a critical period in supporting the continuity of life. Inadequate nutrition during the 1000 HPK period leads to nutritional problems. Starting at the age of 6 months, toddlers' nutritional needs are no longer met solely through breast milk, so it is necessary to provide appropriate complementary foods (MP-ASI) in terms of frequency, quantity, texture, and variety. Inappropriate complementary feeding practices lead to nutritional imbalance that result in nutritional problems.

**Objective:** To determine the relationship between complementary feeding practices and the nutritional status (weight for age) of toddlers aged 6-24 months in the posyandu of Umbulharjo 1 Health Center working area.

**Method:** Cross sectional design. The study population was mother and toddler pairs aged 6-24 months in the posyandu of the Umbulharjo I Health Center working area. Sampling using proportional random sampling amounted to 126. Complementary feeding practices were measured using a questionnaire. Nutritional status of toddlers used digital baby scales and z-score tables. Data were analyzed using chi square and ordinal logistic regression.

**Result:** Complementary feeding practices, mother's last education level and family income were significantly associated with the nutritional status (weight for age) of toddlers aged 6-24 months ( $p=0,000$ ). However, mother's age was not associated ( $p=0,491$ ). The complementary feeding practices was most potent associated with the nutritional status of toddlers.

**Conclusion:** The practice of complementary feeding is the most potent variable associated with the nutritional status of toddlers aged 6-24 months in the posyandu of the Umbulharjo I Health Center working area.

**Keywords:** Complementary feeding practices, nutritional status, toddlers aged 6-24 months.

# HUBUNGAN PRAKTIK PEMBERIAN MP-ASI DENGAN STATUS GIZI (BB/U) BALITA USIA 6-24 BULAN DI POSYANDU WILAYAH KERJA PUSKESMAS UMBULHARJO I

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## ABSTRAK

**Latar Belakang:** Periode 1000 Hari Pertama Kehidupan (HPK) merupakan periode krusial dalam menunjang kelangsungan hidup. Ketidacukupan gizi selama 1000 HPK memicu permasalahan gizi. Mulai usia 6 bulan, kebutuhan gizi balita tidak lagi tercukupi melalui ASI saja sehingga diperlukan pemberian MP-ASI yang tepat dari segi frekuensi, jumlah, tekstur, dan variasi. Praktik MP-ASI tidak tepat menyebabkan ketidakseimbangan gizi yang berujung pada masalah gizi.

**Tujuan:** Mengetahui hubungan praktik pemberian MP-ASI dengan status gizi (BB/U) balita usia 6-24 bulan di posyandu wilayah kerja Puskesmas Umbulharjo I.

**Metode:** Desain *cross sectional*. Populasi penelitian adalah pasangan ibu dan anak balita usia 6-24 bulan di posyandu wilayah kerja Puskesmas Umbulharjo I. Pengambilan sampel menggunakan *proportional random sampling* berjumlah 126. Praktik MP-ASI diukur menggunakan kuesioner. Status gizi balita menggunakan timbangan bayi digital dan tabel *z-score*. Data dianalisis menggunakan *chi square* dan regresi logistik ordinal.

**Hasil:** Praktik pemberian MP-ASI, jenjang pendidikan terakhir ibu dan pendapatan keluarga berhubungan signifikan dengan status gizi (BB/U) balita usia 6-24 bulan ( $p=0,000$ ;  $p=0,008$ ;  $p=0,000$ ). Sedangkan usia ibu tidak berhubungan ( $p=0,491$ ). Praktik pemberian MP-ASI paling kuat berhubungan dengan status gizi balita.

**Kesimpulan:** Praktik pemberian MP-ASI merupakan variabel yang paling kuat berhubungan dengan status gizi balita usia 6-24 bulan di posyandu wilayah kerja Puskesmas Umbulharjo I

**Kata kunci:** Praktik MP-ASI, status gizi, balita usia 6-24 bulan.