

**KAJIAN PENGETAHUAN IBU DAN CAPAIAN ASI EKSKLUSIF
DALAM UPAYA PENANGGULANGAN MASALAH GIZI BALITA
DI KALURAHAN CATURHARJO KAPANEWON PANDAK
KABUPATEN BANTUL**

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ABSTRAK

Latar Belakang : Underweight pada balita masih menjadi salah satu masalah gizi yang perlu mendapatkan perhatian serius karena berdampak pada tumbuh kembang dan kesehatan jangka panjang anak. Pemberian ASI Eksklusif selama 6 bulan pertama kehidupan telah terbukti efektif dalam mencegah kejadian underweight. Namun, cakupan ASI Eksklusif belum optimal salah satunya disebabkan oleh rendahnya pengetahuan ibu mengenai pentingnya ASI Eksklusif.

Tujuan : Mengkaji tingkat pengetahuan ibu dan capaian ASI Eksklusif dalam upaya penanggulangan masalah gizi underweight pada balita di Kalurahan Caturharjo, Kapanewon Pandak, Kabupaten Bantul, Daerah Istimewa Yogyakarta.

Metode : Penelitian ini menggunakan metode penelitian yang bersifat deskriptif dengan desain penelitian cross sectional. Populasi penelitian adalah seluruh balita di Kalurahan Caturharjo dengan sampel berjumlah 90 balita yang dipilih menggunakan teknik purposive sampling dimana yang ditentukan sebagai sampel adalah yang diasuh oleh ibu dan atau anggota keluarga lainnya, serta bertempat tinggal di Kalurahan Caturharjo, Kapanewon Pandak, Kabupaten Bantul, DI Yogyakarta. Pengumpulan data dilakukan melalui wawancara menggunakan kuesioner serta dokumentasi status gizi berdasarkan indikator berat badan menurut umur (BB/U).

Hasil : Hasil penelitian menunjukkan bahwa ibu dengan pengetahuan baik (76-100%) seluruhnya memberikan ASI Eksklusif (100%). Pada kelompok dengan pengetahuan cukup (56-75%) sebanyak 78,9% memberikan ASI Eksklusif dan 21,1% tidak memberikan ASI Eksklusif. Berdasarkan status gizi, dari 80 balita yang mendapatkan ASI Eksklusif, 63 balita (78,8%) memiliki status gizi normal dan 17 balita (21,2%) mengalami underweight. Sedangkan 10 balita yang tidak mendapat ASI Eksklusif, 9 balita (90%) memiliki status gizi normal dan 1 balita (10%) mengalami underweight. Ibu dengan pendidikan tinggi perguruan tinggi dan usia 20-35 tahun menunjukkan capaian ASI Eksklusif tertinggi.

Kesimpulan : Terdapat hubungan antara tingkat pengetahuan ibu dengan capaian pemberian ASI Eksklusif. Pengetahuan ibu yang baik berkontribusi terhadap meningkatnya praktik ASI Eksklusif dan penurunan risiko gizi kurang (underweight) pada balita.

Kata Kunci : Pengetahuan, ASI Eksklusif, Underweight

**ASSESSMENT OF MATERNAL KNOWLEDGE AND EXCLUSIVE
BREASTFEEDING ACHIEVEMENT IN EFFORTS TO OVERCOME
UNDERWEIGHT NUTRITION PROBLEM IN TODDLERS IN
CATURHARJO PANDAK BANTUL REGENCY**

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ABSTRACT

Background: Underweight among toddlers remains a significant nutritional problem that requires serious attention due to its impact on child growth, development, and long-term health. Exclusive breastfeeding during the first six months of life has been proven effective in preventing underweight. However, the coverage of exclusive breastfeeding remains suboptimal, partly due to low maternal knowledge regarding its importance.

Objective: To examine the level of maternal knowledge and exclusive breastfeeding coverage as an effort to address the nutritional problem of underweight among toddlers in Caturharjo Village, Pandak Sub-district, Bantul Regency, Special Region of Yogyakarta.

Methods: This study used a descriptive method with a cross-sectional design. The study population included all toddlers in Caturharjo Village, with a sample of 90 toddlers selected using purposive sampling. The inclusion criteria were toddlers cared for by their mothers or other family members and residing in Caturharjo Village. Data were collected through interviews using a structured questionnaire and documentation of nutritional status based on weight-for-age (BB/U) indicators.

Results: The results showed that all mothers with good knowledge (76–100%) exclusively breastfed their children (100%). Among mothers with moderate knowledge (56–75%), 78.9% practiced exclusive breastfeeding, while 21.1% did not. Based on nutritional status, of the 80 toddlers who received exclusive breastfeeding, 63 (78.8%) had normal nutritional status and 17 (21.2%) were underweight. Among the 10 toddlers who did not receive exclusive breastfeeding, 9 (90%) had normal nutritional status and 1 (10%) was underweight. Mothers with higher education and aged 20–35 years showed the highest exclusive breastfeeding coverage.

Conclusion: There is a relationship between maternal knowledge and exclusive breastfeeding coverage. Good maternal knowledge contributes to increased exclusive breastfeeding practices and reduced risk of underweight among toddlers.

Keywords: Knowledge, Exclusive Breastfeeding, Underweight