

KAJIAN PENGETAHUAN DAN PRAKTIK PEMBERIAN MPASI PADA BADUTA STUNTING USIA 6-24 BULAN DI KALURAHAN SIDOHARJO

Athiyya Zaneta¹, Slamet Iskandar², Susilo Wirawan³
^{1,2,3}Jurusan Gizi Poltekkes Kemenkes Yogyakarta,
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman
email : athiyya29@gmail.com

ABSTRAK

Latar Belakang: Akibat masalah kekurangan gizi sejak dalam kandungan dapat mengakibatkan anak berisiko stunting. Tingkat kasus stunting yang masih naik turun ini memiliki kaitannya dengan sejauh mana pengetahuan gizi para ibu yang diterapkan dalam praktik pemberian MPASI pada baduta.

Tujuan: Mengkaji kaitan pengetahuan dan praktik pemberian MPASI pada baduta stunting usia 6-24 bulan di Kalurahan Sidoharjo.

Metode: Penelitian deskriptif observational dengan menggunakan desain cross sectional. Penelitian ini dilaksanakan pada bulan April 2026. Populasi dalam penelitian ini adalah ibu baduta stunting usia 6-24 bulan dengan jumlah 15 orang. Analisis data menggunakan analisis univariat dengan Uji *Crosstabs*.

Hasil: Ibu yang memiliki pengetahuan baik terkait MPASI sebanyak 73%, terdapat kaitan antara tingkat pengetahuan ibu dan praktik ibu dalam pemberian MPASI.

Kesimpulan: Pengetahuan ibu berdasarkan tekstur dan jumlah porsi sudah sesuai dengan praktik ibu dalam pemberian MPASI. Sedangkan kaitan antara pengetahuan ibu berdasarkan frekuensi dan variasi MPASI masih rendah.

Kata Kunci: pengetahuan, praktik, MPASI, stunting

A STUDY OF KNOWLEDGE AND PRACTICES OF PROVIDING COMPLEMENTARY FOODS TO STUNTED TODDLERS AGED 6-24 MONTHS IN SIDOHARJO VILLAGE

Athiyya Zaneta¹, Slamet Iskandar², Susilo Wirawan³
^{1,2,3}Jurusan Gizi Poltekkes Kemenkes Yogyakarta,
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman
email : athiyya29@gmail.com

ABSTRACT

Background: Malnutrition during pregnancy can put children at risk of stunting. The fluctuating rate of stunting is related to the extent to which mothers' nutritional knowledge is applied in their practice of providing complementary foods to toddlers.

Objective: To examine the relationship between knowledge and practice of providing complementary foods to stunted toddlers aged 6-24 months in Sidoharjo Village.

Methods: This descriptive observational study used a cross-sectional design. The study was conducted in April 2026. The population was 15 mothers of stunted toddlers aged 6-24 months. Data were analyzed using univariate analysis with the Crosstabs test.

Results: 73% of mothers had good knowledge of complementary foods; there was a relationship between mothers' knowledge and their practice of providing complementary foods.

Conclusion: Mothers' knowledge of texture and portion size is consistent with their practice in providing complementary foods. However, the correlation between mothers' knowledge of frequency and variety of complementary foods is still low.

Keywords: knowledge, practice, complementary foods, stunting