

**A STUDY OF MOTHER'S KNOWLEDGE OF
COMPLEMENTARY FEEDING (MP-ASI) AND THE
NUTRITIONAL STATUS OF CHILDREN UNDER TWO YEARS
(AGED 6-23 MONTH) IN JATIREJO VILLAGE, LENDAH
DISTRICT, KULON PROGO REGENCY**

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ABSTRACT

Background: The under-two-years period is a golden phase of child growth and development that is strongly influenced by complementary feeding practices. Maternal knowledge of complementary feeding (MP-ASI) plays an important role in determining appropriate feeding practices, which in turn affect children's nutritional status. According to the Indonesian Health Survey 2023, the prevalence of underweight in Kulon Progo Regency reached 12.9%.

Objective: To describe maternal knowledge of complementary feeding, the nutritional status of children aged 6-23 months, and the association between the two in Kalurahan Jatirejo, Kapanewon Lendah, Kulon Progo Regency.

Method: A quantitative descriptive study with a cross-sectional design. A total of 48 mothers of children aged 6-23 months who met the inclusion criteria were recruited through total sampling. Maternal knowledge was measured using a questionnaire, and nutritional status was assessed using the weight-for-age index based on the Indonesian Ministry of Health Regulation No. 2 of 2020.

Results: Most mothers had good knowledge of complementary feeding (97.9%) and only 2.1% had insufficient knowledge. Most children had good nutritional status (81.2%), while (19,15%) were classified as not good. Cross-tabulation showed that good nutritional status was more frequently found among children of mothers with good knowledge.

Conclusion: Maternal knowledge in Kalurahan Jatirejo is generally good, and most children have good nutritional status.

Keywords: maternal knowledge, complementary feeding, nutritional status, under-two.

**KAJIAN PENGETAHUAN IBU TENTANG MP-ASI DAN STATUS
GIZI ANAK BADUTA (USIA 6-23 BULAN) DI KALURAHAN
JATIREJO, KAPANEWON LENDAH, KABUPATEN KULON
PROGO**

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ABSTRAK

Latar Belakang: Masa baduta merupakan periode emas pertumbuhan dan perkembangan anak yang sangat dipengaruhi oleh pemberian Makanan Pendamping ASI (MP-ASI). Pengetahuan ibu mengenai MP-ASI berperan penting dalam menentukan praktik pemberian makan yang tepat, yang pada akhirnya berdampak pada status gizi anak. Berdasarkan Survei Kesehatan Indonesia tahun 2023, prevalensi underweight pada balita di Kabupaten Kulon Progo masih mencapai 12,9%.

Tujuan: Mengetahui gambaran pengetahuan ibu tentang MP-ASI dan status gizi baduta usia 6-23 bulan, dan kaitan keduanya di Kalurahan Jatirejo, Kapanewon Lendah, Kabupaten Kulon Progo.

Metode: Penelitian deskriptif kuantitatif dengan desain *cross-sectional*. Populasi dalam penelitian ini adalah seluruh ibu yang memiliki anak baduta (usia 6-23 bulan) di Kalurahan Jatirejo sebanyak 48 balita. Data yang dikumpulkan yaitu data pengetahuan ibu diukur menggunakan kuesioner, sedangkan status gizi dinilai melalui indeks BB/U mengacu pada Peraturan Menteri Kesehatan Nomor 2 Tahun 2020.

Hasil: Sebagian besar ibu memiliki pengetahuan baik tentang MP-ASI (97,9%) dan hanya (2,1%) berpengetahuan kurang. Status gizi baduta sebagian besar baik (81,2%), sedangkan (19,15%) tergolong tidak baik. Hasil tabulasi silang menunjukkan bahwa status gizi baik lebih banyak dijumpai pada baduta dengan ibu yang berpengetahuan baik.

Kesimpulan: Pengetahuan ibu di Kalurahan Jatirejo umumnya sudah baik dan sebagian besar baduta memiliki status gizi baik.

Kata Kunci: *pengetahuan ibu, MP-ASI, status gizi, baduta*