

STUDY OF THE CHARACTERISTICS OF MOTHERS OF INFANTS (6-24 MONTHS) REGARDING KNOWLEDGE OF COMPLEMENTARY FEEDING IN WIJIMULYO VILLAGE NANGGULAN KULON PROGO

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ABSTRACT

Background: Nutritional issues, particularly stunting, remain unresolved health challenges in Indonesia. According to the 2024 Indonesian Nutritional Status Survey (SSGI), stunting prevalence in the Special Region of Yogyakarta was 17.4%, with Kulon Progo Regency at 18%. The provision of Complementary Feeding (MPASI) is closely linked to stunting, as inappropriate early introduction is a major contributing factor. Maternal characteristics, including education level, employment status, and age, significantly influence mothers' knowledge regarding MPASI.

Objective: This study aims to assess the association between maternal characteristics of mothers with infants aged 6-24 months and their knowledge about complementary feeding in Wijimulyo Village, Nanggulan, Kulon Progo.

Method: A descriptive study with a cross-sectional design was conducted. The study population comprised all mothers with infants aged 6-24 months in Wijimulyo Village. *Purposive sampling* technique was employed with inclusion criteria: mothers with infants aged 6-24 months, residing in Wijimulyo Village, and willing to participate, resulting in 37 respondents. Data were collected using a questionnaire covering maternal characteristics (education, employment, age) and 10 questions on MPASI knowledge. Data analysis was performed using univariate analysis presented in frequency distribution and cross-tabulation tables.

Results: The majority of mothers had secondary education (45.9%), were unemployed (54.1%), and were aged 20-30 years (64.9%). Most mothers demonstrated good knowledge about MPASI (81.1%), while (18.9%) had sufficient knowledge. Mothers with basic education exhibited the highest proportion of good knowledge (85.7%). Unemployed mothers had better knowledge (85.0%) compared to employed mothers (76.5%), and mothers aged 20-30 years had good knowledge (83.3%).

Conclusion: There is an association between maternal characteristics of mothers with infants aged 6-24 months and their knowledge about complementary feeding in Wijimulyo Village, Nanggulan, Kulon Progo.

Keywords: Maternal characteristics, knowledge, complementary feeding, infants aged 6-24 months.

KAJIAN KARAKTERISTIK IBU BADUTA (6-24 BULAN) TERHADAP PENGETAHUAN TENTANG MPASI DI KALURAHAN WIJIMULYO NANGGULAN KULON PROGO

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ABSTRAK

Latar Belakang: Permasalahan gizi, khususnya stunting, masih menjadi tantangan kesehatan yang belum terselesaikan di Indonesia. Berdasarkan Survei Status Gizi Indonesia (SSGI) 2024, prevalensi stunting di Daerah Istimewa Yogyakarta mencapai 17,4%, dengan Kabupaten Kulon Progo sebesar 18%. Pemberian Makanan Pendamping ASI (MPASI) memiliki keterkaitan erat dengan kejadian stunting, di mana pemberian yang tidak tepat sejak dini menjadi faktor penyumbang utama. Karakteristik ibu seperti tingkat pendidikan, status pekerjaan, dan usia sangat mempengaruhi pengetahuan ibu mengenai MPASI.

Tujuan: Penelitian ini bertujuan untuk mengetahui kaitan antara karakteristik ibu yang memiliki baduta usia 6-24 bulan dengan pengetahuannya tentang MPASI di Kalurahan Wijimulyo Nanggulan Kulon Progo.

Metode: Penelitian deskriptif dengan rancangan cross sectional dilakukan. Populasi penelitian mencakup seluruh ibu dengan baduta usia 6-24 bulan di Kalurahan Wijimulyo. Teknik *purposive sampling* digunakan dengan kriteria inklusi: ibu yang memiliki baduta usia 6-24 bulan, berdomisili di Kalurahan Wijimulyo, dan bersedia menjadi responden, sehingga diperoleh sampel sebanyak 37 responden. Data dikumpulkan melalui kuesioner yang mencakup karakteristik ibu (pendidikan, pekerjaan, umur) dan 10 pertanyaan mengenai pengetahuan MPASI. Analisis data dilakukan secara univariat yang disajikan dalam tabel distribusi frekuensi dan tabel silang.

Hasil: Mayoritas ibu berpendidikan menengah (45,9%), tidak bekerja (54,1%), dan berusia 20-30 tahun (64,9%). Sebagian besar ibu memiliki pengetahuan baik tentang MPASI (81,1%), sementara (18,9%) memiliki pengetahuan cukup. Ibu dengan pendidikan dasar memiliki proporsi pengetahuan baik tertinggi (85,7%). Ibu yang tidak bekerja memiliki pengetahuan lebih baik (85,0%) dibandingkan ibu yang bekerja (76,5%), dan para ibu berusia 20–30 tahun memiliki pengetahuan yang baik (83,3%).

Kesimpulan: Terdapat kaitan antara karakteristik ibu yang memiliki baduta usia 6-24 bulan dengan pengetahuan tentang MPASI di Kalurahan Wijimulyo Nanggulan Kulon Progo.

Kata Kunci: Karakteristik ibu, pengetahuan, MPASI, baduta 6-24 bulan