# HUBUNGAN KARAKTERISTIK IBU DAN PENDAPATAN KELUARGA DENGAN PORSI KONSUMSI COMMERCIAL COMPLEMENTARY FOOD PADA BADUTA USIA 6-24 BULAN

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## ABSTRAK

**Latar belakang:** *Commercial Complementary Food* (CCF) menjadi pilihan bagi ibu dikarenakan cara pemberian yang mudah, praktis, dan kandungan zat gizi yang sesuaikan kebutuhan gizi anak. Akan tetapi, CCF perlu dikonsumsi secara bijak karena variasi rasa, tekstur, dan keragaman pangan yang lebih rendah dibandingkan MPASI *homemade* serta adanya gula dan garam tambahan. Para ibu berperan penting untuk memutuskan bagaimana cara pemberian MPASI kepada anak, termasuk pemilihan jenis MPASI. Akan tetapi, terdapat beberapa faktor sosiodemografi yang dapat mempengaruhi, seperti karakteristik ibu dan pendapatan keluarga.

**Tujuan:** Menganalisis hubungan karakteristik ibu dan pendapatan keluarga dengan porsi konsumsi CCF pada baduta usia 6-24 bulan

**Metode:** Penelitian ini merupakan penelitian observasional analitik dengan desain cross-sectional. Responden merupakan ibu yang memiliki anak usia 6-24 bulan dari wilayah kerja Puskesmas Kagok dan Puskesmas Tlogosari Wetan Kota Semarang. Variabel bebas meliputi pengetahuan MPASI ibu, pendidikan ibu, pekerjaan ibu, paritas ibu, dan pendapatan keluarga. Variabel terikatnya adalah porsi konsumsi CCF anak. Instrumen pengambilan data terdiri dari formulir *Semi Quantitative Food Frequency Questionnaire* (SQ-FFQ), kuesioner identitas, kuesioner pengetahuan MPASI, serta kuesioner riwayat pemberian ASI. Data dianalisis menggunakan uji *chi square* dan regresi logistik.

**Hasil:** Berdasarkan analisis bivariat, terdapat hubungan signifikan antara paritas ibu dengan konsumsi CCF anak (*p-value* = 0,044). Berdasarkan analisis multivariat, paritas merupakan variabel yang memiliki hubungan paling signifikan terhadap konsumsi CCF anak (*p-value* = 0,034). Pendapatan keluarga maupun komponen karakteristik ibu lainnya yaitu pengetahuan MPASI ibu, pendidikan ibu, dan pekerjaan ibu tidak berhubungan signifikan terhadap konsumsi CCF anak.

**Simpulan:** Terdapat hubungan signifikan antara paritas ibu dengan konsumsi CCF anak.

**Kata kunci:** *Commercial Complementary Food* (CCF), baduta, karakteristik ibu, pendapatan keluarga

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# ASSOCIATION OF MOTHER CHARACTERISTICS AND HOUSEHOLD INCOME WITH COMMERCIAL COMPLEMENTARY FOOD CONSUMPTION PORTION BETWEEN CHILDREN AGED 6-24 MONTHS

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## ABSTRACT

**Background:** Commercial Complementary Food (CCF) has become an option for mothers due to its ease to feed, convenient, and nutritional content that suitable to the children's nutritional needs. However, CCF still needs to be consumed wisely due to the lower variety of flavors, textures, and food diversity compared to homemade complementary foods, and the presence of added sugar and salt. Mothers have an important role to decide how to feed their children, including the type of complementary food. However, this role may be affected by sociodemographic factors, such as mother characteristics and household income.

**Objective:** Analysing association of mother characteristics and household income with commercial complementary food consumption portion between children aged 6-24 months

**Methods:** This study is an observational analytic research with cross-sectional design. Respondents were mothers of children aged 6-24 months from the working areas of Puskesmas Kagok and Puskesmas Tlogosari Wetan, Semarang. The independent variables were mother's complementary feeding knowledge, mother's education, mother's occupation, mother's parity, and household income, while the dependent variable was the portion of CCF consumption. Data collection instruments used were Semi Quantitative Food Frequency Questionnaire (SQ-FFQ) form, identity questionnaire, complementary feeding knowledge questionnaire, and breastfeeding history questionnaire. Data were analyzed using chi square test and logistic regression.

**Results:** Based on bivariate analysis, there is a significant association between mother's parity and children's CCF consumption (p-value = 0.044). Based on multivariate analysis, mother's parity has the most significant association with children's CCF consumption (p-value = 0.034). Household income and other mother characteristics (mother's complementary feeding knowledge, mother's education, and mother's occupation) are not significantly associated with children's CCF consumption.

**Conclusion:** There is significant association between mother's parity and children's CCF consumption.

**Keywords:** Commercial Complementary Food (CCF), children, mother characteristic, household income

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