

## **Faktor – Faktor yang Memengaruhi Praktik Pemberian Makanan Prelakteal di Wilayah Kerja Puskesmas Tarokan Kabupaten Kediri**

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### **ABSTRAK**

**Latar belakang:** Pemberian makanan prelakteal merupakan salah satu penyebab kegagalan ASI eksklusif dan menimbulkan berbagai dampak negatif bagi ibu dan bayi. Banyak faktor yang dapat memengaruhi pemberian makanan prelakteal diantaranya faktor internal (pengetahuan, sikap, dan pekerjaan ibu) dan faktor eksternal (tradisi, pengaruh keluarga dan tenaga kesehatan).

**Tujuan:** Mengetahui faktor – faktor yang memengaruhi praktik pemberian makanan prelakteal di wilayah kerja Puskesmas Tarokan Kabupaten Kediri.

**Metode:** Penelitian ini menggunakan metode penelitian kualitatif. Data dikumpulkan melalui wawancara mendalam kepada 12 informan utama yaitu ibu yang memberikan makanan prelakteal kepada bayinya serta informan pendukung (keluarga dan bidan desa) untuk triangulasi data. Analisis data meliputi reduksi data, penyajian data, penarikan kesimpulan, dan verifikasi.

**Hasil:** Jenis makanan prelakteal yang diberikan berupa susu formula, madu, dan air madu yang diberikan antara satu jam hingga tiga hari setelah lahir. Alasan pemberian makanan prelakteal umumnya karena ASI belum keluar atau takut apabila ASI kurang. Faktor yang memengaruhi pemberian makanan prelakteal diantaranya faktor internal (pengetahuan dan sikap ibu) dan faktor eksternal (pengaruh keluarga dan tenaga kesehatan).

**Kesimpulan:** Faktor – faktor yang memengaruhi pemberian makanan prelakteal adalah faktor internal (pengetahuan dan sikap ibu) dan faktor eksternal (pengaruh keluarga dan tenaga kesehatan).

**Kata kunci:** makanan prelakteal, faktor internal, faktor eksternal

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# **Factors Influencing Prelacteal Feeding Practices in the Work Area of the Tarokan Health Center, Kediri Regency**

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## **ABSTRACT**

**Background:** Prelacteal feeding is one of the causes of failure of exclusive breastfeeding and has various negative impacts on mother and baby. Many factors can influence prelacteal feeding, including internal factors (knowledge, attitudes and occupation of the mother) and external factors (tradition, influence of family and health workers).

**Objectives:** To find out the factors that influence the practice of prelacteal feeding in the work area of the Tarokan Health Center, Kediri Regency.

**Methods:** This study uses qualitative research methods. Data was collected through in-depth interviews with 12 main informants, they were mothers who gave prelacteal food to their babies and supporting informants (family members and midwives) for data triangulation. Data analysis includes data reduction, data presentation, conclusion, and verification.

**Results:** The types of prelacteal food given were formula milk, honey, and honey mixed with water which were given between one hour until three days after birth. Reasons for prelacteal feeding generally include breast milk not coming out or fear of not having enough breast milk. Factors that influence prelacteal feeding include internal factors (knowledge and attitudes of the mother) and external factors (influence of family and health workers).

**Conclusion:** Factors that influence prelacteal feeding are internal factors (knowledge and attitude of the mother) and external factors (influence of family and health workers).

**Keywords:** prelacteal food, internal factors, external factors

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