

PRAKTIK PEMBERIAN MAKANAN BAYI DAN ANAK (PMBA) TERKAIT MP-ASI PADA ANAK *STUNTING* DAN TIDAK *STUNTING* USIA 6-23 BULAN DI WILAYAH PESISIR PANTAI PUSKESMAS LASEM

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ABSTRAK

Latar Belakang : Praktik Pemberian Makanan Bayi dan Anak (PMBA) pada anak usia 6-23 bulan dapat menentukan pertumbuhan dan perkembangan bayi dan anak. Praktik PMBA yang tidak tepat dapat menyebabkan *stunting*. Wilayah pesisir dengan akses protein hewani yang tinggi dapat membantu mencegah terjadinya *stunting*.

Tujuan : Menganalisis praktik pemberian makanan bayi dan anak (PMBA) terkait MPASI pada anak *stunting* dan tidak *stunting* usia 6-23 bulan di daerah pesisir pantai Wilayah Kerja Puskesmas Lasem

Metode : Penelitian deskriptif analitik dengan pendekatan *case control* di Wilayah Kerja Puskesmas Lasem. Subjek penelitian terdiri dari 32 subjek *stunting* dan 32 subjek tidak *stunting*. Variabel independent yaitu usia pemberian makanan pertama, porsi, tekstur, frekuensi, variasi, *responsive feeding*, dan tingkat kecukupan asupan gizi. Variabel perancu yaitu berat badan lahir rendah, tinggi badan orang tua, panjang badan lahir bayi, dan penyakit infeksi. Analisis yang digunakan yaitu uji *Chi-square*, *Fisher's Exact Test*, dan uji regresi logistik.

Hasil : Anak *stunting* yang mendapat porsi MPASI yang kurang tepat sebesar 71.9% sedangkan pada anak tidak *stunting* sebesar 43.8%. Terdapat perbedaan porsi MPASI antara anak *stunting* dan tidak *stunting* ($p=0,043$). Berdasarkan hasil analisis multivariat, tidak terdapat hubungan yang signifikan antara porsi MPASI kelompok *stunting* dan tidak *stunting* ($p>0,05$) setelah dikontrol dengan variabel perancu berupa penyakit infeksi.

Simpulan : Kelompok anak *stunting* memiliki porsi MPASI yang tidak tepat lebih tinggi dibandingkan dengan kelompok anak tidak *stunting*.

Kata kunci : *Stunting*, PMBA, Pesisir

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COMPLEMENTARY FEEDING PRACTICES OF INFANTS AND CHILDREN RELATED TO MP-ASI TO STUNTED AND NON-STUNTED CHILDREN AGED 6-23 MONTHS IN THE COASTAL AREA OF PUSKESMAS LASEM

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ABSTRACT

Background: The Infant and Young Child Feeding (IYCF) in children aged 6-23 months can determine the growth and development of infants and children. IYCF practices that are not appropriate can cause stunted. Coastal areas with high access to animal protein can help prevent stunted.

Aim : To analyze the practice of infant and young child feeding (IYCF) related to Complementary Feeding (CF) to stunted and non-stunted children aged 6-23 months in the coastal area in the work area of Puskesmas Lasem.

Methods : Analytical descriptive study with a case control approach in the work area of the Puskesmas Lasem. The research subjects consisted of 32 subjects were stunted and 32 subjects were not stunted. The independent variables of the study were age at first feeding, amount, texture, frequency, variety, responsive feeding, and adequacy of CF (energy, protein, fat, iron, and zinc). Confounding variables were Low Birth Weight (LBW), height of parents, newborn's body length, and infectious diseases. Analysis using the Chi-Square test, Fisher's Exact Test, and logistic regression test.

Results : Stunted children who received the wrong amount of CF were 71.9%, while children who were not stunted were 43.8%. There was a difference in the amount of CF between stunted and non-stunted children ($p=0.043$). Based on the results of multivariate analysis, there was no significant relationship between the portion of CF in the stunted and non-stunted groups ($p>0.05$) after controlling for a confounding variable in the form of infectious diseases.

Conclusion: The stunted group of children had a higher portion of inappropriate IYCF than the non-stunted group of children.

Keywords : Stunted, IYCF, coastal

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