

## **Perbedaan Praktik Pemberian MPASI antara Balita dengan Status Gizi Wasting dan Normal Usia 6-24 Bulan**

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### **ABSTRAK**

**Latar Belakang:** Wasting pada balita merupakan masalah gizi serius di Indonesia, salah satunya dipengaruhi oleh praktik pemberian MPASI dan pola asuh makan yang belum sesuai anjuran.

**Tujuan:** Penelitian ini bertujuan untuk menganalisis perbedaan praktik pemberian MPASI antara balita dengan status gizi wasting dan normal usia 6-24 bulan.

**Metode:** Penelitian ini menggunakan desain analitik observasional dengan pendekatan *cross-sectional* yang dilakukan pada 50 balita usia 6–24 bulan di wilayah kerja Puskesmas Cangkrep, Purworejo. Subjek dikelompokkan berdasarkan status gizi wasting dan normal. Data diperoleh melalui kuesioner praktik pemberian MPASI, *recall* 2x24 jam, serta skala likert pola asuh pemberian makan *responsive feeding*. Analisis data menggunakan uji *Independent T-Test*, *Mann Whitney*, dan *Chi-square*.

**Hasil:** Hasil dari penelitian menunjukkan perbedaan signifikan antara kelompok balita *wasting* dan normal dalam praktik pemberian MPASI. Pada kelompok *wasting*, usia pertama pemberian MPASI lebih awal (<6 bulan; 28% vs 0%), dengan tekstur makanan yang tidak sesuai (80,8% vs. 18,2%; p=0,017), variasi bahan MPASI lebih sedikit (3 vs 6 bahan; p=0,001), frekuensi (3 kali/hari; p=0,002), dan porsi yang tidak adekuat dilihat dari median (45 vs 187 gram/hari; p=0,001). Asupan gizi pada kelompok *wasting* juga lebih rendah, meliputi energi (60,51% vs 92,86%; p=0,001), protein (76,5% vs 99%; p=0,005), dan lemak (53% vs 82%; p=0,001). Terakhir, pada rerata nilai pola asuh *responsive feeding* lebih rendah pada kelompok *wasting* ( 60,50 vs 68,60; p=0,003).

**Simpulan:** Praktik pemberian MPASI antara balita dengan status gizi wasting dan normal usia 6-24 bulan memiliki perbedaan yang signifikan.

**Kata Kunci:** MPASI, wasting, *responsive feeding*, gizi balita, asupan makan

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## Differences in Complementary Feeding Practices Between Children Aged 6–24 Months With Wasting and Normal Nutritional Status

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### ABSTRACT

**Background:** Wasting among children under two years of age remains a serious nutritional problem in Indonesia, partly influenced by inappropriate complementary feeding practices and suboptimal caregiving during mealtimes.

**Objective:** This study aimed to analyze the differences in complementary feeding practices between children aged 6–24 months with wasting and those with normal nutritional status.

**Methods:** A cross-sectional analytical observational design was employed, involving 50 children aged 6–24 months from the working area of Cangkep Public Health Center, Purworejo. Subjects were categorized based on their nutritional status as either wasting or normal. Data were collected using a structured questionnaire on complementary feeding practices, 2x24-hour dietary recall, and a Likert scale assessing responsive feeding practices. Statistical analyses included Independent T-Test, Mann–Whitney, and Chi-square tests.

**Results:** The study revealed significant differences between wasting and normal toddler groups in complementary feeding (MPASI) practices. In the wasting group, the initiation of MPASI tended to occur earlier (<6 months; 28% vs. 0%), and the food texture was more frequently inappropriate (80.8% vs. 18.2%;  $p=0.017$ ). This group also received less variety in food ingredients (3 vs. 6 items;  $p=0.001$ ), lower feeding frequency (3 times/day;  $p=0.002$ ), and inadequate portion sizes (median: 45 vs. 187 grams/day;  $p=0.001$ ). Nutrient intake was notably lower among children in the wasting group, including energy (60.51% vs. 92.86%;  $p=0.001$ ), protein (76.5% vs. 99%;  $p=0.005$ ), and fat (53% vs. 82%;  $p=0.001$ ). Furthermore, the average responsive feeding score was significantly lower in the wasting group compared to the normal group (60.50 vs. 68.60;  $p=0.003$ ).

**Conclusion:** There were significant differences in complementary feeding practices between children aged 6–24 months with wasting and those with normal nutritional status, indicating the need for targeted nutritional interventions.

**Keywords:** Complementary feeding, wasting, responsive feeding, child nutrition, dietary intake

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