

## ABSTRAK

**Latar Belakang:** Ketepatan pemberian Makanan Pendamping ASI (MP-ASI) sangat penting untuk mencegah masalah gizi pada balita. Praktik ini dipengaruhi oleh berbagai faktor internal dan eksternal. Peneliti menganalisis hubungan dan faktor dominan antara akses informasi gizi dan dukungan keluarga terhadap ketepatan pemberian MP-ASI.

**Metode:** Peneliti melakukan *observasional analitik* dengan pendekatan *cross-sectional* ini melibatkan 97 ibu yang memiliki balita usia 6-24 bulan di wilayah kerja Puskesmas Buaran. Peneliti melakukan pengambilan sampel menggunakan *simple random sampling*. Peneliti menganalisis secara univariat, bivariat (*Chi-Square*), dan multivariat (*Regresi Logistik Ganda*).

**Hasil:** Sebanyak 67,0% responden memberikan MP-ASI secara tepat. Hasil uji regresi logistik menunjukkan bahwa Dukungan Keluarga ( $p=0,000$  {OR}=117,97) dan Akses Informasi Gizi ( $p=0,018$  {OR}=15,57) berpengaruh signifikan terhadap ketepatan pemberian MP-ASI setelah dikontrol variabel usia dan paritas ibu. Peneliti mengidentifikasi bahwa Dukungan Keluarga menjadi faktor yang paling dominan, di mana ibu dengan dukungan keluarga yang baik berpeluang 117 kali lebih besar untuk memberikan MP-ASI secara tepat.

**Simpulan:** Dukungan keluarga telah terbukti menjadi determinan utama dalam keberhasilan praktik pemberian MP-ASI. Peneliti menyimpulkan sinergi antara akses informasi gizi dan dukungan keluarga secara signifikan telah memengaruhi ketepatan pemberian MP-ASI pada balita

**Kata Kunci:** Ketepatan MP-ASI, Akses Informasi Gizi, Dukungan Keluarga, Regresi Logistik.

## **ABSTRACT**

**Background:** *Appropriate complementary feeding is crucial to prevent nutritional problems in toddlers. This practice is influenced by various internal and external factors. The researcher analyzed the relationship and dominant factors between nutritional information access and family support regarding the appropriateness of Complementary Feeding provision.*

**Methods:** *The researcher conducted an analytical observational study with a cross-sectional approach involving 97 mothers of toddlers aged 6-24 months in the Buaran Health Center working area. The researcher performed sampling using simple random sampling. The researcher analyzed the data using univariate, bivariate (Chi-Square), and multivariate (Multiple Logistic Regression) analyses.*

**Results:** *A total of 67.0% of respondents provided Complementary Feeding appropriately. Logistic regression results showed that Family Support ( $p=0.000$ ,  $OR=117.97$ ) and Nutritional Information Access ( $p=0.018$ ,  $OR=15.57$ ) significantly influenced the appropriateness of Complementary Feeding provision after controlling for maternal age and parity. The researcher identified Family Support as the most dominant factor, where mothers with good family support had a 117 times higher probability of providing Complementary Feeding appropriately.*

**Conclusion:** *Family support has been proven to be the primary determinant in the success of Complementary Feeding provision practices. The researcher concluded that the synergy between nutritional information access and family support significantly influenced the appropriateness of Complementary Feeding provision in toddlers.*

**Keywords:** *Complementary Feeding Appropriateness, Nutritional Information Access, Family Support, Logistic Regression.*